



June 2022

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

1120 Medical Plaza Dr. #250

Sundav 29	Mondav 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
	8:30AM Gentle Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom)	9AM Spanish -Int. (Zoom) 10:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class	9AM Spanish – Adv Begin 10AM Tai Chi 12pm Nutrition lecture (Keyes Ingrid.) 12pm Lecture - breath & meditation 1PM Mah Jongg	9AM Spanish - Int (Zoom) 1PM Drama Therapy	*Healing meals 9:30AM Chair Yoga 10AM Coffee&Support 10:30AM Mah Jongg	
5	8:30AM Gentle Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom)	9AM Spanish -Int. (Zoom) 10:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class 12:30PM Healing Art	9AM Spanish – Adv Begin (Zoom) 10AM Tai Chi 12 Breast Cancer Support (Zoom) 713-456-6711 1PM Mah Jongg 1:30PM Book Club Meeting	9AM Spanish -Intermediate (Zoom) 12PM Patient Support Spanish	9:30AM Chair Yoga 10AM Coffee&Support 10:30AM Mah Jongg	11
12	8:30AM Gentle Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom) 11:00AM Camera Club	9AM Spanish -Int. (Zoom) 10:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class 12PM Creative Reflections	9AM Spanish – Adv Begin 10AM Tai Chi 12PM Edu Lecture: Support for kids 1PM Mah Jongg	9AM Spanish - Int (Zoom) 1PM Drama Therapy	9:30AM Chair Yoga 10AM Coffee&Support 10:30AM Mah Jongg	18
19	8:30 Gentle Yoga (Zoom) 9AM Spanish – Adv Beginner (Zoom) 6PM Modern widows club	9AM Spanish -Int. (Zoom) 10:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class 12:30PM Healing Art	9AM Spanish – Adv Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish - Int (Zoom)	9:30AM Chair Yoga 10AM Coffee&Support 10:30AM Mah Jongg 11:30 Men's Lunch	25
26	8:30 Yoga (zoom) 9AM Spanish – Adv Beginner (Zoom) 5:30PM Life in Between	9AM Spanish – Inter (Zoom) 10:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class	9AM Spanish – Adv Begin 10AM Tai Chi 1PM Mah Jongg 6PM Breast Cancer Support Call for zoom link #713-262-8435	9AM Spanish - intermediate (Zoom)	9:30AM Chair Yoga 10AM Coffee&Support 10:30AM Mah Jongg	2

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

8:30 Yoga (virtual class with Rohini)

<https://us02web.zoom.us/j/88037662985?pwd=d2dpcW9URVZreWcrbVM2MXcvclQ5dz09>

Meeting ID: 880 3766 2985 Passcode: 953593

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

The Keyes Ingredients with Michelle Keyes (healthy nutrition class)

Join from any device: <https://memorialhermann.zoom.us/j/92472991234?pwd=L1RrNjNreHo2THk4eTBuVnlUNHoxQT09>

Meeting ID: 924 7299 1234 Password: 356716

Gentle Barre (virtual class with Melony)

<https://zoom.us/meeting/84126979> Meeting ID 831 6027 9671

Bible Study (hybrid class with Patti)

[https://urldefense.com/v3/_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkr2VXJXtm5kd2pMd1Bmbkh0QT09_!!PhZIOogwbDdv1olAezz27jMgfSTxuJVWLa5OPqLRoVfQZzeEQ2Aod4PIf9iROk1xvGibJ3wu17Tn2EbDnhgWFU\\$](https://urldefense.com/v3/_https://us02web.zoom.us/j/87602668574?pwd=NTBsWkr2VXJXtm5kd2pMd1Bmbkh0QT09_!!PhZIOogwbDdv1olAezz27jMgfSTxuJVWLa5OPqLRoVfQZzeEQ2Aod4PIf9iROk1xvGibJ3wu17Tn2EbDnhgWFU$)

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 :