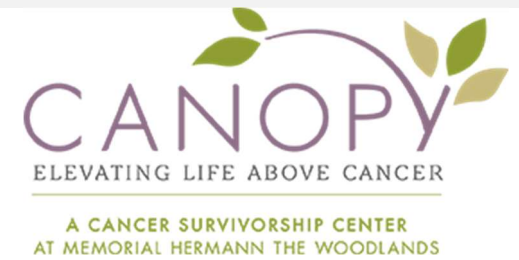


# October 2022

+ 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	7	8	9
9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class 2PM Pet Therapy	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 10:30AM- Gentle Yoga (+Facebook Live) 12:30PM- Healing Art	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Keyes Ingredients Nutrition 1PM Mah Jongg 6:30PM Modern Widows New Members	9AM Spanish -Int. (Zoom) 10AM Bible Study 1PM Drama Therapy 2:30PM Meditation	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Pet Therapy (Buck) 10:30AM Mah Jongg 11AM- Nutrition in Action		
10	11	12	13	14	15	16
8:30AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 10:30AM- Gentle Yoga (+Facebook Live) 12PM- Creative Reflections	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 12PM- Cancer Support Spanish 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		
17	18	19	20	21	22	23
8:30AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class 6PM- Modern Widows Club	9AM Spanish- Int. (Zoom) 10:30AM- Gentle Yoga (+Facebook Live) 12:30PM- Healing Art	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 5pm Survivorship Education (Contact Sarah to RSVP- 713-262-8437)	9AM Spanish -Int. (Zoom) 10AM- Bible Study 1PM- Drama Therapy 2:30PM- Meditation	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action		
24	25	26	27	28	29	30
8:30AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class 2PM Pet Therapy (Kea) 5:30PM- Life In Between	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 10:30AM- Gentle Yoga (+Facebook Live)	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM- Survivorship Support (Zoom) (Contact Sarah for link- 713-262-8437) 1PM Mah Jongg	9AM Spanish -Int. (Zoom) 10AM Happily Nourished	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch		
31						
8:30AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 2PM- Needlework Class						

**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!VVPkEYItctTuj4BEd1o9akMk1ou6nlOU828L7Pcxt1JDL3c2jBMbfbQBGEc4OfB6Mgd2wJwrm8yH62KhC9zu8Z49\\$](https://urldefense.com/v3/_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0QT09_!!IPhZlOogwbDdv1o!VVPkEYItctTuj4BEd1o9akMk1ou6nlOU828L7Pcxt1JDL3c2jBMbfbQBGEc4OfB6Mgd2wJwrm8yH62KhC9zu8Z49$)

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)