

OCTOBER 2026

Monday		Tuesday		Wednesday		Thursday		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
SEPT 28	2:00 p.m. – 3:00 p.m. Balance Fit <i>Meets In-Person</i>	SEPT 29	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person</i>	SEPT 30	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i>	1	10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i> 1:00 p.m. – 2:00 p.m. Bingo <i>Meets on Zoom</i> 3:00 – 4:00 p.m. Balance I <i>Meets In-Person</i>	
5	2:00 p.m. – 3:00 p.m. Balance Fit <i>Meets In-Person</i>	6	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person</i> 11:30 a.m. – 1:30 p.m. <i>Free Produce Distribution Event</i> <i>311B Vallejo Dr.</i>	7	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i>	8	10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i> 1:00 p.m. – 2:00 p.m. Bingo <i>Meets on Zoom</i> 3:00 – 4:00 p.m. Balance I <i>Meets In-Person</i>	
12	2:00 p.m. – 3:00 p.m. Balance Fit <i>Meets In-Person</i>	13	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person</i>	14	10:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. Mobility Stability <i>Meets on Zoom</i> 2:00 p.m. – 3:30 p.m. Dr. Tarar, “Lifestyle for Memory” RSVP Required	15	10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i> 1:00 p.m. – 2:00 p.m. Bingo <i>Meets on Zoom</i> 3:00 – 4:00 p.m. Balance I <i>Meets In-Person</i>	
19	2:00 p.m. – 3:00 p.m. Balance Fit <i>Meets In-Person</i>	20	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person</i>	21	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i>	22	10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i> 1:00 p.m. – 2:00 p.m. Bingo <i>Meets on Zoom</i> 3:00 – 4:00 p.m. Balance I <i>Meets In-Person</i>	
26	2:00 p.m. – 3:00 p.m. Balance Fit <i>Meets In-Person</i>	27	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person</i>	28	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability <i>Meets on Zoom</i>	29	10:00 a.m. – 11:00 a.m. Chair Yoga <i>Meets on Zoom</i> 1:00 p.m. – 2:00 p.m. Bingo <i>Meets on Zoom</i> 3:00 – 4:00 p.m. Balance I <i>Meets In-Person</i>	