

Monday		Tuesday		Wednesday		Thursday		<p>In-person Fitness Classes</p> <p>Mondays, Tuesdays, and Wednesdays at 10:00 a.m. Vallejo Drive Church 300 Vallejo Drive</p> <p>Join us virtually online at Zoom.us Enter ID listed below on day and time of meeting.</p> <p>Zoom Meeting IDs</p> <p>Fit & Flow (Tues.), Stretch & Strengthen (Thurs.) at 10:00 a.m.</p> <p>Mobility Stability (Wed.) at 11:00 a.m. 954 6088 1782</p> <p>Bingo (Thurs.) at 1:00 p.m. 936 4194 7684</p> <p>Physician Webinars and Educational Programs 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>Meets In-Person and Online</i>	3	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	4	10:00 a.m. – 11:00 a.m. Chair Yoga 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> 11:30 a.m. RSVP ONLY Audiologist, Antoinette Miller “Hearing and Balance”	9	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	10	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	11	10:00 a.m. – 11:00 a.m. Chair Yoga 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>Meets In-Person and on Zoom</i>	17	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	18	10:00 a.m. – 11:00 a.m. Chair Yoga 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>Meets In-Person and on Zoom</i>	24	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	25	10:00 a.m. – 11:00 a.m. Chair Yoga 11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo	
29	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	30	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-person and on Zoom</i>	MAY 1	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i> 11:00 a.m. – Noon Mobility Stability	MAY 2	10:00 a.m. – 11:00 a.m. Chair Yoga 11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo	