

October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Wellness Workout

6:00pm - 7:00pm

Birding4Hope
Crossroads4Hope

4:30 pm - 5:30 pm

Survivorship Support Group

7:00pm - 8:30pm

5

Living with Cancer Support Group

12:00pm - 1:30pm

Wellness Workout

6:00pm - 7:00pm

12

Wellness Workout

6:00pm - 7:00pm

Survivorship Support Group

7:00pm - 8:30pm

19

Living with Cancer Support Group

12:00pm - 1:30pm

Wellness Workout

6:00pm - 7:00pm

26

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

6

Balance, Harmony, Flow: Jin Shin Jyutsu

9:30am - 10:30am

Peaceful Practices for Life: Meditation

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

13

Peaceful Practices for Life: Spirituality

11:00am - 12:00pm

T'ai Chi Chih

12:30pm - 1:30pm

Yoga

6:30pm - 7:30pm

20

Balance, Harmony, Flow: Jin Shin Jyutsu

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

27

Yoga, Breathe & Balance

9:30am - 10:30am

Advanced Breast Cancer Support Group

11:30am - 1:00pm

Yoga Para el Bienestar

7:00pm - 8:00pm

7

Yoga, Breathe & Balance

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

14

Yoga, Breathe & Balance

9:30am - 10:30am

Advanced Breast Cancer Support Group

11:30am - 1:00pm

Yoga Para el Bienestar

7:00pm - 8:00pm

21

Yoga, Breathe & Balance

9:30am - 10:30am

Advanced Breast Cancer Support Group

11:30am - 1:00pm

Men's Cancer Support Group

6:30pm - 8:00pm

Beyond Breast Cancer Treatment

4:00 pm - 5:00 pm

Tallere de Salud y Bienestar

7:00 pm - 8:00 pm

28

Move and Tone

9:00am - 10:00am

Reiki Circle

11:00am - 12:30pm

Caregiver Support Group

12:00pm - 1:00pm

1

Move and Tone

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

8

Move and Tone

9:00am - 10:00am

Reiki Circle

11:00am - 12:30pm

Caregiver Support Group

12:00pm - 1:00pm

15

Move and Tone

9:00am - 10:00am

Bereavement Support Group

11:00am - 12:30pm

Knowing the Signs: Breast Cancer Awareness & Screening

1:00 pm - 2:00 pm

Group de Apoyo Para el Cancer

7:00pm - 8:30pm

Conoce las señales: Concientización y detección del cáncer de mama

7:00pm - 8:00 pm

22

Move and Tone

9:00am - 10:00am

29

2

Hand Building

Center of Contemporary Arts

10:00 Am - 12 :30 PM

Health Champion Workshop

12:00pm - 1:00pm

9

16

Breast Cancer Side Effect Management Through Nutrition

Crossroads4Hope

11:00 - 12:30

23

30

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/event-calendar | crossroads4hope.org/health-champion-program/

