November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Wellness Workout** 6:00pm - 7:00pm **Survivorship Support Group** 7:00pm - 8:30pm	**3** **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	**4** **Yoga, Breathe & Balance** 9:30am - 10:30am **Advanced Breast Cancer Support Group** 11:30am - 1:00pm **Yoga Para el Bienestar** 7:00pm - 8:00pm	**5** **Move and Tone** 9:00am - 10:00am **Reiki Circle** 11:00am - 12:30pm **Caregiver Support Group** 12:00pm - 1:00pm	**6**
9 **Living with Cancer Support Group** 12:00pm - 1:30pm **Wellness Workout** 6:00pm - 7:00pm	**10** **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	**11** **Yoga, Breathe & Balance** 9:30am - 10:30am **Advanced Breast Cancer Support Group** 11:30am - 1:00pm **Reiki Circle** 4:30pm - 6:00pm **Men's Cancer Support Group** 6:30pm - 8:00pm	**12** **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	**13** **Health Champion Workshop** 12:00pm - 1:00pm
16 **Wellness Workout** 6:00pm - 7:00pm **Survivorship Support Group** 7:00pm - 8:30pm	**17** **Cancer & Anxiety** **Crossroads4Hope** 10:00 AM - 11:00 AM **Peaceful Practices for Life: Spirituality** 11:00am - 12:00pm **T'ai Chi Chih** 12:30pm - 1:30pm **Yoga** | 6:30pm - 7:30pm	**18** **Yoga, Breathe & Balance** 9:30am - 10:30am **Advanced Breast Cancer Support Group** 11:30am - 1:00pm **Bone Health** 3:00PM - 4:00 PM **Yoga Para el Bienestar** 7:00pm - 8:00pm	**19** **Move and Tone** 9:00am - 10:00am **Reiki Circle** 11:00am - 12:30pm **Caregiver Support Group** 12:00pm - 1:00pm	**20**
23 **Living with Cancer Support Group** 12:00pm - 1:30pm **Wellness Workout** 6:00pm - 7:00pm	**24** **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 **Group de Apoyo Para el Cancer** 7:00pm - 1:30pm	**25** **Yoga, Breathe & Balance** 9:30am - 10:30am **Advanced Breast Cancer Support Group** 11:30am - 1:00pm **Reiki Circle** 4:30pm - 6:00pm **Men's Cancer Support Group** 6:30pm - 8:00pm	**26** **Office Closed for Holiday**	**27** **Office Closed for Holiday**
30 **Wellness Workout** 6:00pm - 7:00pm				

*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/

** Please note the changes to the calender based on holiday weeks **
The Crossroads4Hope Team wishes you Happy Holidays!

Calendar Legend:

In Person Programs | Mind & Body Programs | Support Groups | Education & Nutrition | Health Champion Workshops (HCW)

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **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	**2** **Yoga, Breathe & Balance** 9:30am - 10:30am **Finding Your New Normal** **Crossroads4Hope** 10:00 am - 11:00 am **Advanced Breast Cancer Support Group** 11:30am - 1:00pm **Yoga Para el Bienestar** 7:00pm - 8:00pm	**3** **Move and Tone** 9:00am - 10:00am **Your Story Matters** **Crossroads4Hope** 10:00 am -11:30am **Reiki Circle** 11:00am - 12:30pm **Caregiver Support Group** 12:00pm - 1:00pm	**4**
7 **Warming Foods for Winter Blues** **Crossroads4Hope** 11:00 am - 12:00 pm **Wellness Workout** 6:00pm - 7:00pm **Survivorship Support Group** 7:00pm - 8:00pm	**8** **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	**9** **Yoga, Breathe & Balance** 9:30am - 10:30am **Advanced Breast Cancer Support Group** | 11:30am - 1:00pm **Decoding Your Cancer: A Simple Guide to ctDNA Biomarker Testing** | 4:30 pm - 5:30 pm **Men's Cancer Support Group** 6:30pm - 8:00pm	**10** **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	**11** **Health Champion Workshop** 12:00pm - 1:00pm
14 **Living with Cancer Support Group** 12:00pm - 1:30pm **Wellness Workout** 6:00pm - 7:00pm	**15** **Warming the Winter Blues: Uplifting Mood** 10:00 am - 11:00 am **Peaceful Practices for Life: Spirituality** 11:00am - 12:00pm **Entrenamiento de Campeones de la Salud** |12:00 - 1:00 pm **T'ai Chi Chih** 12:30pm - 1:30pm **Yoga** | 6:30pm - 7:30pm	**16** **Yoga, Breathe & Balance** 9:30am - 10:30am **Advanced Breast Cancer Support Group** 11:30am - 1:00pm **Yoga Para el Bienestar** 7:00pm - 8:00pm	**17** **Move and Tone** 9:00am - 10:00am **Preparing For The New Year: Collage Decorating** **Crossroads4Hope** 10:0 am - 11:00 am **Reiki Circle** 11:00am - 12:30pm **Caregiver Support Group** 12:00pm - 1:00pm	**18**
21 **Wellness Workout** 6:00pm - 7:00pm **Survivorship Support Group** 7:00pm - 8:00pm	**22** **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	**23** **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	**24** **Move and Tone** 9:00am - 10:00am	**25** **Office Closed for Holiday**
28 **Living with Cancer Support Group** 12:00pm - 1:30pm **Wellness Workout** 6:00pm - 7:00pm	**29** **Yoga** 6:30pm - 7:30pm	**30** **Yoga, Breathe & Balance** 9:30am - 10:30am **Advanced Breast Cancer Support Group** 11:30am - 1:00pm	**31** **Move and Tone** 9:00am - 10:00am	

*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/

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In Person Programs | Mind & Body Programs | Support Groups | Education & Nutrition | Health Champion Workshops (HCW)