

**Live Well Senior Program** 

## DECEMBER 2023

AdventistHealth.org/LiveWell

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

## **In-person Fitness** Monday Tuesday Wednesday Thursday Classes 10:00 a.m. - 11:00 a.m. 10:00 a.m. - 11:00 a.m. 10:00 p.m. - 11:00 a.m. 10:00 a.m. - 11:00 a.m. Mondays, Tuesdays, and **Balance Fit** Fit & Flow Tai Chi Stretch & Strengthen **Meets In-Person** Wednesdays Meets In-Person **Meets In-Person and Online** at 10:00 a.m. 11:00 a.m. - Noon "Let's Talk" - Support Group Vallejo Drive Church 11:00 a.m. - 12:00 p.m. 300 Valleio Drive **Mobility Stability** 1:00 p.m. - 2:00 p.m. Bingo 13 14 11 10:00 a.m. - 11:00 a.m. 12 10:00 a.m. - 11:00 a.m. 10:00 p.m. - 11:00 a.m. 10:00 a.m. - 11:00 a.m. **Balance Fit** Fit & Flow Tai Chi Stretch & Strengthen Join us virtually **Meets In-Person** Meets In-Person and on Zoom Meets In-Person online at Zoom.us 11:00 a.m. - Noon 12:00 - 1:00 p.m. Enter ID listed below on "Let's Talk" - Support Group Alzheimer's Association "Holidays 11:00 a.m. - 12:00 p.m. day and time of meeting. and Caregivers" 1:00 p.m. - 2:00 p.m. Bingo **Mobility Stability** 20 **Zoom Meeting IDs** 19 10:00 a.m. - 11:00 a.m. 10:00 p.m. - 11:00 a.m. 21 10:00 a.m. - 11:00 a.m. 18 10:00 a.m. - 11:00 a.m. Stretch & Strengthen Fit & Flow Tai Chi **Balance Fit** 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 (Thurs.) 11:00 a.m. - 12:00 p.m. at 10:00 a.m. **Mobility Stability** 1:00 p.m. - 2:00 p.m. Bingo Mobility Stability (Wed.) 25 26 27 28 at 11:00 a.m. CHRISTMAS DAY 954 6088 1782 Office closed -**Merry Christmas** Bingo (Thurs.) at 1:00 p.m. JAN<sub>3</sub> JAN 1 JAN 2 10:00 a.m. - 11:00 a.m. 10:00 p.m. - 11:00 a.m. JAN 4 10:00 a.m. - 11:00 a.m. 936 4194 7684 Fit & Flow Tai Chi Stretch & Strengthen Meets In-Person Meets In-person and on Zoom **NEW YEAR'S DAY Physician Webinars and** 11:00 a.m. - Noon **Educational Programs** "Let's Talk" - Support Group 11:00 a.m. - 12:00 p.m. 929 0506 7674 **Mobility Stability** 1:00 p.m. - 2:00 p.m. Bingo