

MAY ZOOM EVENTS 2021

Mondays May 3, 10, 17, 24	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Mondays May 3, 10, 17, 24	Mind over Matter with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays May 4, 11, 18, 25	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays May 4, 11, 18, 25	Restorative Yoga with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays May 5, 12, 19, 26	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays May 5, 12, 19, 26	Mind over Matter with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays May 6, 13, 20, 27	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays May 6, 13, 20, 27	Restorative Yoga with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesday, May 5	Let's Talk 2pm – 4pm Contact Helen Ackerman at hwackerman@yahoo.com
Friday, May 14	Book Club 2:30pm – 4pm Contact Gail Mintz at gmmintz@yahoo.com
Wednesday, May 19	Cooking with Marlene Sorosky Gray 3pm – 4pm RSVP to Sophia at svhutson.fcv@gmail.com by May 13 for Zoom link info
Thursday, May 20	Family Caregiver Support Group 3pm – 4pm Contact Sophia at svhutson.fcv@gmail.com
Friday, May 21	Lunch & Learn 1pm – 2pm Docent Alfred Escoffier with the de Young Museum will discuss highlights from the intimate exhibition <i>Frida Kahlo: Appearances Can Be Deceiving</i> . We will take a closer look at some of her personal items, photographs, and paintings that reveal the many ways Kahlo constructed her identity. RSVP to Sophia at svhutson.fcv@gmail.com by May 19 for Zoom link info
Tuesday, May 25	Speaker Series: FOR YOUR HEALTH 4pm – 5pm via ZOOM Rising Out of the Pandemic by Sequoia Healthcare District