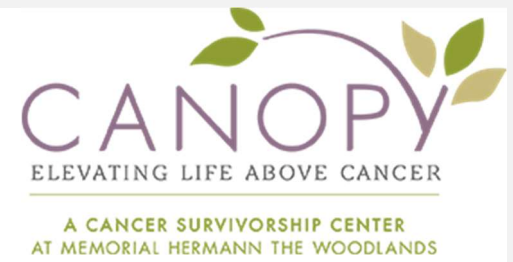


May 2026

Melanoma, Skin, Brain & Bladder
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	2	3
				9:00AM- Breast Cancer Peer Supt 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo		
4	5	6	7	8	9	10
9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla)	9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12:30 PM Healing Art 1PM- Drama Therapy	10AM Tai Chi 11AM Canopy Orientation 12:30PM Painting Butterflies Art 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	9AM Spanish Advanced (Zoom) 9AM- Zumba 10AM Bible Study 2:30PM- Meditation (Zoom)	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	9AM Gentle Barre (Dance) 10:00AM Coffee & Conversations 10:30AM Music as MedicieeRx	
11	12	13	14	15	16	17
9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla)	9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 12PM Caregiver Support (Hybrid)	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	9AM Spanish Advanced. (Zoom) 9AM- Zumba 10:30am- Creative Reflections 1:30PM- Weight Training (Zoom)	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo 1PM Community Health Talk		
18	19	20	21	22	23	24
9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework Class 1PM- Pet Therapy (Layla) 6:30PM Widows Connection	9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12:30PM Healing Art 2PM- HEB Chef Connections 6PM- Stronger Together Marriage Workshop	9AM Spanish Intermediate (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education Zoom 5:30PM-Young Women's Survivors	9AM Spanish Advanced. (Zoom) 9AM- Zumba 10AM Bible Study 5:30PM Life In Between Stage IV	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo		
25	26	27	28	29	30	31
CANOPY CLOSED MEMORIAL DAY	9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients 1:00PM- Look Good Feel Better	9AM Spanish Intermediate (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12pm Survivorship Support Group 1PM Mah Jongg	9AM Spanish Advanced. (Zoom) 9AM- Zumba 12PM Cancer Support (Spanish) 1:30PM- Weight Training (Zoom) 1PM-Sketch for the Soul	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch 6PM- Voices of Hope		

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