



SACRAMENTO
STATE

Cardiovascular Wellness Program

NEVER ANY SESSIONS ON WEDNESDAYS

November 2025

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/THURS/FRI @ 11:45 AM

Zoom ID# 916 5375 9408

GUEST SPEAKERS

Tue, Nov 4th 11:45 am Carbs

Debbie Lucas, RD

Tue, Nov 6th 11:45 am Mindfulness Practice

Linda Larsen, RN

5:30 pm OA Interaction/Gero 11

Zoom ID# 827-5554-3553

Fri, Nov 7th 11am - 1 pm Matter of Balance class

pre-signup required

Mon, Nov 10th 11am – 1pm Planning Luncheon

see flyer

Tue, Nov 11th **Campus is Closed for Veteran's Day Holiday** 🇺🇸

Thu, Nov 13th 11:45 am Navigating Heart Health Through Social Gatherings

Nutrition Grad Students, Sarah, Ana, Silvana

Fri, Nov 14th 11:45 am Omega 3's Cooking Demo

Debbie & John

11am - 1 pm Matter of Balance class

pre-signup required

Tue, Nov 18th 11:45 am Sustainability

Laura Gonzalez

Thu, Nov 20th 11:45 am Holiday Communication

Sharon Myers, & Cari Shulkin, RN's

Fri, Nov 21st 11:45 am Potluck Lunch

Whole-Food, Plant-Based

Tue, Nov 25th 10:00 am- Gratitude Fair Community Health
RN Students

Thu, Nov 28th } **CLOSED Thanksgiving Holiday**
Fri, Nov 29th



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

For more information: Email Program Coordinator, Linda Paumer –
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