

# MARCH 2024

Monday		Tuesday		Wednesday		Thursday		<p><b>In-person Fitness Classes</b></p> <p>Mondays, Tuesdays, and Wednesdays at 10:00 a.m. Vallejo Drive Church 300 Vallejo Drive</p> <p><b>Join us virtually online at Zoom.us</b> Enter ID listed below on day and time of meeting.</p> <p><b>Zoom Meeting IDs</b></p> <p>Fit &amp; Flow (Tues.), Stretch &amp; Strengthen (Thurs.) at 10:00 a.m.</p> <p><b>Mobility Stability (Wed.)</b> at 11:00 a.m. <b>954 6088 1782</b></p> <p><b>Bingo (Thurs.)</b> at 1:00 p.m. <b>936 4194 7684</b></p> <p><b>Physician Webinars and Educational Programs</b> <b>929 0506 7674</b></p>
4	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	5	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and Online</i>  11:30 a.m. <i>RSVP ONLY Luncheon with Dr. Tabibian</i>	6	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	7	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	
11	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	12	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	13	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	14	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	
18	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	19	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	20	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	21	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	
25	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	26	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-Person and on Zoom</i>	27	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	28	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	
APRIL 1	10:00 a.m. – 11:00 a.m. Balance Fit <i>Meets In-Person</i>	APRIL 2	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-person and on Zoom</i>	APRIL 3	10:00 a.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>  11:00 a.m. – Noon Mobility Stability	APRIL 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	