

## Partners Community Wellness Workshops

September 2024 – December 2024

If you are interested in signing up for one of the workshops below, please email Partners in Care Foundation’s Community Wellness Team at [EBregistrations@picf.org](mailto:EBregistrations@picf.org) or call 818-403-5452.

<b>Workshop</b>	<b>Date</b>	<b>Time</b>	<b>Sessions</b>	<b>Location</b>
Arthritis Foundation Exercise Program	Sep. 10 – Oct. 17	Tues. & Thur. 11am-12pm	1 Hour a Week for 6 weeks	Pacifica Senior Living Santa Clara
Arthritis Foundation Exercise Program	Sep. 10 – Oct. 17	Tues. & Thur. 3-4pm	1 Hour a Week for 6 weeks	TELACU Amador Manor
Arthritis Foundation Exercise Program	Sep. 23 – Nov. 27	Mon. & Wed. 10-11am	1 Hour a Week for 6 weeks	TELACU Courtyard
Arthritis Foundation Exercise Program	Oct. 2- Nov. 8	Wed. & Fri. 2:30-3:30pm	1 hour twice a week for 6 weeks	Vistas Apartments (RHF)
Arthritis Foundation Exercise Program	Oct 22 – Dec 8	Tues & Thur 3-4pm	1 hour twice a week for 6 weeks	Las Palmas Senior Citizens Center
Arthritis Foundation Exercise Program	Oct 29 – Dec 12	Tues & Thur 10-11am	1 hour twice a week for 6 weeks	Bay Towers at Bixby Knolls
Arthritis Foundation Exercise Program	Nov 7 – Dec 19	Tues & Thur 1:30 – 2:30pm	1 hour twice a week for 6 weeks	Community Center at Carson
Arthritis Foundation Exercise Program Group G	Nov 11 – Dec 18	Mon. & Wed. 10-11am	1 hour twice a week for 6 weeks	Virtual
Arthritis Foundation Exercise Program	Nov 11 – Dec 19	Mon & Thur 11am – 12pm	1 hour twice a week for 6 weeks	Long Beach Senior Housing
Arthritis Foundation Walk With Ease	Sep. 30 – Nov. 11	Mon. Tues. & Thur. 10-11am	1 hour, 3 times a week for 6 weeks	New Hope Home
Programa de Ejercicios de la Fundación de Artritis	Sep. 10 – Oct. 17	miércoles y viernes 10-11am	dos veces por semana, por 6 semanas	South El Month Senior Center
Programa de Ejercicios de la Fundación Artritis	Oct. 2 – Nov. 8	miércoles y viernes 10-11am	dos veces por semana, por 6 semanas	Olive Manor Senior Housing
Tai Chi for Arthritis Group FF	Sep. 10 – Nov. 14	Mon & Wed. 1:30-2:30pm	1 hour a week for 10 weeks	Virtual

Bingocize	Sep. 10 – Nov. 14	Tues. & Thurs. 1:20-2:30pm	1 hour a week for 10 weeks	Adams Senior Housing
Bingocize	Sep. 10 – Nov. 14	Tues. & Thurs. 10-11am	1 hour a week for 10 weeks	Beverly Hills Camel South
Bingocize	Sep. 23 – Nov. 27	Mon. & Wed. 10:30-11:30am	1 hour a week for 10 weeks	Vineland Avenue Senior Housing
Bingocize	Oct. 7 – Dec. 11	Mon & Wed 1:30 – 2:30pm	1 hour a week for 10 weeks	Providence Gardens
Bingocize	Oct 15 – Dec 24	Tues & Thur 1-2pm	1 hour a week for 10 weeks	Florence Firestone Service Center
Bingocize (Spanish)	Oct. 1 – Dec. 10	martes y jueves 2-3pm	1 hora para un total de 10 semanas	Casa de las Hermanitas
A Matter of Balance	Sep. 27 – Nov. 5	Tues. 11:15am – 1:15pm	2 hours a week for 8 weeks	Arcadia Community Center
Healthier Living Chronic Disease Self- Management Program	Sep. 25 – Nov. 11	Wed. 9:30am – 12pm	2.5 Hours a week for 6 weeks	Community Center at Carson
Healthier Living Chronic Disease Self- Management Program	Nov 12 – Dec 17	Tues. 9 – 11:30am	2.5 Hours a week for 6 weeks	Weingart Senior Center

We thank you for your interest in these programs and for your commitment to improving your health and wellness.