


YOUNG ADULT PROGRAMS

November 2023

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 Restorative Yoga (DHOH)* 6-7 p.m.	2 Arts & Craft Time (DHOH)* 6:30-8 p.m.	3 Caregiver Coffee (DHOH)* 10:30-11:30 a.m.	4 Pickleball Party!* The Bumpy Pickle 3-6 p.m. 
5	6	7	8 Restorative Yoga (DHOH)* 6-7 p.m.	9 Young Adult Support Group 6:30 p.m. ----- Caregiver Support Group* 6:30 p.m.	10	11
12	13	14	15 Restorative Yoga (DHOH)* 6-7 p.m.	16 Creative Corner Hangout (DHOH)* 6:30-8 p.m.	17 Caregiver Coffee (DHOH)* 10:30-11:30 a.m.	18
19	20 Virtual Art with Kasey* 7 p.m.	21	22 Restorative Yoga (DHOH)* 6-7 p.m.	23 Young Adult Support Hangout 6:30 p.m.	24	25
26 <u>Deadline to register for 12/7 Arts & Crafts (DHOH)*</u>	27 <u>Deadline to register for 12/2 S'mores Outdoors (DHOH)*</u>	28	29 Restorative Yoga (DHOH)* 6-7 p.m.	30 <u>Deadline to register for 12/8 Holiday Lights Bus Tour*</u>		

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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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



Holiday Lights Bus Tour - **IN PERSON ACTIVITY!**

We're joining Houston Historian Mister McKinney on his open-air bus for a journey through River Oaks to enjoy some of the most impressive lights in Houston. The bus only holds 20 people, so space is limited to 18 registrants. We will meet at a central location near Westheimer and Wesleyan at 8:30 p.m. (exact location will be emailed to confirmed attendees). **RSVP by 11/30.**

Virtual: No

Open to caregivers: Yes, but there will be some preference given to patients.



Pickleball Party - **IN PERSON ACTIVITY!**

The AYA Clinic turned 5 years old this year and we're ready to celebrate!!!! Will be at the Bumpy Pickle on Saturday November 4 from 3 to 6 pm. Experts, newbies, and bystanders are all welcome to hangout and enjoy the fun & food! RSVP was encouraged by 10/29, but we'll keep taking registrations until we hit capacity.

Virtual: No

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

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S'mores Outdoors - IN PERSON ACTIVITY!

Join us for s'mores in the outdoors! We'll be meeting at Dan's House of Hope (4917 Jackson St) from noon to 2:30 p.m. with a variety of goodies to enjoy around the campfire. Registration requested by Monday November 27 so that supplies can be purchased.

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

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!

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