
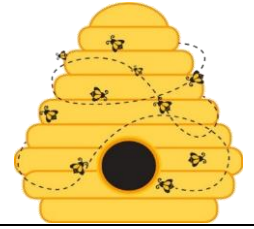





Monday	Tuesday	Wednesday	Thursday	Friday
29 8:00am Cardio 12:15pm Forever Fit	30 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	1 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi	2 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	3 1:00pm Satchel Making with Jessica with Calstro Hospice
6 12:15pm Forever Fit	7 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	8 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi	9 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Mahjong Game	10 10:00am Alzheimer's Support with VNA Care
13 12:15pm Forever Fit 2:00pm Learn About Providence 65+ Clinic Bring A Friend!	14 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	15 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi 2:00pm MC 101- Jason	16 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support	17 11:00am Clothes Pins Wreath Making RSVP with Alexa!
20 12:15pm Forever Fit 	21 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101 - Diane	22 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi	23 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	24 
27 	28 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness Group	29 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi	30 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Virtual Advances in Diabetic Care	31 11:00am Game Day! w/ Ready 2 Go Transportation RSVP with Alexa!

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

***Must pre-register for exercise classes.**