






February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
29 	30	31	1 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	2 1:00pm Heart Disease Presentation & Discussion with Amazing Grace Hospice
5 8:00am Cardio 12:15pm Forever Fit	6 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	7 11:00am Forever Fit 12:00pm Yochi	8 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	9 10:00am Alzheimer's Support Group with VNA Care 1:00pm Painting with Jessica with Calstro Hospice
12 8:00am Cardio 12:15pm Forever Fit 2:00pm Learn About Providence 65+ Clinic	13 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	14 HAPPY VALENTINE'S DAY 11:00am Forever Fit 12:00pm YoChi 	15 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support	16 11:00am Pizza & BINGO with Senior Select Team MUST RSVP WITH ALEXA
19 8:00am Cardio 12:15pm Forever Fit	20 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101 5:00pm Mended Hearts	21 11:00am Forever Fit 12:00pm YoChi	22 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	23 
26 8:00am Cardio 12:15pm Forever Fit 	27 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness	28 11:00am Forever Fit 12:00pm YoChi	29 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**.