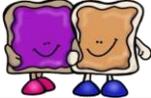




Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00am Cardio 12:15pm Forever Fit 	2 NATIONAL PB AND J DAY 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 	3 11:00am Forever Fit 12:00pm YoChi	4 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	5 1:00pm Bingo
8 8:00am Cardio 12:15pm Forever Fit 2:00pm Learn About Providence 65+ Clinic Bring A Friend!	9 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	10 11:00am Forever Fit 12:00pm Yochi	11 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Mahjong Game	12 NATIONAL GRILLED CHEESE DAY 10:00am Alzheimer's Support with VNA Care 1:00pm Mason Jar Craft with Calstro Hospice 
15 8:00am Cardio 12:15pm Forever Fit	16 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101 5:00pm Mended Hearts	17 11:00am Forever Fit 12:00pm YoChi	18 NATIONAL EXERCISE DAY 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support 	19 11:00am SENIORS TEA PARTY RSVP with Senior Select Staff 
22 NATIONAL JELLY BEAN DAY 8:00am Cardio 12:15pm Forever Fit 	23 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness	24 11:00am Forever Fit 12:00pm YoChi	25 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	26 NATIONAL PRETZEL DAY 
29 8:00am Cardio 12:15pm Forever Fit	30 NATIONAL RAISIN DAY 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 	1 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

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

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

