

February 2026

Free to Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:00pm Forever Fit	3 9:00am Silver Sneakers 11:00am Sit N Fit 1:30pm Grief Share with Judy	4 10:00am Tai Chi 12:00pm Forever Fit	5 11:00am Sit N Fit 	6 11:00am Crafts with Cornerstone Caregiving
9 12:00pm Forever Fit 1:30pm Smartphone Class with Dorcas	10 9:00am Silver Sneakers 11:00am Sit N Fit 1:30pm Grief Share with Judy	11 10:00am Tai Chi 12:00pm Forever Fit	12 11:00am Sit N Fit 1:30pm Mahjong Game	13 1:00pm Valentine BINGO with Desert Wind Hospice 
16 12:00pm Forever Fit	17 9:00am Silver Sneakers 11:15am Yoga with Jocelyn 1:30pm Grief Share with Judy	18 10:00am Tai Chi 12:00pm Forever Fit	19 4:00pm Stroke Support Group	20 11:00am Memory Care with Yolanda from MD Care Hospice
23 12:00pm Forever Fit 1:30pm Smartphone Class with Dorcas	24 9:00am Silver Sneakers 11:15am Yoga with Jocelyn 1:30pm Grief Share with Judy 4:00pm Cardiac Awareness Support	25 10:00am Tai Chi 12:00pm Forever Fit	26 	27 
2 See March Calendar for more EVENTS 12:00pm Forever Fit	3 9:00am Silver Sneakers 11:15am Yoga with Jocelyn 1:30pm Grief Share with Judy	4 10:00am Tai Chi 12:00pm Forever Fit	5 	6 

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.*