

SEPTEMBER 2024

AdventistHealth.org/LiveWell EMAIL: ahgl.lwsp@ah.org LIVE WELL OFFICE: (818) 409-8354

| | Monday | Tuesday | Wednesday | Thursday | |
|----|-----------------------|---|---|-------------------------------|---------------------------|
| 2 | | 3 10:00 a.m. – 11:00 a.m. | 4 10:00 a.m. – 11:00 a.m. | 5 10:00 a.m. – 11:00 a.m. | In-person Fitness |
| | Labor Day Holiday | Fit & Flow | Tai Chi | Chair Yoga | Classes |
| | No Classes today | Meets In-Person and Online | Meets In-Person | Meets on Zoom | Mondays, Tuesdays, and |
| | | | | 11:00 a.m. – Noon | Wednesdays meet at |
| | | | 11:00 a.m. – Noon | "Let's Talk" – Support Group | Vallejo Drive Church |
| | | | Mobility Stability | 1.00 v v 2.00 v v Bivos | 300 Vallejo Drive |
| | | 10.00 | Meets on Zoom | 1:00 p.m. – 2:00 p.m. Bingo | - |
| 9 | 2:30 p.m. – 3:30 p.m. | 10 10:00 a.m. – 11:00 a.m. | 11 10:00 a.m. –11:00a.m. | 12 10:00 a.m. – 11:00 a.m. | |
| | Balance Fit | Fit & Flow Meets In-Person and on Zoom | Tai Chi <i>Meets In-Person</i> | Chair Yoga Meets on Zoom | Join us virtually |
| | Meets In-Person | Wieets In-Person and on Zoom | ivieets in-Person | | online at Zoom.us |
| | | | 11:00 a.m. – Noon | 11:00 a.m. – Noon | Enter ID listed below on |
| | | | Mobility Stability | "Let's Talk" – Support Group | day and time of meeting. |
| | | | Meets on Zoom | 1:00 p.m. – 2:00 p.m. Bingo | day and time of meeting. |
| 16 | 2:30 p.m. – 3:30 p.m. | 17 10:00 a.m. – 11:00 a.m. | 18 10:00 a.m. –11:00a.m. | 19 10:00 a.m. – 11:00 a.m. | Zoom Meeting IDs |
| | Balance Fit | Fit & Flow | Tai Chi | Chair Yoga | |
| | Meets In-Person | Meets In-Person and on Zoom | Meets In-Person | Meets on Zoom | Fit & Flow (Tues.) and |
| | | | | 11:00 a.m. – Noon | Chair Yoga (Thurs.) |
| | | | 11:00 a.m. – Noon | "Let's Talk" – Support Group | at 10:00 a.m. |
| | | | Mobility Stability | | Mobility Stability (Wed.) |
| | | | Meets on Zoom | 1:00 p.m. – 2:00 p.m. Bingo | at 11:00 a.m. |
| 23 | 2:30 p.m. – 3:30 p.m. | 24 10:00 a.m. – 11:00 a.m. | 25 10 a.m. –11 a.m. Tai Chi | 26 10:00 a.m. – 11:00 a.m. | 954 6088 1782 |
| | Balance Fit | Fit & Flow | Meets In-Person | Chair Yoga | |
| | Meets In-Person | Meets In-Person and on Zoom | 11 a.m. – Noon Mobility Stability | Meets on Zoom | |
| | | | Meets on Zoom | 11:00 a.m. – Noon | Bingo (Thurs.) |
| | | | 1 p.m. Alzheimer's Support Group | "Let's Talk" – Support Group | at 1:00 p.m. on Zoom |
| | | | Meets on Zoom | 1:00 p.m. – 2:00 p.m. Bingo | 936 4194 7684 |
| 30 | 2:30 p.m. – 3:30 p.m. | OCT 1 10:00 a.m. – 11:00 a.m. | OCT 2 10:00 a.m11:00a.m. | OCT 3 10:00 a.m. – 11:00 a.m. |] |
| | Balance Fit | Fit & Flow | Tai Chi | Chair Yoga | Physician Webinars and |
| | Meets In-Person | Meets In-person and on Zoom | Meets In-Person | Meets on Zoom | Educational Programs |
| | | | | 11:00 a.m. – Noon | _ |
| | | | 11:00 a.m. – Noon Mobility Stability | "Let's Talk" – Support Group | 929 0506 7674 |
| | | | Meets on Zoom | 1:00 p.m. – 2:00 p.m. Bingo | |