

Calendar of Events

- ❖ Group programs are open to DFCI patients, family members, caregivers, and staff.
- ❖ Call 617-632-3322 or email Zakim_Center@dfci.harvard.edu for more info/to register.

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15-9:45 Energize Your Feet 10-10:45 Chair Pilates 11-11:45 Mat Pilates** 12-2 Community Dream Catcher: Inspiration in Art	4 10-11 Women's Exercise Class* 12-2 Community Dream Catcher: Inspiration in Art 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	5 10-10:45 Beginners Ukulele 10-10:45 Chair Hatha Yoga 11-11:45 Yopalates** 12-12:45 Level I/II Hatha Yoga**	6 2:15-3 Meditation with Live Music (SM335)	7 10-11:30 Qigong - <i>class features live music</i> 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class* 1:30-2:30 Music Recording Studio for Beginners
10 9:15-9:45 Energize Your Feet 10-10:45 Chair Pilates 11-11:45 Mat Pilates** 12-2 Air Dry Clay Bowls	11 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 India Ink Techniques 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	12 10-10:45 Beginners Ukulele 9:30-10:15 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 10:30-11:15 Yopalates** 11:30-12:15 Level I/II Hatha Yoga**	13 11-11:45 Mindfulness Meditation 12-1 Relaxation with Art Therapy: Altered Books 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	14 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class* 1:30-2:30 Music Recording Studio for Beginners
17 9:15-9:45 Energize Your Feet 10-10:45 Chair Pilates 11-11:45 Mat Pilates** 12-2 Creative Cartography by COLLAGE Program	18 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Meditative Painting with Music by MFA's Artful Healing 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	19 10-10:45 Beginners Ukulele 9:30-10:15 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 10:30-11:15 Yopalates** 11:30-12:15 Level I/II Hatha Yoga**	20 11-11:45 Mindfulness Meditation 12-1 Relaxation with Art Therapy: Altered Books 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	21 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class* 1:30-2:30 Music Recording Studio for Beginners
24 9:15-9:45 Energize Your Feet 10-10:45 Chair Pilates 11-11:45 Mat Pilates** 12-2 Bracelet Making	25 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Bracelet Making 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	26 10-10:45 Beginners Ukulele 9:30-10:15 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 10:30-11:15 Yopalates** 11:30-12:15 Level I/II Hatha Yoga** - <i>class features live music</i>	27 11-11:45 Mindfulness Meditation 12-1 Relaxation with Art Therapy: Altered Books 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	28 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class* 1:30-2:30 Music Recording Studio for Beginners

All group programs are located in Stoneman Patient Services Suite, Room Smith 330, unless noted below:

- **Meditation Programs:** Mindfulness Meditation on Wednesdays will be held in SM335.
- **Music Therapy Programs:** Meditation with Live Music is held in SM335 on Tuesdays & SM330 on Thursdays (except where noted). Beginners Ukulele is held in SM335.
- **Movement Programs:** Women's Exercise Classes are held at **BodyScapes, 77 Avenue Louis Pasteur.**
 - * Women's exercise classes are for **female patients only** and **registration is required.** Please call 617-632-4523 to register.
 - ** **Pilates, Yopalates, & Level I/II Yoga: registration is required** for these classes.
- **Creative Arts Programs:** Creative Arts Studio is open M-F from 10-4 located in Blum Resource Center, Y1. Relaxation with Art Therapy: Altered Books is a three-week art therapy workshop in the Creative Arts Studio. Attendance at all three sessions is required.