




Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> 	<p>29</p>	<p>30</p>	<p>31</p> 	<p>1</p> <p>1:30pm Grief Share</p>
<p>4</p> <p>NO CLASS</p> 	<p>5</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit- Jocelyn Covering 12:00pm Zumba- Jocelyn</p>	<p>6</p> <p>11:00am Forever Fit 12:00pm Yochi 2:00pm MC 101 Jason</p>	<p>7</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit- Jocelyn Covering 2:00pm Mc 101- Diane</p>	<p>8</p> <p>8:00am MC 101- Jason 10:00am Alzheimer's Support Group with VNA Care 1:30pm Grief Share</p>
<p>11</p> <p>12:00pm Forever Fit 2:00pm Learn About Providence 65+ Clinic Bring A Friend!</p>	<p>12</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba- Jocelyn 2:00pm Medicare 101- Jason</p>	<p>13</p> <p>11:00am Forever Fit 12:00pm Yochi</p> 	<p>14</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga- Jocelyn 11:00am Sit N Fit</p>	<p>15</p> <p>11:00am Bingo with Nicole Patient Liaison for Providence 65+ 1:30pm Grief Share</p>
<p>18</p> <p>NO CLASS</p> 	<p>19</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba- Jocelyn</p>	<p>20</p> <p>9:00am MC 101- Diane 11:00am Forever Fit 12:00pm Yochi</p>	<p>21</p> <p>9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 2:00pm MC 101- Jason 4:00pm Stroke Support</p>	<p>22</p> <p>1:30pm Grief Share</p>
<p>25</p> <p>Thanksgiving Celebration 11:00am- 1:00pm RSVP with Staff</p>	<p>26</p> <p>THANKSGIVING BREAK 1:30pm Cardiac Awareness Group</p>	<p>27</p> 	<p>28</p> <p>THANKSGIVING BREAK</p>	<p>29</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.