









# April 2026

Free to Seniors 55+

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <p>30</p> <p>12:00pm Forever Fit</p> <p>2:00pm Strong Together Senior Connection Group</p>   | <p>31</p> <p>9:00am Silver Sneakers</p> <p>1:30pm Grief Share with Judy</p>   | <p>1</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p>  | <p>2</p> <p>11:00am Chair Yoga- Margarita</p>  | <p>3</p> <p>11:00am Bingo with Providence Home Health</p>  |
| <p>6</p>    | <p>7</p> <p>9:00am Silver Sneakers</p> <p>1:30pm Grief Share with Judy</p>  | <p>8</p> <p>10:00am Tai Chi</p> <p>12:00pm NO CLASS</p>  | <p>9</p> <p>11:00am Chair Yoga- Margarita</p> <p>1:30pm Mahjong Game</p> <p>6:00pm Medicare 101- Diane</p>                        | <p>10</p>                         |
| <p>13</p> <p>12:00pm Forever Fit</p> <p>2:00pm Strong Together Seniors Connection Group</p>  | <p>14</p> <p>9:00am Silver Sneakers</p> <p>1:30pm Grief Share with Judy</p>  | <p>15</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p>  | <p>16</p> <p>11:00am Chair Yoga- Margarita</p> <p>4:00pm Stroke Support Group</p>   | <p>17 National No Housework Day!</p> <p>11:00am Craft with Desert Wind Hospice</p> <p>3:00pm Blue Shield Meeting</p> |
| <p>20</p> <p>12:00pm Forever Fit</p> <p>1:30pm Smartphone Class with Dorcas</p>  | <p>21</p> <p>9:00am Silver Sneakers</p> <p>1:30pm Grief Share with Judy</p> <p>6:00pm Medicare 101- Jason</p>   | <p>22</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p>  | <p>23</p> <p>11:00am Chair Yoga- Margarita</p>  | <p>24</p>                        |
| <p>27</p> <p>12:00pm NO CLASS</p> <p>2:00pm Strong Together Seniors Connection Group</p>   | <p>28</p> <p>9:00am Silver Sneakers</p> <p>1:30pm Grief Share with Judy</p> <p>4:00pm Cardiac Awareness Support</p>   | <p>29</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p>  | <p>30</p> <p>11:00am Chair Yoga- Margarita</p>  | <p>1</p>                        |

Call today to register or for more information at 760-261-5016.  
 Visit our website at [www.psjhmedgroups.org](http://www.psjhmedgroups.org)

\*Must pre-register for exercise classes.  
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