

**NEVER ANY SESSIONS ON WED****Open Gym:** Tu/Th/Fr 9:00 AM – 3:00 PM, INDIVIDUAL EXERCISE/VITALS TAKEN**Group SESSIONS –**

TAI CHI (w/ DAVID) MON, TUE, THU, FRI (30 min x2)

ZOOM ID# 897 520 111

9:00 AM, Full version Short COURSE 9:30 AM F INTRODUCTORY MOVES

EXERCISE SESSIONS (w/LINDA, STRETCH/BALANCE/RESISTANCE)

GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES

ZOOM ID # 881 9363 5013

GROUP RESISTANCE → TUE/THU 11:10 AM, 20 MIN

Zoom ID #889 3266 7307

CIRCUITS → MON, TUE, THU, FRI @ 1:15 PM, 60 MINUTES

Zoom ID #505 510 964

CHAIR EXERCISE → MON, TUES, THU @ 2:30 PM, 45 MINUTES

ZOOM ID # 950 2893 0586

BALANCE ACTIVITIES FRI, @ 2:30 PM, 45 MINUTES

Zoom ID# 865 7400 3755

INSTRUCTIONAL MAHJONGG, FRI , 9:30-11:30 AM

IN PERSON ONLY

EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM

Zoom ID# 916 5375 9408

GUEST SPEAKERS

Tue, Jan 6 th	11:45 am	New Year...New Chapter	Debbie Lucus, RD
Thu, Jan 8 th	11:45 am	Community	Cari Shulkin, RN
Fri, Jan 9 th	11:45 am	(no presentation)	
Tue, Jan 13 th	11:45 am	Brain Games – U.S. Geography	Linda Paumer, MA
Thu, Jan 15 th	11:45 am	Gaming/Cognition	Kim Roberts, ,PhD
Fri, Jan 16 th	11:45 am	(no presentation)	
Tue, Jan 20 th	11:45 am	Cooking Demo -- Whole, Real Foods	Debbie Lucus, RD
Thu, Jan 22 nd	11:45 am	Brain Health	Radhika Bukkapatnam, MD
Fri, Jan 23 rd	11:45 am	(no presentation)	
Tue, Jan 27 th	11:45 am	Grief & Loss	Linda Goode, LCSW
Thu, Jan 29 th	11:45 am	AARP Wish of a Lifetime	Aaron Stillwell
Fri, Jan 30 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

Webpage: <https://cardiovascularwellnessprogram.org/>For more information: email Program Coordinator, Linda Paumer – csuscwwellness@gmail.com