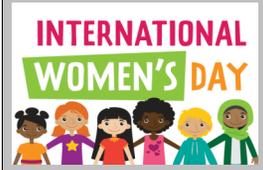




MARCH 2020



Stroke Center Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m. Phone: (310) 952-1763

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Zumba Gold 12:00-1:00	3 Volleyball/Caregivers 11:30-12:30 Spanish Class 12:45-1:30	4 Zumba Gold 12:00-1:00	5 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	6 Yoga with Reika 12:45-1:45 	7
8 	9 CLOSED 	10 Volleyball/Caregivers 11:30-12:30	11 Zumba Gold 12:00-1:00	12 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	13 OPEN GYM	14
15	16 Zumba Gold 12:00-1:00	17 Volleyball/Caregivers 11:30-12:30 Spanish Class 12:45-1:30	18 Zumba Gold 12:00-1:00	19 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30 Volunteers 1:30	20 Yoga with Reika 12:45-1:45 	21
22	23 Zumba Gold 12:00-1:00	24 Volleyball/Caregivers 11:30-12:30	25 Zumba Gold 12:00-1:00 Women's History 1:00-3:00	26 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	27 Yoga with Reika 12:45-1:45 	28
29	30 Zumba Gold 12:00-1:00	31 CLOSED  <i>Cesar Chavez Day</i>				