

Calendar of Events

September 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 10-11:30 Qigong 11:30-1 Tai Chi
4 Labor Day DFCI Closed	5 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 2-3 Moving Meditation 3-4:30 Tai Chi 4:30-6 Qigong	6 10-10:45 Chair Hatha Yoga 11-11:45 Mindfulness Meditation 11-11:45 Yogalates	7 11-11:45 Mindfulness Meditation	8 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Women's Exercise Class*
11 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates 12-2 Beginners Knitting	12 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Totem Pole Style Sculpture 2-3 Moving Meditation 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	13 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	14 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	15 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
18 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates 12-2 Light Making with the COLLAGE Program	19 10-11 Women's Exercise Class* 12-2 Self-love Affirmations with MFA's Artful Healing 2-3 Moving Meditation 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	20 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	21 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	22 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
25 9:30-10 Energize Your Feet 10:15-11 Chair Pilates 11:15-12 Mat Pilates 12-2 Watercolor Resist Techniques: Embossing	26 10-11 Women's Exercise Class* 11-11:45 Mindfulness Meditation 12-2 Watercolor Resist Techniques: Embossing 2-3 Moving Meditation 2:15-3 Meditation with Live Music 3-4:30 Tai Chi 4:30-6 Qigong	27 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	28 11-11:45 Mindfulness Meditation 1-1:45 Drum Circle for Beginners 2:15-3 Meditation with Live Music	29 10-11:30 Qigong 11:30-1 Tai Chi 1:30-2:30 Music Recording Studio for Beginners

ALL Pilates, Yoga, Tai Chi, Qigong and Moving Meditation classes will be held in the NEW Zakim Center located in Shields-Warren, room 140.

Mindfulness Meditation will be held in Smith 330

Music Therapy Programs will be held in Smith 330

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.