



# YOUNG ADULT PROGRAMS

July 2024

Presented by MD Anderson Cancer Center and Dan's House of Hope (DHOH)

[Click here to register for activities: tinyurl.com/AYAprogram](https://tinyurl.com/AYAprogram)

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Restorative Yoga (DHOH)* 6 p.m. ----- Zumba with Angelica* 6 p.m.	4 Arts & Craft Time (DHOH)* 6:30 p.m.	5 Caregiver Coffee (DHOH)* 10:30 a.m.	6
7	8	9	10 Restorative Yoga (DHOH)* 6 p.m.	11 Young Adult Support Group 6:30 p.m. ----- Caregiver Support Group* 6:30 p.m.	12	13
14	15 Virtual Art with Kasey* 7 p.m.	16	17 Restorative Yoga (DHOH)* 6 p.m.	18 Creative Corner Hangout (DHOH)* 6:30 p.m.	19 Caregiver Coffee (DHOH)* 10:30 a.m.	20 Yoga with Jessica* 10 a.m. 
21 Deadline to register for 8/1 Arts & Crafts (DHOH)*	22	23	24 Restorative Yoga (DHOH)* 6 p.m.	25 Young Adult Support Group 6:30 p.m.	26	27
28	29 Studio Pod Headshots* 6-8 p.m. 	30	31 Restorative Yoga (DHOH)* 6 p.m.	<p style="text-align: center;"><b>Coming in August: SPA DAYS!!!!</b> See page 2 for details. Registration deadlines are 7/31 and 8/14</p>		

All events are virtual unless otherwise indicated.

 In person, off campus

 In person, on campus

\* open to caregivers

Activities are on CST and open to everyone regardless of where treatment was received

Danshouseofhope.org/our-programs  
Facebook.com/danshouseofhope

aya@mdanderson.org  
Facebook.com/groups/mdandersonaya



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**Cancer Center**  
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## Arts & Crafts Time

Tap into your creative side through fun arts and crafts which vary each month. Registration is required and ideally occurs at least 10 days prior to the activity so that supplies can be mailed at no cost to you by Dan's House of Hope.

Virtual: Yes – REGISTRATION REQUIRED (use drop-down box to select correct session date)

Open to caregivers: Yes

## Caregiver Coffee

Sip on your morning coffee and chat with other caregivers. Hosted by Dan's House of Hope.

Virtual: Yes

Open to caregivers: Yes – caregivers only

## Caregiver Support Group

Connect with other young adult caregivers (spouses, children, siblings, friends etc.) on a variety of topics.

Virtual: Yes

Open to caregivers: Yes – caregivers only

## Creative Corner Hangout

Dedicated creative time where you can bring whatever crafts or activities you have in progress and work on them! Hosted by Dan's House of Hope.

Virtual: Yes

Open to caregivers: Yes

## Restorative Yoga

Join a calming restorative yoga class hosted by Dan's House of Hope. All movement is customized to your needs.

Virtual: Yes

Open to caregivers: Yes



## Spa Days!!! **IN PERSON ACTIVITY for August!**

Escape the August heat and join us for a half-day of indoor pampering and relaxation at [Mystic Pores](#) day spa (811 Heights Blvd). Food and facials will be provided, along with a couple of other surprises. There are 4 sessions to choose from, each has a maximum capacity of 14 people. First priority will be given to patients, but caregivers will be welcome to take the remaining spots once the registration deadline has passed. Please indicate on the registration form if you would like to place a guest on the waitlist.

#1 – Sunday, August 4, 8 am to noon --- **Registration deadline is Wednesday, 7/31**

#2 – Sunday, August 4, 1 to 5 pm --- **Registration deadline is Wednesday, 7/31**

#3 – Sunday, August 18, 8 am to noon --- **Registration deadline is Wednesday, 8/14**

#4 – Sunday, August 18, 1 to 5 pm --- **Registration deadline is Wednesday, 8/14**

Virtual: No

Open to caregivers: 1<sup>st</sup> priority will be for patients; guests will be welcome to fill any remaining spots.

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## Studio Pod Headshots - **IN PERSON ACTIVITY!**

[Studio Pod](#) is an automated, professional-level photography studio that is generously allowing us use of their studio on Tuesday, July 30 from 6 to 8 pm. Address is 4809 Blossom St. Headshots can be for personal or professional use – totally up to you! Everyone will sign up for one 10-minute slot where several photos will be taken. Kavya will also be there to help with a quick makeup “glam up” for those who are interested. Caregivers are welcome, just have them sign up individually so that they can select a time slot as well. Parking is limited in this area, so ride sharing is encouraged (there is street parking in the general area, it may just require walking a few blocks). We'll have a small selection of snacks and flavored water station as well.

Virtual: No

Open to caregivers: Yes

## Virtual Art with Kasey

No previous art experience required! Kasey walks us step by step through various watercolor paintings and drawings. Supplies are mailed at no cost upon registration (and can be replenished upon request).

Virtual: Yes

Open to caregivers: Yes



## Yoga with Jessica - **IN PERSON ACTIVITY!**

We're moving Walk & Talk indoors this month and having Jessica (our amazing AYA Social Work Counselor) lead a gentle restorative-style yoga class. She'll have plenty of modifications ready to accommodate all needs and function levels. Just bring a yoga mat, towel, bottle of water, and a friend! Address is 241 North Milby Street, Studio #5.

Virtual: No

Open to caregivers: Yes

## Young Adult Support Group

Connect with other young adult patients on a variety of topics. On holidays, the group becomes a casual hangout.

Virtual: Yes

Open to caregivers: No - caregivers have a separate support group just for them!

## Zumba with Angelica

Join Angelica (one of our AYA community members!) for a virtual Zumba class. No prior Zumba experience needed! Class will be kept to 30-45 minutes and she'll provide instructions on each step so there will be plenty of breaks.

Virtual: Yes

Open to caregivers: Yes

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