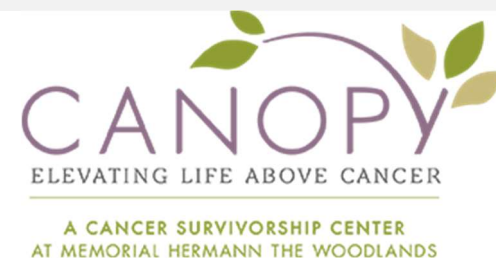


October 2025

***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 Intermediate(Zoom) 10AM Tai Chi 11AM Canopy Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	2 9AM Spanish Advanced (Zoom) 9AM- Zumba 10AM Bible Study	3 9AM-Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	4	5
6 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	7 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Meditation (Zoom) 12PM Caregiver Support (Hybrid) 1PM- Drama Therapy 2PM- HEB Chef Connections	8 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club 5:30PM- Working Professionals Group	9 9AM Spanish Advanced (Zoom) 9AM- Zumba 10:30am- Creative Reflections 1:30PM- Weight Training (Zoom)	10 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support 6:30PM- Voices of Hope	11 9AM Gentle Barre (Dance)	12 2PM Kids Cooking
13 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	14 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Meditation (Zoom) 10AM- Virtual Creative Writing 12:30PM Healing Art	15 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 12PM Breast Cancer Series 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education Zoom	16 9AM Spanish Advanced. (Zoom) 9AM- Zumba 10AM Bible Study	17 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo 1PM Community Health Talk	18	19
20 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 6PM Widows Connection	21 9AM Spanish Advanced. (Zoom) 10 & 11am- Weight Training 10AM- Virtual Meditation (Zoom)	22 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 1PM Mah Jongg	23 9AM Spanish Advanced. (Zoom) 9AM- Zumba 11AM- Empowered Healing Group Coaching 1:30PM- Weight Training (Zoom)	24 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg	25	26
27 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength Pilates 1PM Needlework 1PM- Pet Therapy (Layla) 5:30PM Life In Between	28 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Meditation (Zoom) 11AM Cancer Support (Spanish) 12PM- Keyes Ingredients	29 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 12pm Survivorship Support Group 1PM Mah Jongg	30 9AM Spanish Advanced. (Zoom) 9AM- Zumba 2PM-Sketch for the Soul *New	31 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch		

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 Beginner (Zoom)

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

The Keyes Ingredients with Michelle Keyes (Hybrid)

Zoom Meeting ID: 958 6921 4199 Passcode: 009770

Creative Writing - Survivorship Education - Survivorship Support Groups – Contact Lindig Family Resource Center at lindig@memorialhermann.org or by phone at 713-424-2848

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