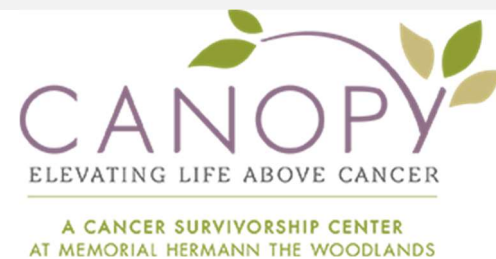


July 2024

***Hybrid**- the class will be offered in person & virtually.

***Zoom** -class will only be held virtually.

*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- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class	2 9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 11AM- Breast Cancer Peer Support 12:30 PM Healing Art	3 9AM Spanish- Adv Beginner (Zoom) 10AM Tai Chi 11AM Cancer Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	4 CANOPY CLOSED 4 th of July	5 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	6	7
8 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class	9 9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 12PM Caregiver Support (Hybrid) 2PM- HEB Chef Connections (Smoothie Workshop)	10 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	11 9AM Spanish-Int. (Zoom) 9AM- Zumba 2:30PM- Meditation (Zoom)	12 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support	13	14
15 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 6PM Modern Widows Club	16 9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 12:30PM Healing Art 2PM- Coping with Change- Grief Support	17 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 5PM- Survivorship Education Zoom	18 9AM Spanish- Int. (Zoom) 9AM- Zumba	19 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	20	21
22 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM Needlework 5:30PM Life In Between	23 9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients	24 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12pm Survivorship Support Group 1PM Mah Jongg	25 9AM Spanish- Int. (Zoom) 9AM- Zumba 11AM Cancer Support (English) 12:30 PM Cancer Support (Spanish) 2PM- Mind & Body Experience	26 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	27	28
29 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class	30 9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom)	31				

Bible Study (Hybrid) 1st & 3rd Thursday at 10am

Meeting ID: 718 6478 2931

Passcode: Ay1H1f

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 Beginner (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

Survivorship Education and Survivorship Support Groups – Contact Dana Perkins at dana.howell-perkins@memorialhermann.org

Gentle Yoga with Nuchapan (Zoom)

Meeting ID: 959 1443 7768 Passcode: 627030

Meditation with Nuchapan (Zoom)

Meeting ID: 989 0293 0715 Passcode: 730763