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29 12:00pm Forever Fit 	30 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	31 8:00am Cardio 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	1 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 	2 1:00pm- Painting pots with Amy From Providence 65+
5 12:00pm Forever Fit 	6 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit- Jocelyn 12:00pm Zumba- Jocelyn	7 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	8 9:00am Silver Sneakers- Francine 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Mahjong Game	9 10:00am Alzheimer's Support Group with VNA Care 
12 12:00pm Forever Fit 2:00pm Learn About Providence 65+ Clinic Bring A Friend!	13 OFFICE CLOSED STAFF RETREAT	14 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share 	15 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support	16 1:00pm BINGO TIME!!! With Amiee From Green Valley Hospice 
19 12:00pm Forever Fit 1:00pm- Hesperia Days Parade Practice 	20 9:00am Silver Sneakers 10:00am Chair Yoga- Jocelyn 11:00am Sit N Fit 12:00pm Zumba 5:00pm- Mended Hearts 	21 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share	22 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 	23 
26 12:00pm Forever Fit 1:00pm- Hesperia Days Parade Practice	27 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness Group	28 11:00am Forever Fit 12:00pm Yochi 1:30pm- Grief Share 	29 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 	30 11:00am BINGO TIME!! With Eileen 

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

*Must pre-register for exercise classes.