Reach your health and wellness goals, join the flexible virtual programs

Interested in our programs?  
Want to register for class?  
Have questions?

CONTACT US
(408) 975-2339
senior.wellness@aaci.org

www.aaci.org/wellness/senior

Classes offer on Zoom

Visit program website  Sign up interested list

SENIOR WELLNESS PROGRAM
Featuring New Virtual Programs & Activities for 50+

Promoting healthy, active aging through quality programs, advocacy & engagement.
### Social Engagement & Community Resources

#### Zoom Social
Stay connected with your peers and engage in social activities. 
30 mins, weekly, on Zoom
Sessions tentatively begins in October

#### Zoom 1:1 Tutorial
Troubleshoot support offers onsite for your device and to help access virtual classes via Zoom. 
By Appointment Only

#### Cybersecurity Workshop
Protect your identity and privacy when online shopping, attending virtual classes, and checking in with doctor Telehealth phone appointments. 1-hour workshop. 
Wed 9/23 1 PM on Zoom

#### Telemarketing Scam Awareness Workshop
Tired of the scam phone call? Learn the tips to STOP scams with San Jose Police Dept. 
Thu 10/8 10 AM on Zoom

#### Medicare Enrollment (AEP) Workshop
Annual Enrollment to your Medicare plan, specially details with COVID-19. 
Workshop offered in FOUR languages. 
Thu 11/12 10 AM on Zoom English 
Thu 11/12 1 PM on Zoom Spanish 
Fri 11/13 10 AM on Zoom Mandarin 
Fri 11/13 1 PM on Zoom Vietnamese

### Home Safety & Fall Prevention

#### Stay Active & Independent for Life (SAIL) *EBP
A curriculum of exercises that improve strength, balance and fitness. Exercises designed to promote physical activeness and reduce chance of falling. 
90 mins Every Tuesday and Thursday, 12:30-2 pm on Zoom. Twelve-week sessions, class begins on 9/17 (No class on 11/26)

#### Qi Gong Exercise
An exercise and meditation practice to cultivate strength, flexibility, coordination, and balance to lessen the likelihood of injury. 
30 mins weekly, every Monday on Zoom
Class tentatively begins in October

*What is an EBP?*
It stands for Evidence-based Programs. Programs offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits by NCOA (National Council on Aging). www.ncoa.org

### Stress Relief Mind & Body Training

#### Mindfulness Yoga
Bring a sense of ease to your life with meditative exercises to calm stressful thoughts for a healthy mind and body. 
30 mins weekly, on Zoom
Class tentatively begins in October

#### Powerful Tools for Caregivers (PTC) *EBP
Help caregivers take better care of themselves while caring for their loved ones. Class focus on tools for reducing stress, managing emotions and accessing community resources. 
90 mins weekly, every Wednesday 4-5:30 pm on Zoom. Six-week sessions 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

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