

October 2026

Breast & Liver 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	SAT	SUN
			1 9AM Spanish Advanced (Zoom) 9AM- Zumba 10AM Bible Study 11:30AM Survivorship Coping Skills 2:30PM- Meditation (Zoom)	2 9AM-Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg	3	4
5 9AM- Gentle Yoga (Rodney) 9AM Spanish Intermediate (Zoom) 1PM- Needlework 1PM Pet Therapy (Layla)	6 9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- The Dietitian's Kitchen with Courtney *NEW 1PM- Drama Therapy 6PM- Restorative Yoga *NEW	7 9AM Spanish Intermediate (Zoom) 10 AM Tai Chi 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid) 5:30PM- Healing Breaths	8 9AM Spanish Advanced (Zoom) 9AM- Zumba 10:30AM- Creative Reflections 1:30PM- Weight Training (Zoom)	9 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	10 9AM Gentle Barre 10AM- Healing Mornings & Coffee (Dolly Tribute) 10AM Pet Therapy 10:30AM Music as MedicineRx 12PM- Healing Breaths	11 2PM HEB Kids Cooking
12 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework 1PM- Pet Therapy (Layla) 2PM Canopy Orientation	13 9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12PM Caregiver Support (Hybrid) 2PM- HEB Chef Connections 6PM- Together on the Journey	14 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	15 9AM Spanish Advanced. (Zoom) 9AM- Zumba 10AM Bible Study 11:30AM Survivorship Coping Skills	16 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 1PM Community Health Talk	17	18
19 9AM Spanish Intermediate (Zoom) 9AM- Gentle Yoga 1PM- Needlework 1PM- Pet Therapy (Layla) 6:30PM Widows' Connection	20 9AM Spanish Advanced. (Zoom) 9:15 & 10:15am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- The Dietitian's Kitchen with Courtney *NEW 6PM- Restorative Yoga *NEW	21 9AM Spanish Intermediate (Zoom) 9AM Tai Chi 1PM Mah Jongg 12:00PM Women's Health Series 5PM- Survivorship Education Zoom 5:30PM- Healing Breaths 5:30PM-Young Women's Survivors (offsite)	22 9AM Spanish Advanced. (Zoom) 9AM- Zumba 12PM Cancer Support (Spanish) 1:30PM- Weight Training (Zoom)	23 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	24	25
26 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM Needlework 1PM- Pet Therapy (Layla) 5:30PM Life In Between Stage IV	27 9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients 5:30PM- Healing Art	28 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 11AM Canopy Orientation 12PM Survivorship Support Group 1PM Mah Jongg	29 9AM Spanish Advanced. (Zoom) 9AM- Zumba 1:30PM- Weight Training (Zoom) 1PM-Sketch for the Soul	30 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	31	

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