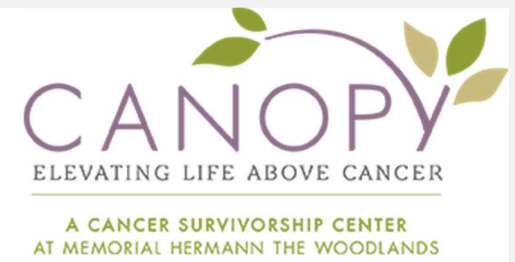


# November 2024

\***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- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	2	3
4 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM Pet Therapy (Layla)	5 9AM Spanish- Int. (Zoom) 9AM- Gentle Barre/Dance <del>10AM- Virtual Yoga (Zoom)</del> 11AM- Breast Cancer Peer Support 12:30 PM Healing Art	6 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 11AM Cancer Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	7 9AM Spanish-Int. (Zoom) 9AM- Zumba 10AM Bible Study 10:30am- Creative Reflections 2PM- Mind & Body Experience <del>2:30PM- Meditation (Zoom)</del>	8 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support	9	10
11 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	12 9AM Spanish- Int. (Zoom) 9AM- Gentle Barre/Dance <del>10AM- Virtual Yoga (Zoom)</del> 12PM Caregiver Support (Hybrid) 1PM- Art Exhibit Preview 5:30PM- Art Exhibit	13 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	14 9AM Spanish- Int. (Zoom) 9AM- Zumba 10AM-Bible Study 12PM-Legal Workshop	15 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	16	17
18 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 6PM Modern Widows Club	19 9AM Spanish- Int. (Zoom) 9AM- Gentle Barre/Dance 10AM- Virtual Yoga (Zoom) 12:30PM Healing Art 2PM- Coping with Change- Grief Support	20 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Men's Health Panel 1PM Mah Jongg 5PM- Survivorship Education Zoom	21 9AM Spanish- Int. (Zoom) 9AM- Zumba 12PM Bible Study 11AM Cancer Support (English) 12:30 PM Cancer Support (Spanish) 2PM- Look Good Feel Better	22 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	23	24
25 9AM- Gentle Yoga <del>9AM Spanish-Adv Beginner (Zoom)</del> 11AM- Gentle Strength- Pilates 1PM Needlework 1PM- Pet Therapy (Layla) 5:30PM Life In Between	26 <del>9AM Spanish- Int. (Zoom)</del> 9AM- Gentle Barre/Dance 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients	27 <del>9AM Spanish-Adv Beginner (Zoom)</del> 10AM Tai Chi 10:30AM Spanish- Beginner 12pm Survivorship Support Group 1PM Mah Jongg	28 CANOPY CLOSED THANKSGIVING	29 CANOPY CLOSED DAY AFTER THANKSGIVING	30	

**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](mailto: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](mailto: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](mailto: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