



Senior Wellness Program — March / April

FREE workshop and programs | Welcome 50+ older adults | Registration required



Rebuilding Together Silicon Valley (RTSV) Workshop Tuesday, 3/24 | 9:30-10:30am

RTSV provides critical home repairs to over 600 clients per year. RTSV's Safe at Home program shares an informative session on Fall Prevention, Accessibility, Mobility and Aging-in place.

SAIL (Stay Active & Independent for Life)

Mid-April | [Contact for more information](#)

SAIL, an evidence-based program, designs a curriculum of exercises that improve strength, balance and fitness. To enhance older adults active level and reduce their chance of falling.



MOB (Matter of Balance)

4 weeks / 8 classes | Tuesday & Thursday | 9:30-11:30am

The Matter of Balance program emphasizes practical strategies and different ways to view falls and control their fear of falling. Learn how to set realistic goals for increasing physical activity, and also learn how to change their environment to reduce fall risk factors

4/14 • 4/16 • 4/21 • 4/23 • 4/28 • 4/30 • 5/5 • 5/7

Tai-Ji Quan Moving for Better Balance (TJQMBB)

12 weeks / 24 classes | Monday & Wednesday Mid-April | 10:00-11:30am

A Tai Chi based exercise specifically for balance training. It focuses on stimulating musculoskeletal, sensory, and cognitive systems via self-initiated, controlled movements with an emphasis of stability and balance.



Health Insurance Counseling & Advocacy Program (HICAP)

The 4th Friday of each month | Appointment only

A specialist provides free and objective information and counseling about Medicare. You will understand your specific rights and health care options.



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Rebuilding Together Silicon Valley (RTSV) 講座

週二, 3/24 | 9:30-10:30am

RTSV 每年為600多個客戶提供重要的房屋維修服務。“在家安全”計劃共享有關預防跌倒,無障礙,移動性和老化等介紹與分享

SAIL (Stay Active & Independent for Life)運動課

4月中旬-請聯繫我們

SAIL 運動課程設計可提高強度,平衡性和改善體能。提高老年人的動力,減少其跌倒的機會。



MOB (Matter of Balance) 平衡訓練課

4 weeks / 8 classes | 週二與週四 | 9:30-11:30am

The Matter of Balance program 強調實用的策略和查看跌倒並控制跌落恐懼的不同方法。學習如何為增加運動量,製定切合實際的目標,並學習如何改變環境以減少跌倒風險

4/14 • 4/16 • 4/21 • 4/23 • 4/28 • 4/30 • 5/5 • 5/7

Tai-Ji Quan Moving for Better Balance (TJQMBB)

12 weeks / 24 classes | 星期一和星期三 四月中旬 | 10:00-11:30am

太極拳運動,集中於平衡訓練。它著重於通過自我控制的動作來刺激肌肉骨骼,感覺和認知系統,重點是鍛煉穩定性和平衡性。



Health Insurance Counseling & Advocacy Program (HICAP)

每月第4個星期五 | 必須預約

專家提供有關Medicare客觀的信息和諮詢。您將了解自己更多特定權利和醫療保健選擇。