

APRIL ZOOM EVENTS 2021

Mondays Apr 5, 12, 19, 26	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Mondays Apr 5, 12, 19, 26	Mind over Matter with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays Apr 6, 13, 20, 27	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays Apr 6, 13, 20, 27	Restorative Yoga with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays Apr 7, 14, 21, 28	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays Apr 7, 14, 21, 28	Mind over Matter with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays Apr 8, 15, 22, 29	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays Apr 8, 15, 22, 29	Restorative Yoga with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesday, Apr 7	Let's Talk 2pm – 4pm RSVP to Sophia at svhutson.fcv@gmail.com by Apr 6 for Zoom link info
Friday, Apr 9	Book Club 1:30pm – 3pm. Contact Gail Mintz at gmmintz@yahoo.com
Friday, Apr 16	Lunch & Learn 1pm – 2pm Richard Hull, RPh and Lyn Fitzsimons, PharmD, will talk about "Medicine-related Falls and Fall Prevention in Older Adults". As pharmacists, they will identify specific medicines known to contribute to falls in seniors, how to manage use of these medicines to lessen the risk of falls, and what can be done to prevent falls. RSVP to Sophia at svhutson.fcv@gmail.com by Apr 14 for Zoom link info
Wednesday, Apr 21	Cooking with Marlene Sorosky Gray 3pm – 4pm RSVP to Sophia at svhutson.fcv@gmail.com Apr 15 for Zoom link info
Tuesday, Apr 27	Speaker Series: PETS are Gifts to Humankind 4pm – 5pm via ZOOM Virtual Live Animal Shelter with Humane Educator Kylynn Pelkey from Peninsula Humane Society & SPCA.