



& Cardiovascular Wellness Program

October 2026

NEVER ANY SESSIONS ON WEDNESDAYS

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 INTRODUCTORY MOVES
EXERCISE SESSIONS (W/LINDA, SHARON, JULIE, LEANNE STRETCH/BALANCE/RESISTANCE)
GROUP STRETCH → TUE, THU, 10:00 AM, 45 MINUTES ZOOM ID # 881 9363 5013
GROUP RESISTANCE → TU, TH, FR 11:00 AM, 30 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 (W/PT DURING SEMESTER) 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, Sep 29 th	11:45 am	Batch Cooking – Cooking Demonstration	Debbie & John
Thu, Oct 1 st	11:45 am	Hypertension	Sharon Myers, Cari Shulkin, RN
Fri, Oct 2 nd	11:45 am	Students in the Kitchen	
Tue, Oct 6 th	11:45 am	Lower LDL with Your Fork	Debbie Lucas, RD
Thu, Oct 8 th	11:45 am	Game Day	Valeria & Ali
Fri, Oct 9 th	11:45 am	Q Tip Art	Elcy & Eldana
Tue, Oct 13 th	11:45 am	Services with the Agency on Aging	Melyssa Santos-Hollitz
Thu, Oct 15 th	11:45 am	Advance Directives	Cari Shulkin, RN
Fri, Oct 16 th	11:45 am	Students in the Kitchen	
Tue, Oct 20 th	11:45 am	Let's Lower Our Cholesterol	Debbie Lucas, RD
Thu, Oct 22 nd	11:45 am	Pumpkin Carving	Mikelle & Valeria
Fri, Oct 23 rd	11:45 am	Students in the Kitchen	
Tue, Oct 27 th	11:45 am	Mindful Eating	Linda Goode, LCSM
Thu, Oct 29 th	11:45 am	Mindfulness Practice	Linda Larsen, via Zoom
Fri, Oct 30 th	11:45 am	Potluck Lunch	Whole-Food, Plant-Based

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

For more information: email Program Coordinator, Linda Paumer – csuscwvwellness@gmail.com