

DECEMBER 2023

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>
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>	6	10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>	7	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 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> 12:00 – 1:00 p.m. Alzheimer’s Association “Holidays and Caregivers”	13	10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>	14	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 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 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>	21	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo	
25	CHRISTMAS DAY	26		27	Office closed - Merry Christmas	28		
JAN 1	NEW YEAR’S DAY	JAN 2	10:00 a.m. – 11:00 a.m. Fit & Flow <i>Meets In-person and on Zoom</i>	JAN 3	10:00 p.m. – 11:00 a.m. Tai Chi <i>Meets In-Person</i>	JAN 4	10:00 a.m. – 11:00 a.m. Stretch & Strengthen 11:00 a.m. – Noon “Let’s Talk” – Support Group 1:00 p.m. – 2:00 p.m. Bingo	