

February 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Wellness Workout 2
6:00pm - 7:00pm

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

Peaceful Practices for Life: Medical Qi Gong 3
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 4
9:30am - 10:30am

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

Yoga Para el Bienestar
7:00pm - 8:00pm

Move and Tone 5
9:00am - 10:00am

Reiki Circle
Crossroads4Hope Office
11:00am - 12:30pm

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

Encontrando Tu Nueva Normalidad
7:00pm - 8:00pm

Estate Planning 6
Crossroads4Hope
1:00pm - 2:00 pm

Living with Cancer Support Group 9
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Group de Apoyo Para el Cancer 10
12:00pm - 1:30pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 11
9:30am - 10:30am

Reiki Circle
Crossroads4Hope
5:30pm - 7:00pm

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

Move and Tone 12
9:00am - 10:00am

Balance, Harmony, Flow: Jin Shin Jyutsu
11:00am - 12:00pm

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

Group de Apoyo Para el Cancer
7:00pm - 8:30pm

13

Wellness Workout 16
6:00pm - 7:00pm

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

Peaceful Practices for Life: Spirituality 17
11:00am - 12:00pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 18
9:30am - 10:30am

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

Yoga Para el Bienestar
7:00pm - 8:00pm

Move and Tone 19
9:00am - 10:00am

Reiki Circle
Crossroads4Hope Office
11:00am - 12:30pm

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

Strength Training Workshop
Crossroads4Hope
2:00pm - 3:00 pm

Education on Lymphedema 20
Crossroads4Hope
12:00 pm - 1:30 pm

Living with Cancer Support Group 23
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu 24
9:30am - 10:30am

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

Group de Apoyo Para el Cancer
12:00pm - 1:30pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 25
9:30am - 10:30am

Reiki Circle
Crossroads4Hope
5:30pm - 7:00pm

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

Move and Tone 26
9:00am - 10:00am

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

Group de Apoyo Para el Cancer
7:00pm - 8:30pm

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*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)

March 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Crossroads4Hope and Kesem: Game On! **2**
Crossroads4Hope
 6:30pm - 8:00pm

Wellness Workout
 6:00pm - 7:00pm

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

Peaceful Practices for Life: Medical Qi Gong **3**
 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 **4**
 9:30am - 10:30am

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

Yoga para el Bienestar
 7:00pm - 8:00pm

Move and Tone **5**
 9:00am - 10:00am

Reiki Circle
Crossroads4Hope
 11:00am - 12:30pm

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

Sound Bathing Workshop
Crossroads4Hope
 5:00pm - 6:00pm

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Living with Cancer Support Group **9**
 12:00pm - 1:30pm

Wellness Workout
 6:00pm - 7:00pm

Peaceful Practices for Life: Meditation **10**
 11:00am - 12:00pm

Group de Apoyo Para el Cancer
 12:00pm - 1:30pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance **11**
 9:30am - 10:30am

Reiki Circle
Crossroads4Hope
 5:30pm - 7:00pm

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

Move and Tone **12**
 9:00am - 10:00am

Balance, Harmony, Flow: Jin Shin Jyutsu
 11:00am - 12:00pm

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

Group de Apoyo Para el Cancer
 7:00pm - 8:30pm

Updates in Cancer Nutrition **13**
 11:00am - 12:30pm

Wellness Workout **16**
 6:00pm - 7:00pm

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

Peaceful Practices for Life: Spirituality **17**
 11:00am - 12:00pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance **18**
 9:30am - 10:30am

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

Yoga para el Bienestar
 7:00pm - 8:00pm

Move and Tone **19**
 9:00am - 10:00am

Reiki Circle
Crossroads4Hope
 11:00am - 12:30pm

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

Jin Shin Jyutsu en Espanol
 7:00pm - 8:00pm

Annual Conference on Cancer **20**
Hyatt Regency, New Brunswick, NJ
 9:00am - 3:00pm

Living with Cancer Support Group **23**
 12:00pm - 1:30pm

Wellness Workout
 6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu **24**
 9:30am - 10:30am

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

Group de Apoyo Para el Cancer
 12:00pm - 1:30pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance **25**
 9:30am - 10:30am

Reiki Circle
Crossroads4Hope
 5:30pm - 7:00pm

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

Move and Tone **26**
 9:00am - 10:00am

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

Boogeyman in the Closet
Crossroads4Hope
 4:30pm - 6:00pm

Group de Apoyo Para el Cancer
 7:00pm - 8:30pm

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Connect and Recharge **30**
 6:00pm - 7:00pm

Wellness Workout
 6:00pm - 7:00pm

Peaceful Practices for Life: Spirituality **31**
 11:00am - 12:00pm

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

Yoga | 6:30pm - 7:30pm

Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)

*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/