

Senior Wellness Program

APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 10-11am "Young at Heart" Exercise Class (MPR)	4	5 
6	7 10-11am Tai Chi (MPR)	8 10am-12pm Chinese Mahjong (MPR)	9	10 10-11am "Young at Heart" Exercise Class (MPR)	11	12
13	14 10-11am Tai Chi (MPR)	15 10am-12pm Chinese Mahjong (MPR)	16	17 No "Young at Heart Exercise Class"	18	19
20	21 10-11am Tai Chi (MPR)	22 10am-12pm Chinese Mahjong (MPR)	23	24 10-11am "Young at Heart" Exercise Class (MPR)	25	26
27	28 10-11am Tai Chi (MPR) 11:15am Understanding What is Aging Dr. Thomas Yoshikawa (CL)	29 10am-12pm Chinese Mahjong (MPR)	30	Location: MPR= Multipurpose Room CL = Classroom L = Lounge		

UNDERSTANDING WHAT IS "AGING"

Monday, April 28th @ 11:15am
Thomas Yoshikawa, MD
Please RSVP

UPCOMING EVENTS

ESTATE PLANNING PRESENTATION

Monday, May 19th @ 11:15am
Staci Toji Law, APC

VOLUNTEER OPPORTUNITY

THE SENIOR WELLNESS PROGRAM IS LOOKING TO FORM A GROUP OF VJCC MEMBERS TO CALL, SEND CARDS, AND/OR VISIT HOMEBOUND SENIORS. IF YOU ARE INTERESTED, PLEASE CONTACT THE VJCC OFFICE.

ALL CLASSES AND ACTIVITIES ARE FREE TO ALL VJCC MEMBERS 60 YEARS AND OLDER. OUR NUMBER ONE PRIORITY IS THE SAFETY OF OUR PARTICIPANTS. ALL CLASSES AND ACTIVITIES STILL FOLLOW STRICT CDC PROTOCOLS. E.G., FACE COVERING. PARTICIPANTS MUST BE FULLY VACCINATED AND HAD TAKEN FIRST BOOSTER SHOT. SCHEDULED EVENTS CAN CHANGE WITHOUT NOTICE. ANY QUESTIONS OR TO RSVP PLEASE CONTACT GAYLE HIRAMI @ GAYLE_HIRAMI@YAHOO.COM. OR CALL THE VJCC OFFICE AT 310. 822.8885

