



# Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

## MAY 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](http://www.independenceathome.org) or by scanning the QR code from your smart device.



**Chair Exercise Class**  
**May 4 at 10:00 A.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/40Nzf6Z>  
Meeting ID: 998 3480 3030



**Living Better with Arthritis**  
**May 4 at 11:00 A.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/4rtPxxk>  
Meeting ID: 971 2082 5745



**Bone Health Basics-  
Understanding Osteoporosis**  
**May 7 at 3:00 P.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/4qI3RRy>  
Meeting ID: 951 0445 0419



**Depression: Common,  
Disabling, Unrecognized,  
Treatable**  
**May 14 at 3:00 P.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/4qHhwbu>  
Meeting ID: 934 4552 2327



**Chair Exercise Class**  
**May 18 at 10:00 A.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/40Nzf6Z>  
Meeting ID: 998 3480 3030



**Memory Loss and Medication  
Safety**  
**May 19 at 10:00 A.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/3P13CEd>  
Meeting ID: 978 2437 8395



**Trading Ages**  
**May 20 at 1:00 P.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/4qzUnZz>  
Meeting ID: 986 4576 5323



**Calming Your Worried Mind:  
Understanding Anxiety and  
Reducing Stress**  
**May 28 at 11:00 A.M. PDT**  
Zoom Registration Link:  
<https://bit.ly/4rsVxFH>  
Meeting ID: 994 9144 3033

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](mailto: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.