

MAY 2025

MONDAY, 5/05/25

12 PM CHAIR YOGA ZOOM

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

TUESDAY, 5/06/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

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

10 AM Brazilian Voices SCCC/UMHC clinics and lobbies

12 PM Power Hour with Stefan Dumbbells Required

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

12 PM Art & a Bite Art Therapy Group

<https://miami.zoom.us/j/96554918545>

1 PM Sylvester Music Project: Danny Montana, Guitarist
SCCC/UMHC CTU

1 PM Sylvester Music Project: Eric Swanson, Guitarist
Hollywood

WEDNESDAY, 5/07/25

9 AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhIdRdtA

1 PM Sylvester Music Project: Mozart for Lunch
SCCC/UMHC Lobby

THURSDAY, 5/08/25

9 AM CHAIR YOGA HYBRID SMOB 120F and

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

11 AM Sylvester Music Project: Diana Rada/Torres, Harpist
SCCC/UMHC LOBBY

12 PM Power Hour with Stefan Dumbbells Required

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

12 PM Spiritual Care: Dealing with Grief and Loss

1 PM Sylvester Music Project: Eric Swanson Guitarist
Plantation
6 pm SUNDOWN BEATS: DRUMMING
Plantation

FRIDAY, 5/09/25

9 AM CORE & MORE

https://miami.zoom.us/webinar/register/WN_Zq_mRgwRle_y7NhIdRdtA

1 PM Sylvester Music Project: LGEM DUO
SCCC/UMHC Lobby

Cancer Support Services 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.

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[Link to Online Calendar](#)