









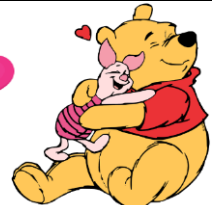


Monday	Tuesday	Wednesday	Thursday	Friday
27 	28 	29 	30 	31 
3 12:00pm Forever Fit 1:30pm Painiting with Jessica From Bellview Hospice	4 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Zumba	5 11:00am Forever Fit 12:00pm Yochi 	6 9:00am Silver Sneakers 10:00am Chair Yoga- Maryanne 11:00am Sit N Fit	7 
10 12:00pm Forever Fit 2:00pm Learn About Providence 65+ Clinic 	11 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Zumba	12 11:00am Forever Fit 12:00pm Yochi	13 9:00am Silver Sneakers 10:00am Chair Yoga- Maryanne 11:00am Sit N Fit 1:30pm Mahjong Game	14  10:00am Alzheimer's Support Group with VNA Care 12:00pm Valentine's BINGO 
17 12:00pm Forever Fit 	18 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Zumba 5:00pm Mended Hearts	19 11:00am Forever Fit 12:00pm Yochi 	20 9:00am Silver Sneakers 10:00am Chair Yoga- Maryanne 11:00am Sit N Fit 4:00pm Stroke Support Group	21 11:00am Crafts with Senior Select
24 12:00pm Forever Fit 	25 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Zumba 4:00pm Cardiac Awareness Group	26 11:00am Forever Fit 12:00pm Yochi	27 9:00am Silver Sneakers 10:00am Chair Yoga- Maryanne 11:00am Sit N Fit	28  

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

*Must pre-register for exercise classes.