MARCH FEATURED PROGRAMS

Health & Wellness

CHAIRSIDE YOGA
MONDAYS, MARCH 2 AND 16 | 1:30 PM – 2:30 PM
Diane Ernst, Yoga Instructor
Classes will incorporate breath-centered movements while seated in a chair or standing on the ground using the chair for support. Chair yoga can improve strength, mobility and balance while fostering a sense of calm inner peace.

REIKI CIRCLE **LIMITED SPACE**
THURSDAY, MARCH 5 | 12:30 PM – 2:00 PM
WEDNESDAY, MARCH 11 | 5:30 PM - 7:00 PM
Kristine O’Hare, Reiki Master
Reiki, a spiritual healing energy, is a gentle process that enhances mental, emotional, physical and spiritual well-being.

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU
TUESDAY, MARCH 10 | 10:00 AM - 11:00 AM
Janette Carlucci, Instructor
Explore Jin Shin Jyutsu, a method of self-care that supports the flow of life energy within the body. Class includes instruction, practice, and answers to your questions.

CREATURE COMFORT: PET THERAPY
THURSDAY, MARCH 12 | 1:00 PM – 2:00 PM
Dogs & Their Humans, from Creature Comfort Pet Therapy
Stop by during this “visiting hour” to engage with teams of dogs and their humans.

MOVE INTO STILLNESS
FRIDAY, MARCH 13 | 10:00 AM - 11:00 AM
Anna Palma, Yoga Instructor from Essence Yoga
Learn Presence. Find Stillness. Gain Awareness. Join Anna in a meditative practice, letting gentle movement and conscious breathing bring connection with the body and a relaxed and focused state.

EXPRESSIVE ARTS: SPRING ACRYLIC PAINTING @CENTER FOR CONTEMPORARY ART
FRIDAY, MARCH 20 | 10:00 AM - 11:30 AM
Billie Marie Aber, Instructor
Create a beautiful piece of art guided by an instructor at Center for Contemporary Art. No experience necessary.

RESTORATIVE YOGA WITH GUIDED MEDITATION
SATURDAY, MARCH 21 | 10:00 AM - 11:30 AM
Anna Palma, Yoga Instructor from Essence Yoga
With full support of blankets and other props, rest in poses that gently stretch the body. With a guided meditation, we will fall into a deep level of relaxation.

Social Connections

STITCHERS OF HOPE
FRIDAYS, MARCH 6 AND 20 | 1:00 PM – 3:00 PM
Stitches of Hope Club
An informal gathering of friendly people with a common interest in quilting, sewing embroidery, needlepoint, tatting, knitting, crocheting or other forms of hand needlework. All levels welcome. No experience necessary.

BOOK CLUB
THURSDAY, MARCH 12 | 1:00 PM - 3:00 PM
Participant Advisory Committee (PAC)
Join members of PAC for Little Fires Everywhere by Celeste Ng. Contact the PAC at pac5400@gmail.com to learn more.

CANASTA
TUESDAY, MARCH 17 | 1:00 PM – 3:00 PM
Participant Advisory Committee (PAC)
Join us in the Barn and learn how to play a fun card game.

Newcomer Orientation

MONDAY, MARCH 9 | 11:00 AM - 12:30 PM
THURSDAY, MARCH 26 | 6:00 PM - 7:30 PM
MONDAY, APRIL 13 | 11:00 AM - 12:30 PM
THURSDAY, APRIL 23 | 6:00 PM - 7:30 PM
Jill Kaplan, LCSW, Program Director at CSCCNJ
Join us to learn how we can help support you and your family. As a person with cancer, a survivor, family member, friend or bereaved, come explore our homelike setting, discover our programs, and connect with others who are living with, through, and beyond cancer. There is a community of support waiting.

Nutrition

“C.H.E.F.S.” COOKING, HEALTHY EATING, & FOOD STRATEGIES
FRIDAY, MARCH 27 | 11:00 AM - 12:30 PM
Ellen Petrosino, RD, & Susan Stimpson, RD & Personal Chef
Gain knowledge through an evidence-based lecture & demonstration. Generous sampling of all recipes will be offered! All are welcome.

We thank PVH and its volunteers for sponsoring and mailing this calendar.
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<tr>
<th>MONDAY</th>
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<td>Gynecological Cancer Support Group</td>
<td>Peaceful Practices: Medical Qi Gong</td>
<td>Hatha Yoga</td>
<td>Move and Tone</td>
<td>Stitches of Hope</td>
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<td>Newcomer Orientation</td>
<td>Balance, Harmony, Flow: Jin Shin Jyutsu</td>
<td>Blissful Breathing</td>
<td>Move and Tone</td>
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<td>Gynecological Cancer Support Group</td>
<td>Peaceful Practices: Spirituality</td>
<td>Hatha Yoga</td>
<td>Expressive Arts: Spring Acrylic Painting on Canvas</td>
<td>Restorative Yoga with Guided Meditation</td>
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<td>Wellness Workout</td>
<td>Yoga</td>
<td>Bereavement Support Group</td>
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**NEW programs coming soon!**

Call us at 908-658-5400 to learn more

- Crosstalk: Coffee and Conversation
- Evening Caregiver Support Group
- Mindfulness Based Stress Reduction
- Moving Forward, Moving On