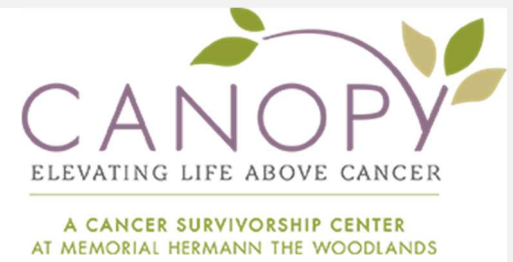


# February 2025

\***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	2
3 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	4 9AM Spanish Advanced. (Zoom) 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- Breast Cancer Peer Support 12:30PM Healing Art	5 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 11AM Canopy Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	6 9AM Spanish Advanced (Zoom) 9AM- Zumba 10AM Bible Study 1PM- Card Game Social 2:30PM- Meditation (Zoom)	7 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	8 9AM Gentle Barre (Dance)	9
10 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	11 9AM Spanish Advanced. (Zoom) 10AM- Virtual Yoga (Zoom) 12PM Caregiver Support (Hybrid)	12 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 1:30PM Book Club 3PM Breast Cancer Support (Zoom)	13 9AM Spanish Advanced. (Zoom) 9AM- Zumba 10:30- Creative Reflections	14 10AM- Valentines Tea (Res #1) 12:30PM- Valentines Tea (Res #2)  6PM Widows Connection	15	16
17 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	18 9AM Spanish Advanced. (Zoom) 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12:30PM Healing Art 2PM- Coping with Change	19 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education Zoom	20 9AM Spanish Advanced. (Zoom) 9AM- Zumba 10AM- Bible Study 11AM- Empowered Healing Group Coaching 12PM- Sourdough Workshop 1PM- Card Game Social	21 9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished- Support	22 W&W Teddy Bear Clinic	23
24 9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 5:30PM- Life In Between Stage IV Cancer Support	25 9AM Spanish Advanced. (Zoom) 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients 1:30PM- Look Good Feel Better	26 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12pm Survivorship Support Group 12PM- Breast Cancer Peer Support Kickoff lunch 1PM Mah Jongg	27 9AM Spanish Advanced. (Zoom) 9AM- Zumba 11AM Cancer Support (English) 12:30 PM Cancer Support (Spanish)	28 9AM- 1:1 Financial Resource Sessions 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](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

**Creative Writing, Survivorship Education and Survivorship Support Groups** – Contact Lindig Family Resource Center at [lindig@memorialhermann.org](mailto:lindig@memorialhermann.org) or by phone at 713-424-2848

**Gentle Yoga with Nuchapan (Zoom)**

Meeting ID: 916 6287 0636 Passcode: 161977

**Meditation with Nuchapan (Zoom)**

Meeting ID: 966 5794 8806 Passcode: 551981