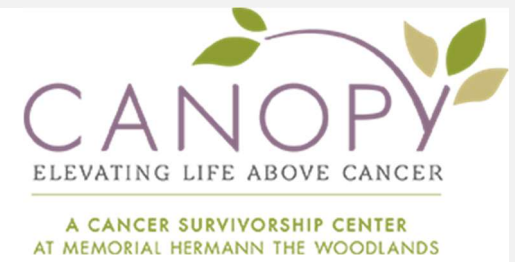


# March 2023

+ Zoom means the class will be offered in person as well as virtually. **Blue print means class will only be held virtually.** \*This calendar is subject to change. Sign up for newsletter for latest updates.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
		1	2	3	4	5
		9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Keyes Ingredients Nutrition 1PM Mah Jongg	9AM Spanish -Int. (Zoom) 9AM- Zumba 10AM Bible Study 1PM Drama Therapy	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo		
6	7	8	9	10	11	12
8:30AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 12PM Cancer Orientation 2PM- Needlework Class 2PM- Pet Therapy (Kea)	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30 PM Healing Art	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	9AM Spanish- Int. (Zoom) 9AM- Zumba 10:30am- Creative Reflections 2:30pm Meditation	9:30AM Chair Yoga 9:30AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support		
13	14	15	16	17	18	19
8:30AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM- Needlework Class	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12PM Caregiver Support 2PM- Surprise Workshop TBA	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 5PM- Survivorship Education Zoom	9AM Spanish- Int. (Zoom) 9AM- Zumba 10AM-Bible Study 11:30AM Cancer Support (Spanish) 1PM- Drama Therapy	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo		
20	21	22	23	24	25	26
8:30AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM- Needlework Class 2PM- Pet Therapy (Kea) 6PM Modern Widows Club	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 12:30PM Healing Art 2pm- Greif Support	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM MH Survivorship Support Group 1PM Mah Jongg	9AM Spanish- Int. (Zoom) 9AM- Zumba 1PM Cancer Support (English) 2:30pm Meditation	9:30AM Chair Yoga 9L39AM Pet Therapy (Buck) 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished- Support 11:30AM Men's Lunch		MCFB Kids Cooking Class @ 2pm
27	28	29	30	31		
8:30AM- Gentle Yoga (Hybrid) 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 2PM Needlework Class 5:30PM Life In Between	9AM Spanish- Int. (Zoom) 10:30AM Spanish- Beginner 1:00PM Mosaics of Mercy Workshop					

**8:30am Yoga (virtual class with Rohini)**

<https://us02web.zoom.us/j/88037662985?pwd=d2dpaW9URVZreWcrbVM2MXcvclQ5dz09>

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

**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

**Bible Study (hybrid class with Patti)**

Topic: Canopy Bible Study

Time: 1<sup>st</sup> & 3<sup>rd</sup> Thursday at 10am

Join Zoom Meeting

<https://us02web.zoom.us/j/87602668574?pwd=NTBsWkR2VXJXTm5kd2pMd1Bmbkh0QT09>

Meeting ID: 876 0266 8574

Passcode: 998793

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

**Register for Survivorship Education and Survivorship Support Groups using link below:**