









Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p>	<p>1</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101- Jason</p>	<p>2</p> <p>11:00am Forever Fit 12:00pm Yochi</p> 	<p>3</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba</p>	<p>4</p> 
<p>7</p> <p>12:00pm Forever Fit</p> 	<p>8</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba</p>	<p>9</p> <p>11:00am Forever Fit 12:00pm Yochi</p>	<p>10</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Mahjong Game</p>	<p>11</p> <p>10:00am Alzheimer's Support Group with VNA Care</p>
<p>14</p> <p>12:00pm Forever Fit 2:00pm Learn About Providence 65+ Clinic Bring A Friend!</p>	<p>15</p> <p>No Classes</p> <p>PRIVATE EVENT</p> <p>2:00pm Medicare 101- Jason</p>	<p>16</p> <p>11:00am Forever Fit 12:00pm Yochi</p> 	<p>17</p> <p>9:00am No Class 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support</p>	<p>18</p> <p>11:00am Bingo with Green Valley Hospice! 1:30pm Grief Share</p> 
<p>21</p> <p>12:00pm Forever Fit</p>	<p>22</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness Group</p>	<p>23</p> <p>11:00am Forever Fit 12:00pm Yochi</p>	<p>24</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101- Jason</p>	<p>25</p> <p>1:30pm Grief Share</p> 
<p>28</p> <p>12:00pm Forever Fit</p> 	<p>29</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba</p>	<p>30</p> <p>11:00am Forever Fit 12:00pm Yochi</p>	<p>31</p> <p>Halloween Party! From 11:00am- 1:00pm Please RSVP with Staff</p> 	<p>1</p> <p>1:30pm Grief Share</p>

Call today to register or for more information at 760-261-5016.

*Must pre-register for exercise classes.