

MARCH 2024

AdventistHealth.org/LiveWell

LWSP EMAIL: ahgl.lwsp@ah.org LWSP OFFICE: (818) 409-8354

Live Well Senior Program

	Monday	Tuesday	V	Wednesday		Thursday	In-person Fitness
4	10:00 a.m. – 11:00 a.m. Balance Fit Meets In-Person	5 10:00 a.m. – 11:00 a.m. Fit & Flow Meets In-Person and Online	6	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>	7	10:00 a.m. – 11:00 a.m. Chair Yoga	Classes Mondays, Tuesdays, and Wednesdays
		11:30 a.m. RSVP ONLY Luncheon with Dr. Tabibian		11:00 a.m. – Noon Mobility Stability		11:00 a.m. – Noon "Let's Talk" – Support Group 1:00 p.m. – 2:00 p.m. Bingo	at 10:00 a.m. Vallejo Drive Church 300 Vallejo Drive
11	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	12 10:00 a.m. – 11:00 a.m. Fit & Flow Meets In-Person and on Zoom	13	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon	14	10:00 a.m. – 11:00 a.m. Chair Yoga 11:00 a.m. – Noon "Let's Talk" – Support Group	Join us virtually online at Zoom.us Enter ID listed below on day and time of meeting.
18	10:00 a.m. – 11:00 a.m. Balance Fit	19 10:00 a.m. – 11:00 a.m. Fit & Flow	20	Mobility Stability 10:00 a.m. – 11:00 a.m. Tai Chi	21	1:00 p.m. – 2:00 p.m. Bingo 10:00 a.m. – 11:00 a.m. Chair Yoga	Zoom Meeting IDs
	Meets In-Person	Meets In-Person and on Zoom		Meets In-Person 11:00 a.m. – Noon Mobility Stability		11:00 a.m. – Noon "Let's Talk" – Support Group 1:00 p.m. – 2:00 p.m. Bingo	Fit & Flow (Tues.), Stretch & Strengthen (Thurs.) at 10:00 a.m.
25	10:00 a.m. – 11:00 a.m. Balance Fit Meets In-Person	26 10:00 a.m. – 11:00 a.m. Fit & Flow Meets In-Person and on Zoom	27	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>	28	10:00 a.m. – 11:00 a.m. Chair Yoga 11:00 a.m. – Noon	Mobility Stability (Wed.) at 11:00 a.m. 954 6088 1782
ADDII 1	10:00 a.m. – 11:00 a.m.	APRIL 2 10:00 a.m. – 11:00 a.m.	APRIL 3	11:00 a.m. – Noon Mobility Stability 10:00 a.m. – 11:00 a.m.	ADI	"Let's Talk" – Support Group 1:00 p.m. – 2:00 p.m. Bingo RIL 4 10:00 a.m. – 11:00 a.m.	Bingo (Thurs.) at 1:00 p.m.
AFNIL	Balance Fit Meets In-Person	Fit & Flow Meets In-person and on Zoom	AF NIL 3	Tai Chi Meets In-Person	API	Chair Yoga 11:00 a.m. – Noon	936 4194 7684 Physician Webinars and
				11:00 a.m. – Noon Mobility Stability		"Let's Talk" – Support Group 1:00 p.m. – 2:00 p.m. Bingo	Educational Programs 929 0506 7674