



Independence at Home

A SCAN Community Service™



Class Calendar



Facebook

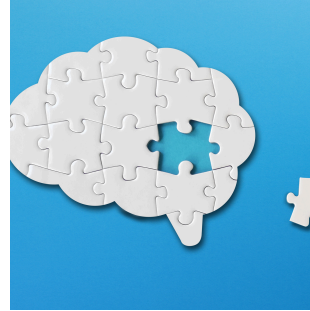
JUNE 2026 CLASS CALENDAR

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.



Chair Exercise Class
June 1 at 10:00 A.M. PDT
Zoom Registration Link:
<https://bit.ly/40Nzf6Z>
Meeting ID: 998 3480 3030



Maintain Your Brain
June 1 at 2:00 P.M. PDT
Zoom Registration Link:
<https://bit.ly/3OBLIgs>
Meeting ID: 966 7192 2746



No More Medicine Mayhem
June 3 at 11:00 A.M. PDT
Zoom Registration Link:
<https://bit.ly/4shJ1u6>
Meeting ID: 922 6396 4652



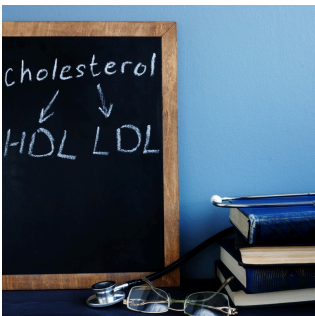
Trading Ages
June 9 at 1:30 P.M. PDT
Zoom Registration Link:
<https://bit.ly/4a4QJ3Q>
Meeting ID: 973 0399 4806



The Benefits of Drinking Water
June 12 at 11:00 A.M. PDT
Zoom Registration Link:
<https://bit.ly/4qEFLHr>
Meeting ID: 947 6602 7239



Chair Exercise Class
June 15 at 10:00 A.M. PDT
Zoom Registration Link:
<https://bit.ly/40Nzf6Z>
Meeting ID: 998 3480 3030



Control Your Cholesterol
June 25 at 11:00 A.M. PDT
Zoom Registration Link:
<https://bit.ly/3P2jpm9>
Meeting ID: 963 2293 2636



Cancer 101
June 29 at 11:00 A.M. PDT
Zoom Registration Link:
<https://bit.ly/3OfBKvM>
Meeting ID: 956 9894 7817

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.