

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.

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 12-2 Paper Flower Making	4 Independence Day DFCI Closed	5 11-11:45 Mindfulness Meditation	6 11-11:45 Mindfulness Meditation	7 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class*
10 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Seashell Pendant Necklace	11 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Seashell Pendant Necklace 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	12 10-10:45 Beginners Ukulele 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yogalates** 12-12:45 Level I/II Hatha Yoga**	13 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	14 10-11:30 Qigong – class features live music 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class* 1:30-2:30 Music Recording Studio for Beginners
17 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Functional Sewing with the COLLAGE Program	18 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Light Sculpture with 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 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yogalates** 12-12:45 Level I/II Hatha Yoga**	20 11-11:45 Mindfulness Meditation 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 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Embroidery Art	25 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Embroidery Art 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	26 10-10:45 Beginners Ukulele 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yogalates** 12-12:45 Level I/II Hatha Yoga** – class features live music	27 11-11:45 Mindfulness Meditation 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
31 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Paper Flower Making				

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, Yogalates, & 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.