

EVENTS

1/12/26 – 1/16/26

MONDAY

8:15AM Music & Mindfulness

https://miami.zoom.us/webinar/register/WN_nwQjiDB6S-C7RysZVtPnnQ

10:30AM Sylvester Music Project:
Enrique Avila, Pianist Sole Mia
(Address: 2111 Sole Mia Way, North
Miami, FL, 33181)

12:00PM MAT YOGA ZOOM

<https://miami.zoom.us/j/7853023017>

TUESDAY

9:00AM CHAIR YOGA in-person SMOB 120F -1121
NW 14th Street, Miami, FL 33136

12:00PM Power Hour with Stefan Dumbbells
Required

https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw

12:00PM Art & a Bite Art Therapy Group
<https://miami.zoom.us/j/96554918545>

1:00PM Sylvester Music Project: Eric Swanson,
Guitar, Deerfield Beach, FL
1192 E. Newport Cen. Drive, FL 33442

1:00PM Sylvester Music Project: Daniel Montana,
Guitarist- SCCC/UMHC CTU (Address: 1475 NW
12th Ave, Miami, FL 33136)

WEDNESDAY

9:00AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA

1:00PM Sylvester Music Project:
Robert Billington, SCCC/UMHC LOBBY
(Address: 1475 NW 12th Ave, Miami,
FL 33136)

THURSDAY

9:00AM MAT YOGA in person SMOB 120F
1121 NW 14th Street, Miami, FL 33136

11:00AM Sylvester Music Project: Diana
Rada-Torres, harpist SCCC/UMHC
CTU (Address: 1475 NW 12th Ave, Miami,
FL 33136)

12:00PM Power Hour with Stefan
Dumbbells Required

https://miami.zoom.us/webinar/register/WN_8BdoeKxrSsy2QKobph0HWw

1:00PM Sylvester Music Project: Eric
Swanson, Guitar, Plantation (Address: 8100
SW 10th St., Plantation, FL 33324)

FRIDAY

9:00AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhidRdtA

11:00AM CHAIR YOGA ZOOM
<https://miami.zoom.us/j/7853023017>

12:00PM Sylvester Music Project: LGEM
DUO SCCC/UMHC LOBBY (Address: 1475
NW 12th Ave, Miami, FL 33136)

2:00PM PM Music and Stretching (Yoga
and Music Therapy) Lennar Rooftop
(Address: 5555 Ponce de Leon Blvd., Coral
Gables, FL 33146)

SATURDAY

SUNDAY

NOTES

Cancer Survivorship & Supportive Care at Sylvester provides a range of Zoom and in-person sessions. For Zoom sessions, simply click the provided link at the scheduled time to join. If you're new to Zoom, you may be prompted to download the program. Please note that participant names cannot be removed, so we recommend using an alias when joining. Video will remain disabled please keep it off and mute your audio unless you wish to ask a question.

Marilyn Reimon, Sr. Program Manager | mxr1815@med.miami.edu
Link to [Online Calendar](#)