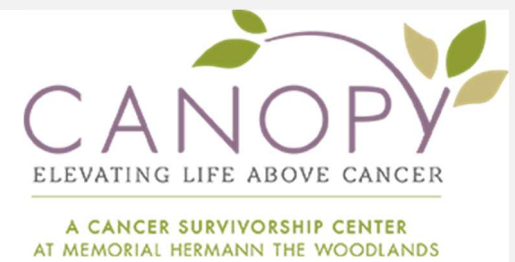


# October 2024

\***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 Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 11AM- Breast Cancer Peer Support 12:30 PM Healing Art 1:30 Keyes Ingredients	2 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 11AM Cancer Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	3 9AM Spanish -Int. (Zoom) 9AM- Zumba <del>10AM Bible Study</del> <del>2:30PM - Meditation (Zoom)</del>	4 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	5	6
7 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM Pet Therapy (Layla)	8 9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 12PM Caregiver Support (Hybrid) 2PM- HEB Chef Connections- Make Your Own Pasta Day (Chef Vinny)	9 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	10 9AM Spanish-Int. (Zoom) 9AM- Zumba <del>10:30am - Creative Reflections</del> 2PM- Mind & Body Experience	11 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support	12	13
14 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	15 9AM Spanish- Int. (Zoom) <del>10AM- Virtual Yoga (Zoom)</del> 10AM- Mocktail Workshop 12:30PM Healing Art 2PM- Coping with Change- Grief Support	16 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Breast Cancer Panel 1PM Mah Jongg 5PM- Survivorship Education Zoom	17 9AM Spanish- Int. (Zoom) 9AM- Zumba 10AM Bible Study	18 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	19	20
21 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 6PM Modern Widows Club	22 9AM Spanish- Int. (Zoom) 9AM- Gentle Barre/Dance <del>10AM- Virtual Yoga (Zoom)</del> 12PM- Keyes Ingredients	23 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 1PM Mah Jongg	24 9AM Spanish- Int. (Zoom) 9AM- Zumba 11AM Cancer Support (English) 12:30 PM Cancer Support (Spanish)	25 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	26	27
28 9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM Needlework 1PM- Pet Therapy (Layla) 5:30PM Life In Between	29 9AM Spanish- Int. (Zoom) 9AM- Gentle Barre/Dance <del>10AM- Virtual Yoga (Zoom)</del>	30 9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12pm Survivorship Support Group 1PM Mah Jongg	31 9AM Spanish- Int. (Zoom) 9AM- Zumba			

**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