November 2026

Honoring Caregivers, Lung, Neuroendocrine, Pancreatic & Stomach Cancer Awareness Month

***Hybrid**- the class will be offered in person & virtually.
***Zoom** -class will only be held virtually
***Evening**- class held after 5PM
***This calendar is subject to change. Sign up for newsletter for latest updates.**

CANOPY
ELEVATING LIFE ABOVE CANCER
A CANCER SURVIVORSHIP CENTER AT MEMORIAL HERMANN THE WOODLANDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
2	3	4	5	6	7	1/8
9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework 1PM Pet Therapy (Layla)	9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training ~~10AM- Virtual Yoga (Zoom)~~ 10AM- Virtual Creative Writing 11AM- Dietitian's Kitchen Courtney 1PM- Guided Journeys 6PM- Restorative Yoga	9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid) 6PM- Healing Breaths	9AM Spanish Advanced (Zoom) ~~9AM- Zumba~~ 1:30PM- Weight Training (Zoom) 2:30PM- Meditation (Zoom) 5:30PM- Art Exhibit- Under the Canopy	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg		
9	10	11	12	13	14	15
9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework ~~1PM Pet Therapy (Layla)~~ 2PM Canopy Orientation	9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Meditation (Zoom) 10AM- Virtual Creative Writing 11AM- Dietitian's Kitchen with Courtney 6PM- Together on the Journey	9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg 1:30PM Book Club 5:30PM- Working Professionals Grp	9AM Spanish Advanced (Zoom) 9AM- Zumba ~~10:30AM- Creative Reflections~~ 1:30PM- Weight Training (Zoom) 2:30PM- Meditation (Zoom)	8:30 AM- Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	9AM Gentle Barre 10AM- *Healing Mornings & Coffee* *10AM Photos with a Polar Bear (RSVP)* 10:30AM Music as MedicineRx 12PM- Healing Breaths	
16	17	18	19	20	21	22
9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 1PM- Needlework 1PM- Pet Therapy (Layla) 6:30PM Widows Connection	9AM Spanish Advanced. (Zoom) 9 & 10AM- Weight Training 10AM- Virtual Meditation (Zoom) 11AM- The Dietitian's Kitchen with Courtney 6PM- Restorative Yoga	9AM Spanish Intermediate (Zoom) 9AM Spanish- Beginner 10AM Tai Chi 12PM Breast Cancer Support (Zoom) **12PM Men's Health Panel** 1PM Mah Jongg 5:30PM-Young Women's Survivors 6PM- Healing Breaths	9AM Spanish Advanced. (Zoom) 9AM- Zumba 10AM Bible Study 1:30PM- Weight Training (Zoom) 12PM Cancer Support (Spanish) 1PM-Sketch for the Soul 2PM- Look Good Feel Better	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch		
23	24	25	26	27	28	29
9AM- Gentle Yoga 1PM- Needlework 1PM- Pet Therapy (Layla) 5:30PM Life In Between	~~9AM Spanish Advanced. (Zoom)~~ 9 & 10AM- Weight Training 10AM- Virtual Meditation (Zoom) 10AM- Virtual Creative Writing 5:30PM- Healing Art	~~9AM Spanish Intermediate(Zoom)~~ 10AM Tai Chi 11AM Canopy Orientation CANOPY CLOSED AT NOON	CANOPY CLOSED THANKSGIVING	CANOPY CLOSED DAY AFTER THANKSGIVING		
30						
9AM Spanish Intermediate (Zoom) 9AM- Gentle Yoga 1PM Needlework 1PM- Pet Therapy (Layla)						

Canopy Cancer Survivorship Center at Memorial Hermann | www.woodlandscanopy.org
1120 Medical Plaza Dr. Suite 250, The Woodlands, TX 77380 | (p) 713-897-5939 to RSVP

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 (Zoom)

Please email Clotilde for zoom link tilde.lake@gmail.com

Creative Writing - Survivorship Education - Survivorship Support Groups – Contact Lindig FAMily Resource Center at lindig@memorialhermann.org or by phone at 713-242-2848

Virtual Gentle Yoga with Nuchapan (Zoom)

Meeting ID: 960 2646 2478 Passcode: 560377

Meditation with Nuchapan (Zoom)

Meeting ID: 931 4841 6946 Passcode: 824133

Weight Training (Zoom)

Meeting ID: 960 1523 6807 Passcode: 839810

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