



February 2022

"+ Zoom" means the class will be offered in person as well as virtually. Just "Zoom" means class will only be held virtually.

1120 Medical Plaza Dr. #250

Sunday 30	Monday 31 st	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
	8:30AM Gentle Yoga (Zoom) 9 Spanish - Adv Begin (Zoom) 1PM Knitting	9AM Spanish – Int. (Zoom) 9:30 Gentle Yoga(+FBL) 10:30AM Spanish Class 12:30PM Healing Art	9 Spanish – Adv Begin (Zoom) 10AM Tai Chi 1PM Mah Jongg * Healing meals now available	9AM Spanish – Int. (Zoom) 10:30AM Barre (Zoom) 1PM Drama Therapy	10AM Coffee&Support 10:30AM Mah Jongg	
6	8:30AM Gentle Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom) 1PM Knitting	9AM Spanish - Intermediate (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class 11AM Creative Reflections	9AM Spanish – Adv Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish -Intermediate (Zoom) 10:30AM Gentle Barre(Zoom) 10AM Bible Study(+Zoom) 12PM Patient Support Spanish	10AM Coffee&Support 10:30AM Mah Jongg 10:30AM "Strength of Heart" rock painting	12
13	8:30AM Gentle Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom) 10:30AM Make & Take "Self Care Kits" - Bath Salts & Sachets (Pre-Reg Required) 1PM Knitting	9AM Spanish -Intermediate (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class 12:30PM Healing Art	9AM Spanish – Adv Beginner (Zoom) 10AM Tai Chi 12PM Oncology Education 12 Breast Cancer Support (Zoom) 713-456-6711 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10:30AM Barre[Zoom] 1PM Drama Therapy	9:30 Chair Yoga (NEW!) 10AM Coffee &Support 10:30AM Mah Jongg	19
20	8:30AM Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom) 1PM Knitting 6PM Modern Widows Club	9AM Spanish - Intermediate (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class	9AM Spanish – Adv Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10AM Bible Study(+Zoom) 10:30AM Barre[Zoom]	9:30 Chair Yoga 10AM Coffee &Support 10:30AM Mah Jongg 11:30AM Men's Lunch	26
27	8:30AM Gentle Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom) 1PM Knitting 5:30PM Life in Between	9AM Spanish – Int. (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class	9AM Spanish – Adv Begin (Zoom) 10AM Tai Chi 12PM Keyes to Health (Zoom) 1PM Mah Jongg 6 Breast Cancer Support Group (Zoom) 713-262-8435	9 Spanish – Int (Zoom) 10:30 Gentle Barre (Zoom)	9:30 Chair Yoga 10AM Coffee &Support 10:30AM Mah Jongg	29

This calendar is subject to change. Please check your email before class!

Links for all virtual classes & programs

8:30 Yoga

<https://us02web.zoom.us/j/82251150553?pwd=V3FYdzVvYURFK0J3V3ZrWjZNYkZFQT09>

Meeting ID: 822 5115 0553

Passcode: 405134

Breast Cancer Support Group (Virtual) Every 2nd Wed 12-1pm – Call Janetta Thomas, MSN, RN, OCN for zoom link #713-456-6711

Breast Cancer Support Group (Virtual) Every last Wed 6-7pm – Call Lisa Lampton, RN, OCN or Erica Scott, RN for zoom link #713-262-8435

Keyes to Health (healthy nutrition class)

<https://us02web.zoom.us/j/82669244392?pwd=b1ZLY0l3bFVHWjBDeHVOZ05NTDQxZz09>

Meeting ID: 826 6924 4392

Passcode: 638692

Gentle Barre (Call Melony if you have trouble logging in #936-443-0971)

<https://zoom.us/meeting/84126979051>

Meeting ID 831 6027 9671

Bible Study

[https://urldefense.com/v3/_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0OT09_!!IPhZlOogwbDdv1o!Aezz27JmgfSTxuJVWLa5OPqLRoVFOZzeEQ2Aod4IPiF9iROk1xvGibj3wu17Tn2EbDnhgWfU\\$](https://urldefense.com/v3/_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0OT09_!!IPhZlOogwbDdv1o!Aezz27JmgfSTxuJVWLa5OPqLRoVFOZzeEQ2Aod4IPiF9iROk1xvGibj3wu17Tn2EbDnhgWfU$)

Meeting ID: 876 0266 8574

Passcode: 998793

Spanish Classes with Clotilde (Beginner, Intermediate, & Advanced): Please email Clotilde at tilde.lake@gmail.com for the Zoom link

Cancer Education Lecture

<https://us02web.zoom.us/j/81417657189?pwd=bXdYUGtsRXNMejVZeTJ5cm1Lci8yZz09>

ID: 814 1765 7189

Passcode: 340221

Keyes to Healthy Eating

<https://us02web.zoom.us/j/82669244392?pwd=b1ZLY0l3bFVHWjBDeHVOZ05NTDQxZz09>

ID: 826 6924 4392

Passcode: 638692

