Adventist Health Glendale

NOVEMBER 2026

AdventistHealth.org/LiveWell
EMAIL: ahgl.lwsp@ah.org
LIVE WELL OFFICE: (818) 409-8354

Monday	Tuesday	Wednesday	Thursday
2 2:00 p.m. – 3:00 p.m. Balance Fit *Meets In-Person*	3 10:00 a.m. – 11:00 a.m. Fit & Flow *Meets In-Person* *11:30 a.m. – 1:30 p.m.* *Free Produce Distribution Event* *311B Vallejo Dr.*	4 10:00 a.m. – 11:00 a.m. Tai Chi *Meets In-Person* 11:00 a.m. – Noon Mobility Stability *Meets on Zoom*	5 10:00 a.m. – 11:00 a.m. Chair Yoga *Meets on Zoom* 1:00 p.m. – 2:00 p.m. Bingo *Meets on Zoom* 3:00 – 4:00 p.m. Balance I *Meets In-Person*
9 2:00 p.m. – 3:00 p.m. Balance Fit *Meets In-Person*	10 10:00 a.m. – 11:00 a.m. Fit & Flow *Meets In-Person*	11 10:00 a.m. – 11:00 a.m. Tai Chi *Meets In-Person* 11:00 a.m. – Noon Mobility Stability *Meets on Zoom*	12 10:00 a.m. – 11:00 a.m. Chair Yoga *Meets on Zoom* 1:00 p.m. – 2:00 p.m. Bingo *Meets on Zoom* 3:00 – 4:00 p.m. Balance I *Meets In-Person*
16 2:00 p.m. – 3:00 p.m. Balance Fit *Meets In-Person*	17 10:00 a.m. – 11:00 a.m. Fit & Flow *Meets In-Person* Noon – 1:00 p.m. Alzheimer's Assoc. "Healthy Habits" *Meets on Zoom*	18 10:00 a.m. – 11:00 a.m. Tai Chi *Meets In-Person* 11:00 a.m. - Noon Mobility Stability *Meets on Zoom*	19 10:00 a.m. – 11:00 a.m. Chair Yoga *Meets on Zoom* 1:00 p.m. – 2:00 p.m. Bingo *Meets on Zoom* 3:00 – 4:00 p.m. Balance I *Meets In-Person*
23 2:00 p.m. – 3:00 p.m. Balance Fit *Meets In-Person*	24 10:00 a.m. – 11:00 a.m. Fit & Flow *Meets In-Person*	25 *THANKSGIVING HOLIDAY* *NO CLASSES*	26 *THANKSGIVING HOLIDAY* *NO CLASSES*
30 2:00 p.m. – 3:00 p.m. Balance Fit *Meets In-Person*	DEC 1 10:00 a.m. – 11:00 a.m. Fit & Flow *Meets In-Person*	DEC 2 10:00 a.m. – 11:00 a.m. Tai Chi *Meets In-Person* 11:00 a.m. – Noon Mobility Stability *Meets on Zoom*	DEC 3 10:00 a.m. – 11:00 a.m. Chair Yoga *Meets on Zoom* 1:00 p.m. – 2:00 p.m. Bingo *Meets on Zoom* 3:00 – 4:00 p.m. Balance I *Meets In-Person*

In-person Fitness Classes
Meet at
Vallejo Drive Church
300 Vallejo Drive

Join us virtually online at Zoom.us
Enter ID listed below on day and time of meeting.

Zoom Meeting IDs

Weekly Fitness Classes
11:00a Wed. Mobility
10:00a Thurs. Chair Yoga
954 6088 1782

Bingo
1:00 p.m. Thurs.
936 4194 7684

Physician Webinars and Educational Programs
929 0506 7674