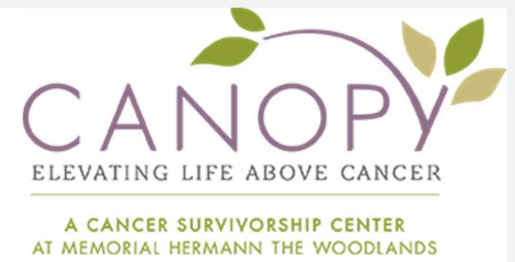


# November 2022

+ 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	1	2	3	4	5	6
	9AM Spanish- Int. (Zoom) <del>10:30AM Spanish- Canceled</del> 12:30PM- Healing Art	<del>9AM Spanish (Zoom) Canceled</del> 10AM Tai Chi 1PM Mah Jongg	<del>9AM Spanish (Zoom) Canceled</del> 10AM Bible Study 1PM Drama Therapy 2:30PM Meditation	<del>9:30AM Chair Yoga- Canceled</del> 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action		
7	8	9	10	11	12	13
8:30AM- Gentle Yoqa (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 12pm- Cancer Orientation 2PM- Needlework Class 2PM Pet Therapy (Kea)	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12PM- Creative Reflections	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Keyes Ingredients Nutrition 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	9AM Spanish -Int. (Zoom) 10AM Happily Nourished	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg		
14	15	16	17	18	19	20
8:30AM- Gentle Yoqa (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30PM- Healing Art	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM- Cancer Education Lecture 1PM Mah Jongg 12PM-Survivorship Education (Zoom)	9AM Spanish -Int. (Zoom) 10AM Bible Study 1PM Drama Therapy 2:30PM Meditation	9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action 12PM Men's Lunch		
21	22	23	24	25	26	27
8:30AM- Gentle Yoqa (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class 2PM Pet Therapy (Kea) 6PM- Modern Widows Club	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner	<del>9AM Spanish (Zoom) Canceled</del> 10AM Tai Chi 1PM Mah Jongg	THANKSGIVING DAY -Closed-	Day After Thanksgiving -Closed-		
28	29	30				
8:30AM- Gentle Yoqa (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class 5:30PM- Life In Between	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM- Survivorship Support (Zoom) 1PM Mah Jongg				

**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: 1<sup>st</sup> & 3<sup>rd</sup> Thursday at 10am

Join Zoom Meeting

[https://urldefense.com/v3/\\_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0QT09\\_!!IPhZlOogwbDdv1o!VVPkEYItctTuj4BEd1o9akMk1ou6nl0U828L7Pcxt1JDL3c2jBMbfbQBGEc4OfB6Mgd2wJwrm8yH62KhC9zu8Z49\\$](https://urldefense.com/v3/_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0QT09_!!IPhZlOogwbDdv1o!VVPkEYItctTuj4BEd1o9akMk1ou6nl0U828L7Pcxt1JDL3c2jBMbfbQBGEc4OfB6Mgd2wJwrm8yH62KhC9zu8Z49$)

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](mailto:tilde.lake@gmail.com)

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

[Virtual Cancer Survivorship Classes-Nutrition-November 16 2022 | Memorial Hermann](#)