

Calendar of Events

August 2017

- 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Decoupage Coasters 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	2 10-10:45 Beginners Ukulele 11-11:45 Mindfulness Meditation 11-11:45 Yopalates 12-12:45 Level I/II Hatha Yoga	3 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	4 1:30-2:30 Women's Exercise Class* 1:30-2:30 Music Recording Studio for Beginners
7 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates 12-2 Earring Making	8 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Earring Making 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	9 10-10:45 Beginners Ukulele 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yopalates 12-12:45 Level I/II Hatha Yoga	10 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	11 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
14 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates 12-2 Book Making with the COLLAGE Program	15 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Renaissance Inspired Still Life with MFA's Artful Healing 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	16 10-10:45 Beginners Ukulele 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yopalates 12-12:45 Level I/II Hatha Yoga	17 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	18 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
21 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates 12-2 Beginners Crochet	22 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Beginners Crochet 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	23 10-10:45 Beginners Ukulele 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yopalates 12-12:45 Level I/II Hatha Yoga	24 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	25 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
28 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates 12-2 Beginners Knitting	29 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	30 10-10:45 Beginners Ukulele 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yopalates 12-12:45 Level I/II Hatha Yoga – class features live music	31 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	

As of Monday, August 7, ALL Pilates, Yoga, Tai Chi and Qigong classes will be held in the **NEW Zakim Center** located in Shields-Warren, room 140.

As of Monday, August 7, Meditation and Music Therapy Programs will be held in Smith 330.

Meditation Programs: Mindfulness Meditation on Wednesdays will be held in SM335 on August 2

Music Therapy Programs: Meditation with Live Music will be held in SM335 on August 1. Beginners Ukulele will be 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.

Creative Arts Programs: Creative Arts Studio is open M-F from 10-4 located in Blum Resource Center, Y1.