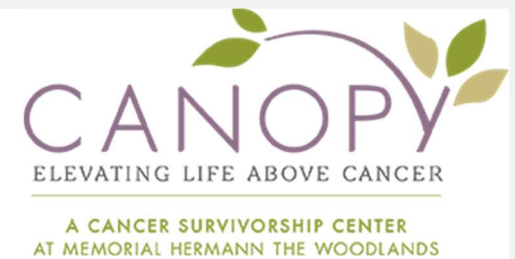


March 2024

***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	SAT	SUN
				1	2	3
				9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo		
4	5	6	7	8	9	10
9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM Pet Therapy (Kea) 2:30- Memory & Cognition Support	9AM Spanish- Int. (Zoom) 11AM- Breast Cancer Peer Support 12:30 PM Healing Art	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 11AM Cancer Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	9AM Spanish -Int. (Zoom) 9AM- Zumba 10AM Bible Study (Hybrid) 2:30PM- Guided Meditation	9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support		
11	12	13	14	15	16	17
9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Kea)	9AM Spanish- Int. (Zoom) 10:30am- Creative Reflections 12PM Caregiver Support (Hybrid) 2PM- HEB Chef Connections	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	9AM Spanish-Int. (Zoom) 9AM- Zumba	9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo		
18	19	20	21	22	23	24
9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Kea) 2:30- Memory & Cognition Support	9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 12:30PM Healing Art 2PM- Coping with Change- Grief Support	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 5PM- Survivorship Education Zoom 6PM Modern Widows Club	9AM Spanish- Int. (Zoom) 9AM- Zumba 10AM Bible Study (Hybrid) 2:30PM - Guided Meditation	9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished- Support 11:30AM Men's Lunch		
25	26	27	28	29	30	31
9AM- Gentle Yoga 9AM Spanish-Adv Beginner (Zoom) 11AM- Gentle Strength- Pilates 1PM Needlework 1PM- Pet Therapy (Kea) 5:30PM Life In Between	9AM Spanish- Int. (Zoom) 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients	9AM Spanish-Adv Beginner (Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12pm Survivorship Support Group 1PM Mah Jongg	9AM Spanish- Int. (Zoom) 9AM- Zumba 11AM Cancer Support (English) 12:30 PM Cancer Support (Spanish) 2PM- Mind & Body Experience	9AM- 1:1 Financial Resource Sessions 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg Good Friday		

Bible Study (Hybrid) 1st & 3rd Thursday at 10am

Meeting ID: 718 6478 2931

Passcode: Ay1H1f

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

Survivorship Education and Survivorship Support Groups – Contact Dana Perkins at dana.howell-perkins@memorialhermann.org

Gentle Yoga with Nuchapan (Zoom)

Meeting ID: 959 1443 7768

Passcode: 627030