

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101	2 11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility	3 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	4 1:30pm BINGO with Tiffany
7 8:00am Cardio 11:00am Tai Chi 12:15pm Forever Fit	8 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	9 11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility	10 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101	11 11:00am Spanish Cancer Support
14 8:00am Cardio 11:00am Tai Chi 12:15pm Forever Fit 1:30pm Meet & Greet	15 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101	16 11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility 2:30pm Medicare with Blue Shield	17 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support	18 11:00am Talk about Alzheimer's 1:00pm Paniting with Bellview
21 8:00am Cardio 11:00am Tai Chi 12:15pm Forever Fit	22 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness	23 11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility	24 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 5:00pm Medicare 101	
28 8:00am Cardio 11:00am Tai Chi 12:15pm Forever Fit	29 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	30 11:00am Tai Chi 12:15pm Relay Pot Luck with jocelyn bring a friend	31 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	1

DID YOU KNOW? Providence members, have access to over 1,000 specialist within our network. Providence is a not-for-profit network of hospitals, physicians, clinics, home health and affiliated health services. This includes our hospitals St. Mary Medical Center, St. Joseph of Orange, St. Jude Medical Center, Cedars-Sinai Tarzana and many more locations.

**Over
1,000
Specialists**

All classes and events require pre-registration to attend.

No walk-ins for exercise classes.

Classes are FREE to all Seniors 55+.

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

Support Groups, Classes, and Special Events are **BOLD**.