

January 2026

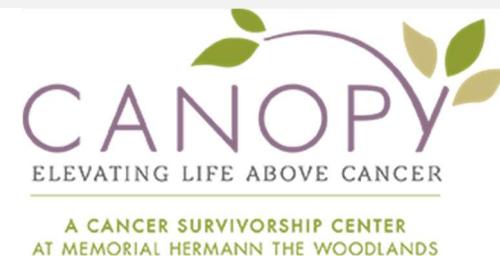
Cervical Cancer Awareness Month

***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			1 CANOPY CLOSED NEW YEARS DAY	2 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	3	4
5 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength Pilates 1PM- Needlework Class 1PM Pet Therapy (Layla) 2PM Canopy Orientation	6 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Meditation (Zoom) 10AM- Virtual Creative Writing 12:30 PM- Healing Art 1PM- Drama Therapy	7 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	8 9AM Spanish Advanced (Zoom) 9AM- Zumba 10:30am- Creative Reflections 1:30PM- Weight Training (Zoom)	9 9AM-Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	10 9AM Gentle Barre (Dance)	11
12 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	13 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Meditation (Zoom) 12PM Caregiver Support (Hybrid)	14 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support 1PM Mah Jongg 1:30PM Book Club 5:30PM-Working Professionals Grp	15 9AM Spanish Advanced. (Zoom) 9AM- Zumba 10AM Bible Study	16 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo 1PM Community Health Talk	17	18
19 CANOPY CLOSED MLK Jr. Day 6PM Widows Connection	20 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Meditation (Zoom) 10AM- Virtual Creative Writing 12:30PM Healing Art	21 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education Zoom	22 9AM Spanish Advanced. (Zoom) 9AM- Zumba 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) 11AM- Gentle Strength Pilates 1PM Needlework 1PM- Pet Therapy (Layla) 5:30PM Life In Between Stage IV Cancer Support	27 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Meditation (Zoom) 12PM- Keyes Ingredients	28 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 1PM Mah Jongg	29 9AM Spanish Advanced. (Zoom) 9AM- Zumba 12PM Cancer Support (Spanish) 2PM-Sketch for the Soul	30 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	31	

Canopy Cancer Survivorship Center at Memorial Hermann
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

The Keyes Ingredients with Michelle Keyes (Hybrid)

Zoom Meeting ID: 958 6921 4199 Passcode: 009770

Creative Writing - Survivorship Education - Survivorship Support Groups – Contact Lindig Family Resource Center at lindig@memorialhermann.org or by phone at 713-242-2848

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