

September

*Leukemia, Lymphoma, Ovarian, Prostate, Thyroid,
Uterine & Childhood Cancer Awareness Month*

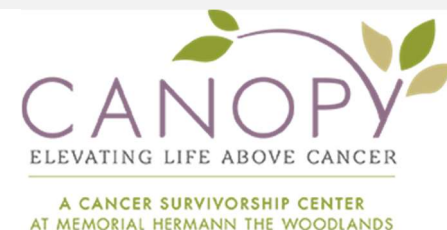
2026

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

**Canopy Cancer Survivorship Center at Memorial Hermann | www.woodlandscanopy.org
1120 Medical Plaza Dr. Suite 250, The Woodlands, TX 77380 | (p) 713-897-5939 to RSVP**

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