

Monday		Tuesday		Wednesday		Thursday		<p><b>In-person Fitness Classes</b></p> <p><b>Mondays and Tuesdays at 10:00 a.m.</b> Vallejo Drive Church 300 Vallejo Drive</p> <p><b>Join us virtually online at Zoom.us</b> Enter ID listed below on day and time of meeting.</p> <p><b>Zoom Meeting IDs</b> Fit &amp; Flow, Stretch &amp; Strengthen, Tai Chi, and Zumba Gold 954 6088 1782</p> <p><b>Bingo</b> 936 4194 7684</p> <p><b>Physician Webinars and Events</b> 929 0506 7674</p>
1	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	2	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	3	10:00 a.m. – 11:00 a.m. Zumba Gold  2:30 p.m. – 3:30 p.m. Tai Chi	4	10:00 a.m. – 11:00 a.m. Stretch & Strengthen  11:00 a.m. - Noon “Let’s Talk” - Support Group  1:00 p.m. - 2:00 p.m. Bingo	
8	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	9	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	10	10:00 a.m. – 11:00 a.m. Zumba Gold  2:30 p.m. – 3:30 p.m. Tai Chi	11	10:00 a.m. – 11:00 a.m. Stretch & Strengthen  11:00 a.m. - Noon “Let’s Talk” - Support Group  1:00 p.m. - 2:00 p.m. Bingo	
15	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	16	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	17	10:00 a.m. – 11:00 a.m. Zumba Gold  2:30 p.m. - 3:30 p.m. Tai Chi	18	10:00 a.m. – 11:00 a.m. Stretch & Strengthen  11:00 a.m. - Noon “Let’s Talk” - Support Group  1:00 p.m. - 2:00 p.m. Bingo	
22	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	23	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	24	10:00 a.m. – 11:00 a.m. Zumba Gold  Noon- 1:00 p.m. AHGL Home Care Services “Completing Health Directives”  2:30 p.m. – 3:30 p.m. Tai Chi	25	10:00 a.m. – 11:00 a.m. Stretch & Strengthen  11:00 a.m. - Noon “Let’s Talk” - Support Group  1:00 p.m. - 2:00 p.m. Bingo	
29	<b>MEMORIAL DAY HOLIDAY</b> <b>NO EVENT SCHEDULED</b>	30	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Hybrid - In-person and Online</i>	31	10:00 a.m. – 11:00 a.m. Zumba Gold  2:30 p.m. - 3:30 p.m. Tai Chi	JUNE 1	10:00 a.m. – 11:00 a.m. Stretch & Strengthen  11:00 a.m. - Noon “Let’s Talk” - Support Group  1:00 p.m. - 2:00 p.m. Bingo	