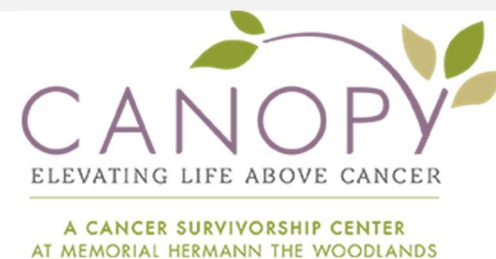


January 2023

+ 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. Sign up for newsletter for latest updates.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
2 CANOPY CLOSED 9AM Spanish-Adv Beginner (Zoom)	3 9AM Spanish- Int. (Zoom)	4 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Keyes Ingredients Nutrition 1PM Mah Jongg	5 9AM Spanish -Int. (Zoom) 9AM- Zumba 10AM Bible Study 1PM Drama Therapy	6 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	7	8
9 8:30AM- Gentle Yoga (Zoom) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 12PM Cancer Orientation 2PM- Needlework Class 2PM- Pet Therapy (Kea)	10 9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30 PM Healing Art	11 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg	12 9AM Spanish-Int. (Zoom) 9AM- Zumba 10:30am- Creative Reflections 12PM- Legal Workshop 2:30pm Meditation	13 9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support	14	15
16 8:30AM- Gentle Yoga (Zoom) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM- Needlework Class 6PM Modern Widows Club	17 9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12PM Caregiver Support	18 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 1:30PM Book Club 5PM- Survivorship Education Zoom	19 9AM Spanish- Int. (Zoom) 9AM- Zumba 10AM-Bible Study 1PM- Drama Therapy	20 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	21	22
23 8:30AM- Gentle Yoga (Zoom) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM- Needlework Class 2PM- Pet Therapy (Kea) 5:30PM Life In Between	24 9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30PM Healing Art	25 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg 5pm Survivorship Support Group	26 9AM Spanish- Int. (Zoom) 9AM- Zumba 11:30AM Cancer Support (Spanish) 1PM Cancer Support (English) 2:30pm Meditation	27 9:30AM Chair Yoga 9L39AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished- Support 11:30AM Men's Lunch	28	29
30 8:30AM- Gentle Yoga (Zoom) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM Needlework Class	31 9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner					

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: 1st & 3rd Thursday at 10am

Join Zoom Meeting

<https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0QT09>

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

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