



Please NOTE Start Times -- They Vary

NOVEMBER 2021

NEVER ANY SESSIONS ON WED

ACTIVITY SESSIONS –

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

ZOOM ID# 897 520 111

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

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/FRI 11:05 AM, 25 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

EDUCATION SESSIONS:


TUES/THUR/FRI @ 11:45 AM

ZOOM ID# 916 5375 9408

GERO101 INTERACTIONS

ZOOM ID# 828 6930 8892

GUEST SPEAKERS

Tue, Nov 2 nd	11:45 am	Micronutrients	Debbie Lucas, RD
Thu, Nov 4 th	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Nov 5 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Tue, Nov 9 th	11:45 am	Nutrition Student Presentation	Danielle & Kimberly, interns
Thu, Nov 11th		Campus Closed – Veteran's Day	Zoom Exercise Only
Fri, Nov 12 th	11:45 am	Stress & Martial Arts	Stephanie Lovrin, student intern
Tue, Nov 16 th	11:45 am	Strengthening Immunity	Debbie Lucas, RD
Thu, Nov 18 th	11:45 am	Value of Gratitude	Linda Paumer, MA
	5:30 pm	Gero 101 Interactions	Us & Them
Fri, Nov 19 th	11:45 am	Medical Staff Forum	Drs Lopez, Bukkapatnam et al
Tue, Nov 23 rd	11:45 am	Mental Health	Rob Mitchell, RN
 Thu, Nov 25th	}	Closed for Thanksgiving Holiday	
Fri, Nov 26th			
Tue, Nov 30 th	11:45 am	Mindfulness Practice	Linda Larsen, RN
Thu, Dec 2 nd	11:45 am	Gero Student Presentations	Jackie G & Maria S
	5:30 pm	Gero 101 Interactions	Us & Them

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

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