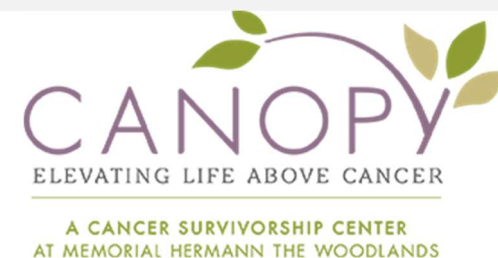


July 2025

***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 Advanced. (Zoom) 9am- Weight Training 10AM Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- Restorative Yoga 12PM- Keyes Ingredients	2 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 11AM Canopy Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	3 9AM Spanish Advanced (Zoom) 9AM- Zumba 1PM- Card Game Social	4 CANOPY CLOSED 4 th of July	5	6
7 9AM Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	8 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM Virtual Yoga (Zoom) 11AM- Restorative Yoga 12PM Caregiver Support (Hybrid) 1PM- Drama Therapy 2PM- HEB Chef Connections	9 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	10 9AM Spanish Advanced (Zoom) 9AM- Zumba 2:30PM- Meditation (Zoom)	11 9AM- Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished Support	12	13
14 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	15 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- Restorative Yoga	16 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education Zoom	17 9AM Spanish Advanced. (Zoom) 9AM- Zumba 11AM- Empowered Healing Group Coaching 1PM- Card Game Social	18 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action Demo	19 9AM Gentle Barre (Dance)	20
21 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Gentle Strength- Pilates 1PM Needlework 1PM- Pet Therapy (Layla) 6PM Widows Connection Club	22 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM Virtual Yoga (Zoom) 11AM- Restorative Yoga 12PM- Keyes Ingredients	23 7:30AM- Clergy Breakfast 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 12pm Survivorship Support Group 1PM Mah Jongg	24 9AM Spanish Advanced. (Zoom) 9AM- Zumba 12:30 PM Cancer Support (Spanish)	25 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	26	27
28 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 5:30PM Life In Between	29 9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM Virtual Yoga (Zoom) 11AM- Caregivers Restorative Yoga	30 9AM Spanish Intermediate (Zoom) 10AM Tai Chi 1PM Mah Jongg	31 9AM Spanish Advanced. (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

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 Group – 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: 966 5794 8806 Passcode: 551981