



# Cardiovascular Wellness Program

## January 2026

**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
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### GUEST SPEAKERS

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

Webpage: <https://cardiovascularwellnessprogram.org/>

For more information: email Program Coordinator, Linda Paumer – [csuscwvwellness@gmail.com](mailto:csuscwvwellness@gmail.com)