


Providence **September 2024**

Free to Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed Labor Day 	3 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	4 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	5 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	6 11:00am Crafts with senior select Team !
9 12:00pm Forever Fit 2:00pm Learn About Providence 65+ Clinic Bring A Friend!	10 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	11 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share 	12 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Mahjong Game	13 10:00am Alzheimer's Support Group with VNA Care
16 12:00pm Forever Fit	17 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101- Nancy	18 11:00am Forever Fit 12:00pm Yochi 2:00pm Medicare 101- Jason	19 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support	20 11:00am BINGO TIME!! with senior select team! 1:00pm Hesperia Days Parade Practice- Hesperia Campus 
23 12:00pm Forever Fit	24 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness Group	25 11:00am Forever Fit 12:00pm Yochi	26 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101- Diane	27 
30 12:00pm Forever Fit	1	2	3	4

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

*Must pre-register for exercise classes.