

**APRIL 2024** 

## AdventistHealth.org/LiveWell

LWSP EMAIL: ahgl.lwsp@ah.org LWSP OFFICE: (818) 409-8354

## **Live Well Senior Program**

	Monday	Tuesday	,	Wednesday		Thursday	In-person Fitness
1	10:00 a.m. – 11:00 a.m.	2 10:00 a.m. – 11:00 a.m.	3	10:00 a.m. – 11:00 a.m.	4	10:00 a.m. – 11:00 a.m.	Classes
1	Balance Fit	Fit & Flow		Tai Chi	~	Chair Yoga	Mondays, Tuesdays, and
	Meets In-Person	Meets In-Person and Online		Meets In-Person			Wednesdays
						11:00 a.m. – Noon	at 10:00 a.m.
				11:00 a.m. – Noon		"Let's Talk" – Support Group	Vallejo Drive Church
				<b>Mobility Stability</b>			300 Vallejo Drive
	40.00 44.00	0 10.00 - 11.00 - 11	10	40.00 44.00	144	1:00 p.m. – 2:00 p.m. Bingo	
8	10:00 a.m. – 11:00 a.m. Balance Fit	9 10:00 a.m. – 11:00 a.m. Fit & Flow	10	10:00 a.m. – 11:00 a.m. Tai Chi	11	10:00 a.m. – 11:00 a.m. Chair Yoga	tata an atata alla
	Meets In-Person	Meets In-Person and on Zoom		Meets In-Person		Cilali Toga	Join us virtually
	Wicets III T CISOII			meets in recession		11:00 a.m. – Noon	online at Zoom.us
	11:30 a.m. RSVP ONLY			11:00 a.m. – Noon		"Let's Talk" – Support Group	Enter ID listed below on
Αι	udiologist, Antoinette Miller			<b>Mobility Stability</b>		1.00 · · · · 2.00 · · · · D'· · · ·	day and time of meeting.
	"Hearing and Balance"		4-			1:00 p.m. – 2:00 p.m. Bingo	7 M
15	10:00 a.m. – 11:00 a.m.	16 10:00 a.m. – 11:00 a.m. Fit & Flow	17	10:00 a.m. – 11:00 a.m. Tai Chi	18	10:00 a.m. – 11:00 a.m. Chair Yoga	Zoom Meeting IDs
	Balance Fit  Meets In-Person	Meets In-Person and on Zoom		Meets In-Person		Chair foga	0 1 /- 1
	Weets III-Person	Wicets III-1 Craon and on Zoon		Wicets III-I CISON		11:00 a.m. – Noon	Fit & Flow (Tues.),
				11:00 a.m. – Noon		"Let's Talk" – Support Group	Stretch & Strengthen
				Mobility Stability			(Thurs.)
						1:00 p.m. – 2:00 p.m. Bingo	at 10:00 a.m.
22	10:00 a.m. – 11:00 a.m.	23 10:00 a.m. – 11:00 a.m.	24	10:00 a.m. – 11:00 a.m.	25	10:00 a.m. – 11:00 a.m.	Mobility Stability (Wed.)
	Balance Fit	Fit & Flow		Tai Chi		Chair Yoga	at 11:00 a.m.
	Meets In-Person	Meets In-Person and on Zoom		Meets In-Person		11:00 a.m. – Noon	954 6088 1782
				11:00 a.m. – Noon		"Let's Talk" – Support Group	
				Mobility Stability		zer s raik Support Group	Bingo (Thurs.)
				,		1:00 p.m. – 2:00 p.m. Bingo	at 1:00 p.m.
29	10:00 a.m. – 11:00 a.m.	30 10:00 a.m. – 11:00 a.m.	MAY 1	10:00 a.m. – 11:00 a.m.	MA	Y 2 10:00 a.m. – 11:00 a.m.	936 4194 7684
	Balance Fit	Fit & Flow		Tai Chi		Chair Yoga	300 123 1 7 00 1
	Meets In-Person	Meets In-person and on Zoom		Meets In-Person			Physician Webinars and
				44.00		11:00 a.m. – Noon	Educational Programs
				11:00 a.m. – Noon		"Let's Talk" – Support Group	J
				Mobility Stability		1:00 p.m. – 2:00 p.m. Bingo	929 0506 7674