



May Calendar

"+Zoom" means the class will be offered in person and virtually. Just "Zoom" means it is only virtual

1120 Medical Plaza Dr. #250

Office: 713.897.5939

Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
	9AM Spanish - Beginner (Zoom) 10AM Pilates 1PM Knitting	9AM Spanish - Intermediate (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class 12:30PM Healing Art	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 12PM Oncology Nutrition(+Zoom) 1PM Mah Jongg	9AM Spanish -Intermediate (Zoom) 10AM Bible Study (Zoom) 10:30AM Gentle Barre	10AM Coffee&Support	
9	9AM Spanish - Beginner (Zoom) 10AM Pilates 12PM Spanish Cancer Support 1PM Knitting	9AM Spanish - Intermediate (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish 12PM Card Making	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish -Intermediate (Zoom) 10:30AM Gentle Barre 1PM Drama Therapy	10AM Coffee&Support	15
16	8:30AM Gentle Yoga(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Pilates 1PM Knitting	9AM Spanish - Beginner (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish 12:30PM Healing Art	9AM Spanish - Beginner (Zoom) 10AM Tai Chi Oncology Education Webinar 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10AM Bible Study 10:30AM Gentle Barre 6PM Ostomy Support (Zoom) 1PM Drama Therapy	10AM Coffee &Support 10AM Pet Therapy	22
23	8:30AM Gentle Yoga(Zoom) 9AM Spanish - Beginner (Zoom) 10AM Pilates 1PM Knitting 5:30PM Life in Between	9AM Spanish - Beginner (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish 12PM Card Making	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10:30AM Gentle Barre 12PM The Nest for Newbies	10AM Coffee &Support 11:30AM Men's Lunch	29
30	<u>CLOSED</u>	9AM Spanish - Beginner (Zoom) 9:30AM Gentle Yoga (Facebook Live) 10:30AM Spanish	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10AM Bible Study (Zoom) 10:30AM Gentle Barre 1PM Drama Therapy	10AM Coffee &Support	5

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

Yoga

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

Meeting ID: 880 3766 2985

Passcode: 953593