

# 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](mailto:Zakim_Center@dfci.harvard.edu) for more info/to register.

## June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>11-11:45</b> Mindfulness Meditation <b>1-1:45</b> Drum Circle for Beginners <b>2:15-3</b> Meditation with Live Music	<b>2</b> <b>10-11:30</b> Qigong - <i>class features live music</i> Tai Chi <b>11:30-1</b> <b>1:30-2:30</b> Women's Exercise Class* <b>1:30-2:30</b> Music Recording Studio for Beginners
<b>5</b> <b>9:30-10</b> Energize Your Feet <b>10:15-11</b> Chair Pilates <b>11:15-12</b> Mat Pilates** <b>12-2</b> Creative Cartography	<b>6</b> <b>10-11</b> Women's Exercise Class* <b>12-2</b> Meditation with Pastels <b>3-4:30</b> Tai Chi <b>4:30-6</b> Qigong	<b>7</b> <b>10-10:45</b> Beginners Ukulele <b>10-10:45</b> Chair Hatha Yoga <b>11-11:45</b> Yogalates** <b>12-12:45</b> Level I/II Hatha Yoga**	<b>8</b> <b>1-1:45</b> Drum Circle for Beginners <b>2:15-3</b> Meditation with Live Music	<b>9</b> <b>10-11:30</b> Qigong Tai Chi <b>11:30-1</b> <b>1:30-2:30</b> Women's Exercise Class* <b>1:30-2:30</b> Music Recording Studio for Beginners
<b>12</b> <b>9:30-10</b> Energize Your Feet <b>10:15-11</b> Chair Pilates <b>11:15-12</b> Mat Pilates** <b>12-2</b> Beginners Crochet	<b>13</b> <b>10-11</b> Women's Exercise Class* <b>11-11:45</b> Mindfulness Meditation <b>12-2</b> Beginners Crochet <b>2:15-3</b> Meditation with Live Music <b>3-4:30</b> Tai Chi <b>4:30-6</b> Qigong	<b>14</b> <b>10-10:45</b> Beginners Ukulele <b>10-10:45</b> Chair Hatha Yoga <b>11-11:45</b> Mindfulness Meditation Yogalates** <b>11-11:45</b> <b>12-12:45</b> Level I/II Hatha Yoga**	<b>15</b> <b>11-11:45</b> Mindfulness Meditation <b>1-1:45</b> Drum Circle for Beginners <b>2:15-3</b> Meditation with Live Music	<b>16</b> <b>10-11:30</b> Qigong Tai Chi <b>11:30-1</b> <b>1:30-2:30</b> Women's Exercise Class* <b>1:30-2:30</b> Music Recording Studio for Beginners
<b>19</b> <b>9:30-10</b> Energize Your Feet <b>10:15-11</b> Chair Pilates <b>11:15-12</b> Mat Pilates** <b>12-2</b> Mixed Media Self Portraits with the COLLAGE Program	<b>20</b> <b>10-11</b> Women's Exercise Class* <b>11-11:45</b> Mindfulness Meditation <b>12-2</b> Matisse Inspired Collage with MFA's Artful Healing <b>2:15-3</b> Meditation with Live Music <b>3-4:30</b> Tai Chi <b>4:30-6</b> Qigong	<b>21</b> <b>10-10:45</b> Beginners Ukulele <b>10-12:45</b> <b>International Yoga Day Celebration</b> <b>11-11:45</b> Mindfulness Meditation	<b>22</b> <b>11-11:45</b> Mindfulness Meditation	<b>23</b> <b>10-11:30</b> Qigong Tai Chi <b>11:30-1</b> <b>1:30-2:30</b> Women's Exercise Class* <b>1:30-2:30</b> Music Recording Studio for Beginners
<b>26</b> <b>9:30-10</b> Energize Your Feet <b>10:15-11</b> Chair Pilates <b>11:15-12</b> Mat Pilates** <b>12-2</b> Beginners Quilting	<b>27</b> <b>10-11</b> Women's Exercise Class* <b>11-11:45</b> Mindfulness Meditation <b>12-2</b> Beginners Quilting <b>2:15-3</b> Meditation with Live Music <b>3-4:30</b> Tai Chi <b>4:30-6</b> Qigong	<b>28</b> <b>10-10:45</b> Beginners Ukulele <b>10-10:45</b> Chair Hatha Yoga <b>11-11:45</b> Mindfulness Meditation Yogalates** <b>11-11:45</b> <b>12-12:45</b> Level I/II Hatha Yoga** - <i>class features live music</i>	<b>29</b> <b>11-11:45</b> Mindfulness Meditation <b>1-1:45</b> Drum Circle for Beginners <b>2:15-3</b> Meditation with Live Music	<b>30</b> <b>10-11:30</b> Qigong Tai Chi <b>11:30-1</b> <b>1:30-2:30</b> Women's Exercise Class* <b>1:30-2:30</b> 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. 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.