

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.

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Decorative Tiles	2 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Decorative Tiles 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	3 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**	4 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	5 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
8 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Card Making	9 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Card Making 3-4:30 Tai Chi 4:30-6 Qigong	10 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yogalates** 12-12:45 Level I/II Hatha Yoga**	11 11-11:45 Mindfulness Meditation	12 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class*
15 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Sketching with Charcoal with the COLLEGE Program	16 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Ceramic Teacup Planters with MFA's Artful Healing 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	17 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**	18 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	19 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class*
22 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates** 12-2 Mini Woven Tapestries	23 10-11 Women's Exercise Class* 11-1 Meditation Month Celebration 12-2 Mini Woven Tapestries 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	24 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**	25 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	26 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
29 Memorial Day	30 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	31 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** - <i>class features live music</i>		

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. Meditation Month Celebration on Tuesday, May 23rd is a special event that will take place in SM330.
- **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.

