

JANUARY 2022

Live Well Senior Program

Audio-only attendance is available from any landline or cell phone for LWSP educational webinars.
EXERCISE CLASSES AND BINGO MUST BE JOINED ON ZOOM VIA DESKTOP COMPUTER, LAPTOP, TABLET OR SMARTPHONE (NO CALL-INS).
LWSP OFFICE: (818) 409-8354

Monday	Tuesday	Wednesday	Thursday	
3	4 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon "Let's Talk" - Support Group	5 10:00 a.m. – 11:00 a.m. Zumba Gold	6 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo	<p>Please retain this information for your reference.</p> <p>Zoom Call-in Number (unless noted otherwise on event date) (669) 900-9128 This call-in number is provided for anyone who does not have internet access.</p> <p>Zoom Meeting IDs (unless noted otherwise on event date)</p> <p>Balance Fit, Stretch & Strengthen or Zumba Gold 954 6088 1782</p> <p>Bingo 936 4194 7684</p> <p>Wednesday Webinar 929 0506 7674</p> <p>Zoom Workshop 933 9757 9844</p>
10	11 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon "Let's Talk" - Support Group	12 10:00 a.m. – 11:00 a.m. Zumba Gold 1:00 p.m. – 2:00 p.m. Dr. Elizabeth Grigoryan "Healthy Lifestyle Habits"	13 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo	
17	18 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon "Let's Talk" - Support Group Noon – 1:00 p.m. Zoom Workshop	19 10:00 a.m. – 11:00 a.m. Zumba Gold Noon – 1:00 p.m. Alzheimer's Association "New Advances in Alzheimer's Treatments"	20 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo	
24	25 10:00 a.m. – 11:00 a.m. Balance Fit	26 10:00 a.m. – 11:00 a.m. Zumba Gold	27 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo	
31	FEB 1 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon "Let's Talk" - Support Group	FEB 2 10:00 a.m. – 11:00 a.m. Zumba Gold Noon – 1:00 p.m. Alzheimer's Association "Caring for Someone with Mid-Stage Alzheimer's"	FEB 3 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo	