

March 2025



Monday

Wellness Workout 3
6:00pm - 7:00pm

Survivorship Support Group
7:00pm - 8:30pm

LaBlast Dance Class 10
Pluckemin Presbyterian Church
Trinity Room
10:30am - 11:30am

Living with Cancer Support Group
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Wellness Workout 17
6:00pm - 7:00pm

**Planning for Peace of Mind:
The Big 4 Legal Documents
Everyone Should Have**
5:00pm - 6:00pm

Survivorship Support Group
7:00pm - 8:30pm

LaBlast Dance Class 24
Pluckemin Presbyterian Church
Trinity Room
10:30am - 11:30am

Living with Cancer Support Group
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Wellness Workout 31
6:00pm - 7:00pm

Tuesday

Balance, Harmony, Flow: 4
Jin Shin Jyutsu | 9:30am - 10:30am

**Peaceful Practices for Life: Medical
Qi Gong** | 11:00am - 12:00pm

Men's Cancer Support Group
Steeplechase Cancer Center
11:00am - 12:30pm

T'ai Chi Chih | 12:30pm - 1:30pm
Yoga | 6:30pm - 7:30pm

**Peaceful Practices for Life:
Meditation** | 11:00am - 12:00pm 11

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

**Peaceful Practices for Life:
Spirituality** 18
11:00am - 12:00pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Balance, Harmony, Flow: 25
Jin Shin Jyutsu | 9:30am - 10:30am

**Peaceful Practices for Life:
Spirituality** | 11:00am - 12:00pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Wednesday

Yoga, Breathe & Balance 5
9:30am - 10:30am

**Advanced Breast Cancer Support
Group** | 11:30am - 1:00pm

Yoga para el Bienestar
6:30pm - 7:30pm

Yoga, Breathe & Balance 12
9:30am - 10:30am

Reiki Circle
Crossroads4Hope
4:30pm - 6:00pm

Men's Cancer Support Group
6:30pm - 8:00pm

Ask the RD
7:00pm - 8:00pm

Yoga, Breathe & Balance 19
9:30am - 10:30am

**Advanced Breast Cancer
Support Group** | 11:30am -
1:00pm

Yoga para el Bienestar
6:30pm - 7:30pm

Yoga, Breathe & Balance 26
9:30am - 10:30am

Reiki Circle
Crossroads4Hope
4:30pm - 6:00pm

Men's Cancer Support Group
6:30pm - 8:00pm

Thursday

Move and Tone 6
9:00am - 10:00am

Caregiver Support Group
12:00pm - 1:30pm

**Planificación para la Tranquilidad:
Los 4 Documentos Legales que
Todos Deberían Tener**
6:00pm - 7:30pm

Move and Tone 13
9:00am - 10:00am

Bereavement Support Group
11:00am - 12:30pm

Latino Support Group
7:00pm - 8:00pm

Move and Tone 20
9:00am - 10:00am

Caregiver Support Group
12:00pm - 1:30pm

**Acupresión para Calmar el
Sistema Nervioso**
7:00pm - 8:00pm

Move and Tone 27
9:00am - 10:00am

Bereavement Support Group
11:00am - 12:30pm

Latino Support Group
7:00pm - 8:00pm

Friday

**Handbuilding
Pottery Workshop** 7
Center for Contemporary Arts
10am - 12pm

14

21

What is Intuitive Eating? 28
**Pluckemin Presbyterian
Church Covenant Room**
11:00am-12:30pm

*For real time updates of our general programs and support group schedules, please visit our website at:
crossroads4hope.org/generalprograms/ | crossroads4hope.org/support-groups/ | crossroads4hope.org/health-champion-program/

Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)

April 2025



Monday

Tuesday

Wednesday

Thursday

Friday

Peaceful Practices for Life: Medical Qi Gong 1
11:00am - 12:00pm

Men's Cancer Support Group
Steeplechase Cancer Center
11:00am - 12:30pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Yoga, Breathe & Balance 2
9:30am - 10:30am

Advanced Breast Cancer Support Group
11:30am - 1:00pm

Yoga para el Bienestar
6:30pm - 7:30pm

Move and Tone 3
9:00am - 10:00am

Caregiver Support Group
12:00pm - 1:30pm

Table for One 4
Pluckemin Presbyterian Church
11:00am - 12:30pm

Ask CCLS: Supporting Siblings 7
12:00pm - 1:00pm

Wellness Workout
6:00pm - 7:00pm

Survivorship Support Group
7:00pm - 8:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu 8
9:30am - 10:30am

Peaceful Practices for Life: Meditation
11:00am - 12:00pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 9
9:30am - 10:30am

Reiki Circle
Crossroads4Hope
4:30pm - 6:00pm

Men's Cancer Support Group
6:30pm - 8:00pm

Move and Tone 10
9:00am - 10:00am

Bereavement Support Group
11:00am - 12:30pm

Planning for Peace of Mind: Estate Planning
6:00pm - 7:00pm

Latino Support Group
7:00pm - 8:30pm

Mandala Painting Workshop 11
Center for Contemporary Arts
10:00am - 12:00pm

LaBlast Dance Class 14
Pluckemin Presbyterian Church
Trinity Room
10:30am - 11:30am

Living with Cancer Support Group
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Peaceful Practices for Life: Spirituality 15
11:00am - 12:00pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga
6:30pm - 7:30pm

Yoga, Breathe & Balance 16
9:30am - 10:30am

Advanced Breast Cancer Support Group | 11:30am - 1:00pm

Yoga para el Bienestar
6:30pm - 7:30pm

Move and Tone 17
9:00am - 10:00am

Caregiver Support Group
12:00pm - 1:30pm

Don't Feed the Worry Bug 18
11:00am - 12:00pm

Wellness Workout 21
6:00pm - 7:00pm

Survivorship Support Group
7:00pm - 8:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu 22
9:30am - 10:30am

Peaceful Practices for Life: Spirituality
11:00am - 12:00pm

T'ai Chi Chih
12:30pm - 1:30pm

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 23
9:30am - 10:30am

Reiki Circle
Crossroads4Hope
4:30pm - 6:00pm

Men's Cancer Support Group
6:30pm - 8:00pm

Move and Tone 24
9:00am - 10:00am

Bereavement Support Group
11:00am - 12:30pm

Planning for Peace of Mind: Making Decisions & Talking to Loved Ones
6:00pm - 7:00pm

Latino Support Group
7:00pm - 8:00pm

Health Champion Connection 25
Crossroads4Hope
2:00pm - 3:00pm

LaBlast Dance Class 28
Pluckemin Presbyterian Church
Trinity Room
10:30am - 11:30am

Living with Cancer Support Group
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Day of Peace & Practice: Journaling and T'ai Chi Chih 29
Crossroads4Hope
11:00am - 12:00pm (Journaling)
12:30pm - 1:30pm (T'ai Chi Chih)
1:30pm: Bring your own lunch

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 30
9:30am - 10:30am

Advanced Breast Cancer Support Group | 11:30am - 1:00pm

Yoga para el Bienestar
6:30pm - 7:30pm

Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)

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crossroads4hope.org/generalprograms/ | crossroads4hope.org/support-groups/ | crossroads4hope.org/health-champion-program/