

Monday	Tuesday	Wednesday	Thursday	Friday
27 12:00pm Forever Fit	28 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP 4:00pm Cardiac Awareness Support	29 10:00am Tai Chi 	30 10:00am Forever Fit 11:00am Chair Yoga with Margarita	31 11:00am BINGO with Ready 2 Go Transportation
3 National Watermelon Day 12:00pm Forever Fit 1:30pm Tech Day with Dorcas 	4 9:00am Silver Sneakers 	5 National Oyster Day 10:00am Tai Chi 	6 NO CLASSES 	7 
10 National Lazy Day 12:00pm Forever Fit 	11 9:00am Silver Sneakers 	12 10:00am Tai Chi 6:00pm Medicare 101- Jason 	13 10:00am Forever Fit- Jocelyn 11:00am Chair Yoga- Margarita 1:30pm Mahjong Game	14 National Creamsicle Day 11:00am Memory Care Talk with MD Care Hospice 
17 National Pineapple Juice Day 12:00pm Forever Fit 	18 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP 	19 National Potato Day 10:00am Tai Chi 	20 10:00am Forever Fit- Jocelyn 11:00am Chair Yoga- Margarita 4:00pm Stroke Support Group	21 11:00am Bingo with Compassus  
24 12:00pm Forever Fit 	25 National Banana Split Day 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP 4:00pm Cardiac Awareness Support Group 	26 National Dog Day 10:00am Tai Chi 	27 10:00am Forever Fit- Jocelyn 11:00am Chair Yoga- Margarita	28 
Call today to register or for more information at 760-261-5016. Visit our website at www.psjhmedgroups.org				
*Must pre-register for exercise classes. 19333 Bear Valley Road Ste. 103 Apple Valley, CA 92308				