

| Monday | Tuesday | Wednesday | Thursday | |
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| | | 1 10:00 a.m. – 11:00 a.m. Zumba Gold Noon – 1:00 p.m. <i>“Balance and Fall Prevention”</i> 2:30 p.m.- 3:30 p.m. Tai Chi | 2 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>Join us virtually online at Zoom.us Enter ID listed below on day and time of meeting.</p> <p>Zoom Call-in Number (669) 900-9128 This call-in number is provided for anyone who does not have internet access. Enter Meeting ID listed below.</p> <p>Zoom Meeting IDs</p> <p>Balance Fit, Stretch & Strengthen or Zumba Gold 954 6088 1782</p> <p>Bingo 936 4194 7684</p> <p>Physician Webinar and Events 929 0506 7674</p> <p>Zoom Workshop 933 9757 9844</p> |
| 6 11:00 a.m. – noon CalFresh, “Lunch and Learn” | 7 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon “Let’s Talk” - Support Group | 8 10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m.- 3:30 p.m. Tai Chi | 9 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo | |
| 13 | 14 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon “Let’s Talk” - Support Group | 15 10:00 a.m. – 11:00 a.m. Zumba Gold Noon – 1:00 p.m. Alzheimer’s <i>“Research Update”</i> 2:30 p.m. – 3:30 p.m. Tai Chi | 16 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo | |
| 20 | 21 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon “Let’s Talk” - Support Group | 22 10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. – 3:30 p.m. Tai Chi | 23 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo | |
| 27 | 28 10:00 a.m. – 11:00 a.m. Balance Fit 11:00 a.m. - Noon “Let’s Talk” - Support Group | 29 10:00 a.m. – 11:00 a.m. Zumba Gold 2:30 p.m. – 3:30 p.m. Tai Chi | 30 10:30 a.m. – 11:30 a.m. Stretch & Strengthen 1:00 p.m. - 2:00 p.m. Bingo | |