

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| 30   | 31  | 1<br> | 2<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Maryanne</b><br>11:00am Sit N Fit  | 3<br>1:30pm Grief Share   |
| 6<br>12:00pm Forever Fit   | 7<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Maryanne</b><br>11:00am Sit N Fit<br>12:00pm Zumba- <b>Jocelyn</b>  | 8<br>11:00am Forever Fit<br>12:00pm Yochi   | 9<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Jocelyn</b><br>11:00am Sit N Fit<br>1:30pm <b>Mahjong Game</b>           | 10<br>10:00am <b>Alzheimer's Support Group with VNA Care</b><br>1:30pm Grief Share          |
| 13<br>12:00pm Forever Fit<br>2:00pm <b>Learn About Providence 65+ Clinic</b><br><b>Bring A Friend!</b> | 14<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Maryanne</b><br>11:00am Sit N Fit<br>12:00pm Zumba- <b>Jocelyn</b> | 15<br>11:00am Forever Fit<br>12:00pm Yochi  | 16<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Maryanne</b><br>11:00am Sit N Fit<br>4:00pm <b>Stroke Support Group</b> | 17<br>11:00am <b>BINGO with Care Life Hospice</b><br>1:30pm Grief Share                     |
| 20<br>               | 21<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Maryanne</b><br>11:00am Sit N Fit<br>12:00pm Zumba- <b>Jocelyn</b> | 22<br>11:00am Forever Fit<br>12:00pm Yochi  | 23<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Jocelyn</b><br>11:00am Sit N Fit  | 24<br>  |
| 27<br>12:00pm Forever Fit  | 28<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Maryanne</b><br>11:00am Sit N Fit<br>12:00pm Zumba- <b>Jocelyn</b> | 29<br>11:00am Forever Fit<br>12:00pm Yochi  | 30<br>9:00am Silver Sneakers<br>10:00am Chair Yoga- <b>Maryanne</b><br>11:00am Sit N Fit                                       | 31<br> |

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

\*Must pre-register for exercise classes.