



Independence at Home

A SCAN Community Service™



Class Calendar



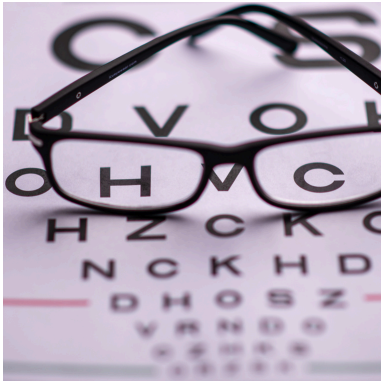
Facebook

JULY 2026 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.



Aging and Vision Loss
July 1 at 10:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/3PLFQNb>
Meeting ID: 982 9652 1002



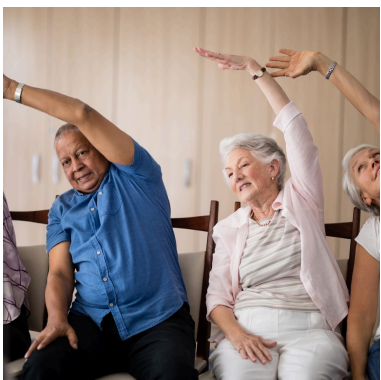
Red Flags That An Older Adult Needs Help
July 2 at 3:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/49GHfLE>
Meeting ID: 924 4964 7365



Exercise Class for Older Adults 55+
July 6 at 10:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/40Nzf6Z>
Meeting ID: 998 3480 3030



Active Everyday
July 14 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/4wQ00Xd>
Meeting ID: 959 1207 2121



Exercise Class for Older Adults 55+
July 20 at 10:00 A.M. PST
Zoom Registration Link:
<https://bit.ly/40Nzf6Z>
Meeting ID: 998 3480 3030



Trading Ages
July 22 at 2:00 P.M. PST
Zoom Registration Link:
<https://bit.ly/45IR4ab>
Meeting ID: 986 4845 9411

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.