

April 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

Peaceful Practices for Life: Medical Qi Gong 7
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 8
9:30am - 10:30am

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

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

Move and Tone 9
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

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Living with Cancer Support Group 13
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Peaceful Practices for Life: Meditation 14
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 15
9:30am - 10:30am

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

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

Move and Tone 16
9:00am - 10:00am

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

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

Taller de los Derechos de los Trabajadores
7:00m - 8:00pm

Cancer and Body Composition Changes 17
Crossroads4Hope
11:00am - 12:30pm

Wellness Workout 20
6:00pm - 7:00pm

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

Peaceful Practices for Life: Spirituality 21
11:00am - 12:00pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 22
9:30am - 10:30am

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

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

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

Move and Tone 23
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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Living with Cancer Support Group 27
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu 28
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 29
9:30am - 10:30am

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

Move and Tone 30
9:00am - 10:00am

Rooted in Hope: Forest Bathing for Healing
Crossroads4hope
1:00pm - 2:30pm

Taller de navegación de recursos
7:00pm - 8:00pm

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/

May 2026



Monday

Tuesday

Wednesday

Thursday

Friday

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Wellness Workout 4
6:00pm - 7:00pm

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

Peaceful Practices for Life: Medical Qi Gong 5
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 6
9:30am - 10:30am

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

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

Move and Tone 7
9:00am - 10:00am

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

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

Making Decisions and Having Difficult Conversations
Crossroads4Hope
2:00pm - 3:00pm

Exploration of Life Planning Documents 1
Crossroads4Hope
1:00pm - 2:00pm

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Living with Cancer Support Group 11
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

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

Navigating Cancer as a Family
12:00pm - 1:00pm

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 13
9:30am - 10:30am

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

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

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

Move and Tone 14
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

Gut Check: Managing digestive side effects and long-term changes 15
Crossroads4Hope
11:00am - 12:00pm

Wellness Workout 18
6:00pm - 7:00pm

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

Peaceful Practices for Life: Spirituality 19
11:00am - 12:00pm

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

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 20
9:30am - 10:30am

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

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

Move and Tone 21
9:00am - 10:00am

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

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

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Living with Cancer Support Group 25
12:00pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu 26
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 27
9:30am - 10:30am

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

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

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

Move and Tone 28
9:00am - 10:00am

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

Cognitive Fitness: Beating Brain Fog
Crossroads4Hope
5:00pm - 6:00pm

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

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In Person Programs

Mind & Body Programs

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Health Champion Workshops (HCW)