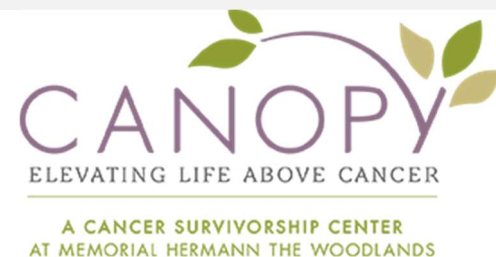


June 2023

+ Zoom means the class will be offered in person as well as virtually. **Blue print means class will be held virtually or hybrid (both).** *This calendar is subject to change. Sign up for newsletter for latest updates.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
			1	2	3	4
			9AM Spanish-Int. (Zoom) 9AM- Zumba 1PM Drama Therapy 2:30PM Meditation	9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished- Support		
5	6	7	8	9	10	11
9AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 12PM Cancer Orientation 2PM- Needlework Class	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30 PM Healing Art	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg 3PM- Head & Neck Cancer Support	9AM Spanish- Int. (Zoom) 9AM- Zumba 10:30AM- Creative Reflections	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo		
12	13	14	15	16	17	18
9AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM- Needlework Class 2PM- Pet Therapy (Kea)	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12PM Care Partner Support (Hybrid)	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	9AM Spanish- Int. (Zoom) 9AM- Zumba 11:30AM-Cancer Support (Spanish) 1PM- Drama Therapy 2:30PM Meditation	9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished- Support		
19	20	21	22	23	24	25
9AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM- Needlework Class 6PM Modern Widows Club	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30PM Healing Art 2PM- Coping with Changes	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg	9AM Spanish- Int. (Zoom) 9AM- Zumba 1PM Cancer Support (English)	9:30AM Chair Yoga 9:30AM Pet Therapy (Beau) 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo		
26	27	28	29	30		
9AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM Needlework Class 2PM Pet Therapy (Kea) 5:30PM Life In Between (Stage IV Support)	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12PM Keyes Ingredients (Hybrid)	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish- Int. (Zoom) 9AM- Zumba	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished Support 11:30AM- Men's Lunch (HEB Chef Cooking Connections)		

9:00am 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 by contacting Sarah Brown:

Sarah.brown@memorialhermann.org

Caregiver Support Group

Meeting ID: 915 9859 2743

Passcode: 560843

<https://zoom.us/j/91598592743?pwd=Q203dTUvd2JZZTd1WXFtckczU3hhdz09>