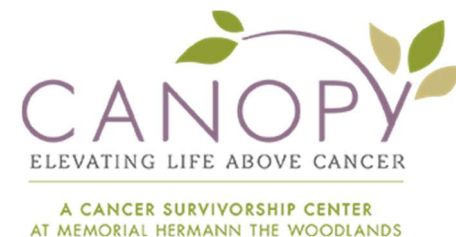


August 2026

***Hybrid**- the class will be offered in person & virtually.
***Zoom** -class will only be held virtually
***Evening**- class held after 5pm
***This calendar is subject to change. Sign up for newsletter for latest updates.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T	S U N
3 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla)	4 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 1PM- Drama Therapy 6PM- Restorative Yoga *NEW	5 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	6 9AM Spanish Advanced (Zoom) 9AM- Zumba 1:30PM- Weight Training (Zoom) 2:30PM- Meditation (Zoom)	7 9AM- Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	1/1 – No Class 1/8- 2nd Saturday 9AM Gentle Barre 10AM- <i>Healing Mornings & Coffee</i> 10AM Pet Therapy 10:30AM Music as MedicineRx	1/2- No Class 1/9-
10 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla) 2PM Canopy Orientation	11 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 12PM Caregiver Support (Hybrid) 2PM- HEB Chef Connections 6PM- Together on the Journey	12 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club 5:30PM-Working Professionals Grp	13 9AM Spanish Advanced. (Zoom) 9AM- Zumba 10:30am- Creative Reflections	14 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg	15	16 2PM Kids Cooking Back to School Breakfast
17 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla) 6:30PM Widows Connection	18 9AM Spanish Advanced. (Zoom) 9:15 & 10:15am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 6PM- Restorative Yoga *NEW	19 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg 5PM- Survivorship Education Zoom	20 9AM Spanish Advanced. (Zoom) 9AM- Zumba 1:30PM- Weight Training (Zoom)	21 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo 1PM- Community Health Talk	22	23
24 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM Needlework 1PM- Pet Therapy (Layla) 2PM Canopy Orientation 5:30PM Life In Between	25 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients 1:00 PM- Look Good Feel Better	26 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Cancer Education Lecture 1PM Mah Jongg 5:30PM-Young Women's Survivors	27 9AM Spanish Advanced. (Zoom) 9AM- Zumba 12PM Cancer Support (Spanish) 1PM-Sketch for the Soul	28 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	29	30
31 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM Needlework 1PM- Pet Therapy (Layla)						

Breast Cancer Support Group (Zoom) Every 2nd Wed 12-1pm – Contact Shernette Sherrill, MSN Ed, BSN, RN, PHN for zoom link #713-897-4668 or email Shernette.sherrill@memorialhermann.org

Caregiver Support Group (Hybrid)

Meeting ID: 915 9859 2743 Passcode: 560843

Spanish Classes with Clotilde: Intermediate & Advanced (Zoom)

Please email Clotilde for zoom link tilde.lake@gmail.com

Creative Writing - Survivorship Education - Survivorship Support Groups – Contact Lindig Family Resource Center at lindig@memorialhermann.org or by phone at 713-242-2848

Virtual Gentle Yoga with Nuchapan (Zoom)

Meeting ID: 960 2646 2478 Passcode: 560377

Meditation with Nuchapan (Zoom)

Meeting ID: 931 4841 6946 Passcode: 824133

Weight Training (Zoom)

Meeting ID: 960 1523 6807 Passcode: 839810