

SEPTEMBER 2024

| Monday | Tuesday | Wednesday | Thursday | |
|---|---|--|---|--|
| <p>2</p> <p><i>Labor Day Holiday</i> <i>No Classes today</i></p> | <p>3</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and Online</i></p> | <p>4</p> <p>10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i></p> | <p>5</p> <p>10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i></p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo</p> | <p>In-person Fitness Classes</p> <p>Mondays, Tuesdays, and Wednesdays meet at Vallejo Drive Church 300 Vallejo Drive</p> <p>Join us virtually online at Zoom.us Enter ID listed below on day and time of meeting.</p> <p>Zoom Meeting IDs Fit & Flow (Tues.) and Chair Yoga (Thurs.) at 10:00 a.m. Mobility Stability (Wed.) at 11:00 a.m. 954 6088 1782</p> <p>Bingo (Thurs.) at 1:00 p.m. on Zoom 936 4194 7684</p> <p>Physician Webinars and Educational Programs 929 0506 7674</p> |
| <p>9</p> <p>2:30 p.m. – 3:30 p.m. Balance Fit <i>Meets In-Person</i></p> | <p>10</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i></p> | <p>11</p> <p>10:00 a.m. – 11:00a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i></p> | <p>12</p> <p>10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i></p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo</p> | |
| <p>16</p> <p>2:30 p.m. – 3:30 p.m. Balance Fit <i>Meets In-Person</i></p> | <p>17</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i></p> | <p>18</p> <p>10:00 a.m. – 11:00a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i></p> | <p>19</p> <p>10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i></p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo</p> | |
| <p>23</p> <p>2:30 p.m. – 3:30 p.m. Balance Fit <i>Meets In-Person</i></p> | <p>24</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i></p> | <p>25</p> <p>10 a.m. – 11 a.m. Tai Chi <i>Meets In-Person</i></p> <p>11 a.m. – Noon Mobility Stability <i>Meets on Zoom</i></p> <p>1 p.m. Alzheimer’s Support Group <i>Meets on Zoom</i></p> | <p>26</p> <p>10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i></p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo</p> | |
| <p>30</p> <p>2:30 p.m. – 3:30 p.m. Balance Fit <i>Meets In-Person</i></p> | <p>OCT 1</p> <p>10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-person and on Zoom</i></p> | <p>OCT 2</p> <p>10:00 a.m. – 11:00a.m. Tai Chi <i>Meets In-Person</i></p> <p>11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i></p> | <p>OCT 3</p> <p>10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i></p> <p>11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo</p> | |