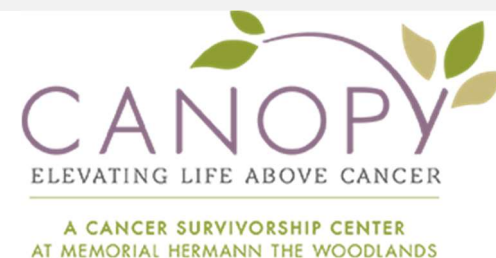


June 2025

***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
2 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates AC 1PM- Needlework Class 1PM- Pet Therapy (Layla)	3 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- Restorative Yoga 12:30 PM Healing Art	4 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 11AM Canopy Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	5 9AM Spanish Advanced (Zoom) 9AM- Zumba 1PM- Card Game Social 2:30PM- Meditation (Zoom) 5PM- Canopy Date Night	6 9AM- Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	7	1/8
9 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates AC 1PM- Needlework Class 1PM- Pet Therapy (Layla)	10 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM- Virtual Yoga (Zoom) 11AM- Restorative Yoga 12PM Caregiver Support (Hybrid) 1PM- Drama Therapy	11 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 12PM Cancer Education Lecture 1PM Mah Jongg 1:30PM Book Club	12 9AM Spanish Advanced (Zoom) 9AM- Zumba 10:30am- Creative Reflections	13 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support	14 9AM Gentle Barre (Dance)	15
16 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates SS 1PM- Needlework Class 1PM- Pet Therapy (Layla) 6PM- Widows Connection	17 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- Restorative Yoga 12:30PM Healing Art	18 9AM Spanish Intermediate (Zoom) 9AM Tai Chi 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education (Zoom)	19 9AM Spanish Advanced. (Zoom) 9AM- Zumba 11AM- Empowered Healing Group Coaching 1PM- Card Game Social	20 9:30AM Chair Yoga 10AM Coffee & Support 10:30 Hope in the Face of Cancer Book Signing with CanCare 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	21	22
23 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates SS 1PM- Needlework Class 1PM- Pet Therapy (Layla) 5:30PM Life In Between Stage IV	24 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM- Virtual Yoga (Zoom) 11AM- Caregiver Restorative Yoga 12PM- Keyes Ingredients	25 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 12pm Survivorship Support (Zoom) 1PM Mah Jongg	26 9AM Spanish Advanced. (Zoom) 9AM- Zumba 12:30 PM Cancer Support (Spanish)	27 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch hosted by HEB Chef Connections	28	29
30 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates SS 1PM- Needlework Class 1PM- Pet Therapy (Layla)						

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

Creative Writing - Survivorship Education - Survivorship Support Group – Contact Lindig Family Resource Center at lindig@memorialhermann.org or by phone at 713-424-2848

Gentle Yoga with Nuchapan (Zoom)

Meeting ID: 960 2646 2478 Passcode: 560377

Meditation with Nuchapan (Zoom)

Meeting ID: 966 5794 8806 Passcode: 551981