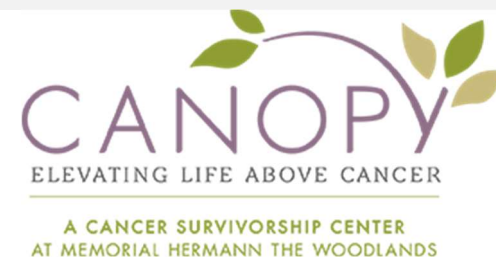


July 2026

Sarcoma & Bone Cancer Awareness Month

***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
		1 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	2 9AM Spanish Advanced (Zoom) 9AM- Zumba 11:30AM Survivorship Coping Skills 2:30PM- Meditation (Zoom)	3 CANOPY CLOSED OBSERVED HOLIDAY	4 Independence Day	5
6 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla)	7 9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 1PM- Drama Therapy 6PM- Restorative Yoga *NEW	8 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club 5:30PM- Working Professionals Group	9 9AM Spanish Advanced (Zoom) 9AM- Zumba 1:30PM- Weight Training (Zoom)	10 8:30AM- Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	11 9AM Gentle Barre (Dance) 10:00AM- <i>Healing Mornings</i> at Canopy- Music as MedicineRx & Coffee	12
13 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla) 2PM Canopy Orientation	14 9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Yoga (Zoom) 2PM- HEB Chef Connections 6PM- <i>Together on the Journey</i>	15 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg 12PM Cancer Education Lecture 5PM- Survivorship Education Zoom	16 9AM Spanish Advanced. (Zoom) 9AM- Zumba 11:30AM Survivorship Coping Skills	17 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	18	19
20 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM Needlework 1PM- Pet Therapy (Layla) 6:30PM Widows Connection Club	21 9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12PM- Keyes Ingredients 6PM- Restorative Yoga *NEW	22 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 11AM Canopy Orientation 11AM Pet Therapy 12pm Survivorship Support Group 1PM Mah Jongg 5:30PM-Young Women's Survivors Circle	23 9AM Spanish Advanced. (Zoom) 9AM- Zumba 12PM Cancer Support (Spanish) 1:30PM- Weight Training (Zoom) 4:30PM- Community Art Reveal	24 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	25 Women's Cancer Survivorship Retreat- 9am	26
27 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla) 5:30PM Life In Between	28 9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Yoga (Zoom)	29 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg	30 9AM Spanish Advanced. (Zoom) 9AM- Zumba 1PM-Sketch for the Soul	31 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch		

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

The Keyes Ingredients with Michelle Keyes (Hybrid)

Zoom Meeting ID: 958 6921 4199 Passcode: 009770

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