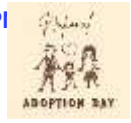
Providence

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Forever Fit 12:00 PM	3 National Jellyfish Day NO CLASS AEP 	4 No Tai Chi 9:00am Medicare 101- Jason	5 National Candy Day No Forever Fit 11:00am Chair Yoga- Margarita 	6 9:00am Medicare 101- Diane
9 National Adoption Day 9:00 AM Medicare Workshop Forever Fit 12:00 PM 	10 Silver Sneakers 9:00 AM	11 No Tai Chi 9:00am Medicare 101- Jason	12 No Forever Fit 11:00am Chair Yoga- Margarita 1:30pm Mahjong Game	13 World Kindness Day BINGO - 11:00 am 
16 Forever Fit 12:00 PM	17 Medicare Workshop Nancy 9:00 AM NO CLASS	18 No Tai Chi 9:00am Medicare 101- Jason	19 No Forever Fit Chair Yoga with Margarita 4:00pm Stroke Support Group	20 National Children's Day 11:00am Memory Care Talk with Yolanda MD Care Hospice 
23 	24 4:00pm Cardiac Awareness Support Group	25 National Parfait Day 	26 	27 
30 Forever Fit 12:00 PM	1	2	3	4

Call or scan today to register or for more information at 760-261-5016. *Must pre-register for exercise classes.

19333 Bear Valley Road Ste. 103 Apple Valley, CA 92308

Free to Seniors 55+