



Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

NOVEMBER 2025 CLASS CALENDAR

If you would like to join by phone, please call :

1-888-788-0099 and enter the class meeting I.D.

Classes can also be accessed via the Calendar section of our website www.independenceathome.org.

or by scanning the QR code from your smart device.



Getting a Good Night's Sleep Without Medications

November 3 at 11:00 A.M. PST

Zoom Registration Link:

<http://bit.ly/41IZ3HT>

Meeting ID: 965 1343 4949



Trading Ages

November 4 at 1:30 P.M. PST

Zoom Registration Link:

<https://bit.ly/4iQD3LF>

Meeting ID: 929 6007 3835



How to Cope When You're at the End of Your Rope: Manage the Stress In Your Life

November 10 at 10:00 A.M. PST

Zoom Registration Link:

<https://bit.ly/4mtjXNE>

Meeting ID: 927 1933 0928



Caregivers Are People Too!

November 14 at 10:00 A.M. PST

Zoom Registration Link:

<http://bit.ly/474LCzJ>

Meeting ID: 925 0239 2964



Goals to Reach for a Healthier You

November 25 at 1:00 P.M. PST

Zoom Registration Link:

<https://bit.ly/4hspJMp>

Meeting ID: 914 4146 2184

If you have questions about our free classes, call our Resource Line at

1-866-421-1964

or send an email to communityoutreach@scanhealthplan.com

Independence at Home is a community service of SCAN Health Plan® providing no-cost services and supports to seniors and their caregivers to keep them healthy and independent.