

# SEPTEMBER

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 	2	3	4	5	6	7
8	9 <b>Yoga Intro Workshop</b> 5:30pm - 6:30pm	10	11	12	13	14
15 <b>National Adult Day Services Week</b> →	16 <b>Meditation</b> 3:00pm - 4:00pm	17 <b>Yin Yoga</b> 3:00pm - 4:00pm	18 <b>Trivia &amp; Games</b> 1:00pm - 2:00pm	19 <b>Social Engagement</b> 11:30am - 12:30pm	20 <b>Mat &amp; Chair Pilates</b> 9:30am-10:30am  <b>Medicare Fraud</b> 2:30pm - 3:30pm	21
22	23 <b>Balance &amp; Strength Workshop</b> 12:00pm - 1:00pm	24	25	26 <b>Eye Revive: Yoga for Vision Wellness</b> 12:30pm - 1:00pm	27	28
29	30	1	2	3	4	5

## **Intro to Yoga Workshop**

**Monday, September 9 | 5:30pm - 6:30pm | Caroline Foley**

Join us for a beginner-friendly Intro to Yoga Workshop, where you'll explore the fundamentals of yoga in a supportive and welcoming environment. This workshop is designed to introduce you to basic poses, breathwork, and mindfulness techniques to help you build strength, flexibility, and mental clarity.

## **Mindfulness Meditation**

**Monday, September 16 | 3:00pm - 4:00pm | Rita Kennen**

Experience the calming benefits of mindfulness in our Guided Mindfulness Meditation Class. This session will lead you through a series of breathing exercises and focused meditation techniques designed to help you reduce stress, improve concentration, and cultivate a sense of inner peace.

## **Yin Yoga**

**Tuesday, September 17 | 3:00pm - 4:00pm | Caroline Foley**

Reconnect with your body and mind in our Yoga Class, designed for all levels of experience. This session will guide you through a balanced flow of poses, combining strength, flexibility, and breathwork to enhance your physical and mental well-being.

## **Trivia & Games**

**Wednesday, September 18 | 1:00pm - 2:00pm | Chrissy & Dona**

Get ready for a fun-filled Trivia & Games Session! Test your knowledge, challenge your peers, and enjoy a mix of brain teasers, trivia questions, and interactive games. This session is perfect for anyone looking to unwind, have a laugh, and engage in some friendly competition.

## **Social Engagement & Community Involvement**

**Thursday, September 19 | 11:30am - 12:30pm**

### **Peninsula Volunteers**

In celebration of National Adult Day Services Week, PVI will join Peninsula Health Care District to discuss the importance of staying socially active, ways to connect with others, and opportunities for community involvement.

## **Mat & Chair Pilates**

**Friday, September 20 | 9:30am - 10:30am | Caroline Foley**

Mat & Chair Pilates offers a gentle, effective workout for all fitness levels, with the option to participate on the floor or in a chair. This low-impact class focuses on building core strength, improving flexibility, and enhancing posture, all in a welcoming and supportive atmosphere. Move at your own pace and feel balanced, strong, and refreshed.

## **Medicare Fraud**

**Friday, September 20 | 2:30pm - 3:30pm**

### **Virginia Kroger from HICAP @ The Trousdale**

Join us in this session on Medicare where Virginia Kroger from HICAP of San Mateo County will discuss the many aspects of Medicare fraud. You will learn about the three crucial steps to guard your Medicare coverage and receive valuable tips and information to protect yourself from medical identity theft. RSVP before September 13 by calling 650-715-0039 or by visiting [seminars.thetrousdale.org](http://seminars.thetrousdale.org).

## **Balance & Strength Workshop**

**Monday, September 23 | 12:00pm - 1:00pm | Richard Bergstrom**

Learn about how to improve your balance and strength to become more resilient to falls. You'll learn targeted progressive exercises and techniques designed to improve stability and muscle strength, helping you maintain better control and confidence in your movements. Perfect for all fitness levels, this workshop will empower you to move with greater ease and safety in everyday activities.

## **Eye Revive: Yoga for Vision Wellness**

**Thursday, September 26 | 12:30pm - 1:00pm | Izabela Rapacz**

Eye yoga is a relaxing and rejuvenating practice designed to relieve tension and refresh tired eyes. Through simple, gentle exercises, you'll learn how to ease eye strain, improve focus, and promote better eye health. Whether you spend hours in front of a screen or just want to give your eyes some well-deserved care, this session offers a soothing break for both your eyes and mind.