

MAY 2024 **Live Well Senior Program**

AdventistHealth.org/LiveWell

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

In-person Fitness Tuesday Wednesday Monday Thursday Classes 6 10:00 a.m. - 11:00 a.m. Mondays, Tuesdays, and Fit & Flow Tai Chi **Balance Fit Chair Yoga Meets In-Person** Wednesdays Meets In-Person **Meets In-Person and Online** at 10:00 a.m. 11:00 a.m. - Noon 11:00 a.m. - Noon "Let's Talk" - Support Group Vallejo Drive Church **Mobility Stability** 300 Vallejo Drive 1:00 p.m. - 2:00 p.m. Bingo 16 13 14 15 10:00 a.m. - 11:00 a.m. **Balance Fit** Fit & Flow Tai Chi **Chair Yoga** Join us virtually Meets In-Person and on Zoom **Meets In-Person** Meets In-Person online at Zoom.us 11:00 a.m. - Noon Enter ID listed below on "Let's Talk" - Support Group Noon - 1:00 p.m. 11:00 a.m. - Noon day and time of meeting. Dr. P. Namdaran **Mobility Stability** 1:00 p.m. - 2:00 p.m. Bingo "Valvular Heart Procedures" 21 22 23 **Zoom Meeting IDs** 20 10:00 a.m. - 11:00 a.m. **Balance Fit** Fit & Flow Tai Chi **Chair Yoga** Meets In-Person and on Zoom Meets In-Person **Meets In-Person** Fit & Flow (Tues.), 11:00 a.m. - Noon Stretch & Strengthen "Let's Talk" - Support Group 11:00 a.m. - Noon (Thurs.) **Mobility Stability** at 10:00 a.m. No Bingo Today Mobility Stability (Wed.) 27 28 10:00 a.m. - 11:00 a.m. 29 10:00 a.m. - 11:00 a.m. 30 10:00 a.m. - 11:00 a.m. at 11:00 a.m. Fit & Flow **Memorial Day Holiday** Tai Chi **Chair Yoga** Meets In-Person and on Zoom Meets In-Person 954 6088 1782 No Classes 11:00 a.m. - Noon 11:00 a.m. - Noon "Let's Talk" - Support Group Bingo (Thurs.) **Mobility Stability** 1:00 p.m. - 2:00 p.m. Bingo at 1:00 p.m. June 5 10:00 a.m. - 11:00 a.m. June 3 10:00 a.m. - 11:00 a.m. June 4 10:00 a.m. – 11:00 a.m. June 6 10:00 a.m. - 11:00 a.m. 936 4194 7684 **Balance Fit** Fit & Flow Tai Chi **Chair Yoga** Meets In-Person Meets In-person and on Zoom Meets In-Person **Physician Webinars and** 11:00 a.m. - Noon **Educational Programs** 11:00 a.m. - Noon "Let's Talk" - Support Group 929 0506 7674 **Mobility Stability** 1:00 p.m. - 2:00 p.m. Bingo