

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Important: All classes, events, and support groups require advanced registration. These events are free to CHCC patients.	Support Groups: 	Wellness Classes: 	Questions? Contact our social worker @ 609.303.4068 Please scan the QR codes to register.	1 	2	3
4	5 <u>Strength Class</u> 11-11:45am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	6 <u>GYN Cancer Support Group</u> 5:00-6:00pm Zoom	7 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	8 <u>Restorative Yoga</u> 4:30-6:00pm- Zoom <u>Living with Cancer</u> 5:30-7:00pm In person Hopewell & Zoom (Note date change)	9 <u>Tai Chi</u> 10:30-11:30am In person Hopewell	10
11	12 <u>Strength Class</u> 11-11:45am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	13	14 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	15	16 <u>Tai Chi</u> 10:30-11:30am In person Hopewell	17
18	19 MLK Day <u>Strength Class</u> 11-11:45am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	20 <u>Breast Cancer Support Group</u> 6:00pm – 7:30pm In Person Hopewell	21 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	22	23 <u>Tai Chi</u> 10:30-11:30am In person Hopewell	24
25	26 <u>Strength Class</u> 11-11:45am In person Hopewell <u>Gentle Yoga</u> 6-7pm In-person Ewing AND Zoom	27 <u>Advanced Stage Cancer Support Group</u> 5:00-6:00pm Zoom	28 <u>Gentle Yoga</u> 5:00-6:00pm Zoom	29	30 <u>Tai Chi</u> 10:30-11:30am In person Hopewell	31

Blue: Wellness Classes

Purple: Support Groups