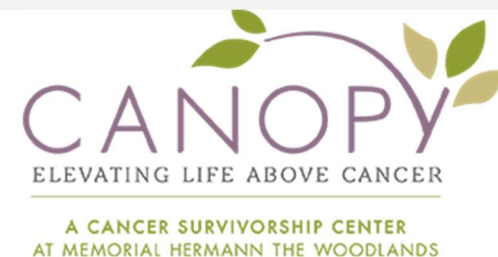


# December 2022

+ Zoom" means the class will be offered in person as well as virtually. **Blue print means class will only be held virtually.**  
\*This calendar is subject to change. **Red print are cancelations.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
			1	2	3	4
			9AM Spanish- Int. (Zoom) 9AM Zumba 10AM Bible Study 1PM Drama Therapy 2:30PM Meditation	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action		
5	6	7	8	9	10	11
8:30AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 12pm- Cancer Orientation 2PM- Needlework Class	9AM Spanish- Int. (Zoom) 10:30AM Spanish 12:30PM- Healing Art 1:30PM- Candle making Workshop (Registration Required)	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Keyes Ingredients Nutrition 1PM Mah Jongg	9AM Spanish -Int. (Zoom) 9AM Zumba	9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Nutrition		
12	13	14	15	16	17	18
8:30AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class 2PM Pet Therapy (Kea) 5:30PM- Life In Between (off site- RSVP required for new members)	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner <del>12PM- Creative Reflections</del> 12PM- Cancer Support- Spanish	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club 5PM-Survivorship Education (Zoom)	9AM Spanish -Int. (Zoom) 9AM Zumba 10AM Bible Study 1PM Drama Therapy 2:30PM Meditation	9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg <del>11AM Nutrition in Action</del> 2PM- HOLIDAY PARTY		
19	20	21	22	23	24	25
8:30AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class 6PM- Modern Widows Club	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30PM- Healing Art	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM- Cancer Education Lecture 1PM Mah Jongg	9AM Spanish -Int. (Zoom) 9AM Zumba	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg <del>11AM Happily Nourished- Nutrition</del>		
26	27	28	29	30	31	
DAY AFTER HOLIDAY -CLOSED-	<del>9AM Spanish- Int. (Zoom)</del> 10:30AM Spanish- Beginner	<del>9AM Spanish-Adv Beginner (Zoom)</del> 10AM Tai Chi 12PM- Survivorship Support (Zoom) 1PM Mah Jongg	<del>9AM Spanish -Int. (Zoom)</del> 9AM Zumba 2:30PM Meditation	9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action 11:30AM- Men's Lunch		

**8:30am Yoga (virtual class with Rohini)**

<https://us02web.zoom.us/j/88037662985?pwd=d2dpaW9URVZreWcrbVM2MXcvclQ5dz09>

Meeting ID: 880 3766 2985      Passcode: 953593

**Breast Cancer Support Group (Virtual) Every 2nd Wed 12-1pm** – Call Janetta Thomas, MSN, RN, OCN for zoom link #713-456-6711

**The Keyes Ingredients with Michelle Keyes (healthy nutrition class)**

Join from any device: <https://memorialhermann.zoom.us/j/92472991234?pwd=L1RrNjNreHo2THk4eTBuVnlUNHoxQT09>

Meeting ID: 924 7299 1234      Password: 356716

**Bible Study (hybrid class with Patti)**

Topic: Canopy Bible Study

Time: 1<sup>st</sup> & 3<sup>rd</sup> Thursday at 10am

Join Zoom Meeting

[https://urldefense.com/v3/\\_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0QT09\\_!!IPhZlOogwbDdv1o!VVPkEYIteTtUj4BEd1o9akMk1ou6nlOU828L7Pcxt1JDL3c2jBMbfbQBGec4OfB6Mgd2wJwrm8yH62KhC9zu8Z49\\$](https://urldefense.com/v3/_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0QT09_!!IPhZlOogwbDdv1o!VVPkEYIteTtUj4BEd1o9akMk1ou6nlOU828L7Pcxt1JDL3c2jBMbfbQBGec4OfB6Mgd2wJwrm8yH62KhC9zu8Z49$)

Meeting ID: 876 0266 8574

Passcode: 998793

**Spanish Classes with Clotilde (Intermediate, & Advanced Beginner): Please email Clotilde at for the Zoom link : [tilde.lake@gmail.com](mailto:tilde.lake@gmail.com)**

**Register for Survivorship Education and Survivorship Support Groups using link below:**

[Virtual Cancer Survivorship Classes-Nutrition-November 16 2022 | Memorial Hermann](#)