<table>
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<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>11-11:30am HOPP W/ Sean</td>
<td>11-11:30am HOPP W/ Joshua</td>
<td>Arizona Indian Council on Aging meeting 10:00am-12:00pm</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
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<tr>
<td>Senior Advisory Council meeting 10am-3pm</td>
<td>11-11:30am HOPP W/ Marco</td>
<td>11-11:30am HOPP W/ Deirdra</td>
<td>Native American Circle Group 10:00am -10:30am</td>
<td>Watch/Listen to Presentation 10-11am</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
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<tr>
<td>11-11:30am HOPP W/ Eric</td>
<td>11-11:30am HOPP W/ Kristin</td>
<td>1:00pm-1:30pm Caregivers Corner</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
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<td>11-11:30am HOPP W/ Sean</td>
<td>11-11:30am HOPP W/ Yvette</td>
<td>1:00pm-1:30pm Caregivers Corner</td>
<td>Chair Volleyball practice Sells Rec. Center 9-12p</td>
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<td>11-11:30am HOPP W/ Sylvia</td>
<td>11-11:30am HOPP W/ Paola</td>
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NOTES:

HOPP ACTIVITIES: https://global.gotomeeting.com/join/250882061
SENIOR ADVISORY COUNCIL: https://global.gotomeeting.com/join/261828189
NATIVE AMERICAN CIRCLE GROUP: https://zoom.us/j/94181438756
Caregivers Corner: https://global.gotomeeting.com/join/854006773
Watch/Listen to Presentation: https://global.gotomeeting.com/join/561073741
Arizona Indian Council on Aging https://itcaonline.zoom.us/j/87941233862

Call in No. 1 (408) 650-3123 Access Code: 250-882-061
Call in No. 1 (646) 749-3122 Access Code: 261-828-189
Call in No. 1 (346) 248 7799 Meeting ID: 941 8143 8756
Call in No. 1 (646) 749-3122 Access Code: 854-006-773
Call in No. 1 (224) 501-3412 Access Code: 561-073-741
Call in No. 1-253-215-8782 Meeting ID: 879 4123 3862
The Healthy O’Odham Promotion Program will be conducting a 30 minute informational / exercise session
https://global.gotomeeting.com/join/250882061  Call in number  1 (408) 650-3123 Access Code: 250-882-061

Senior Advisory Council meets once a month to discuss concerns and receive information from a scheduled presenter. Senior Services will provide updates on services.

Caregiver’s Corner: Every Thursday Cynthia E Manuel will be available for information and questions in regards to caregiver support

Native American Circle group is a 30 minute discussion on a single topic with, Nicole Lomay from Banner Alzheimer’s Institute.
https://zoom.us/j/94181438756  Call in No. 1 (346) 248 7799 Meeting ID: 941 8143 8756

Watch/Listen presentation:

Arizona Indian Council on Aging: Monthly meeting for area agency on aging, region 8. Updates, information/presentations
https://itcaonline.zoom.us/j/87941233862  Call in No. 1-253-215-8782 Meeting ID: 879 4123 3862

Chair Volleyball Practice:
Sells Recreation Center every Friday 9:00am-12:00pm, subject to change per Recreation Center for more information contact Ashley Jose (520) 383-1260

*Each activity session will start promptly at start time and will end 15 minutes later if there are no participants*

*If you have any questions or concerns contact Stephanie Begay-Garcia (520) 279-1574*

Download the GoToMeeting App on your smartphone to participate virtually.