



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <b>27</b><br>Closed for Memorial Day   | <b>28</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga<br>11:00am Sit N Fit<br>12:00pm Zumba  | <b>29</b><br>8:00am Cardio<br>11:00am Forever Fit<br>12:00pm Yochi                               | <b>30</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga<br>11:00am Sit N Fit<br>12:00pm Virtual Advances in Diabetic care   | <b>31</b><br>11:00am Game Day!<br>w/ Ready 2 Go Transportation<br>RSVP with Alexa!   |
| <b>3</b><br>12:00pm Forever Fit - Francine Covering<br> | <b>4</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga- Jocelyn<br>11:00am Sit N Fit<br>12:00pm Zumba  | <b>5</b><br>8:00am Cardio<br>11:00am Forever Fit<br>12:00pm Yochi<br><b>1:30pm- Grief Share</b>  | <b>6</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga- Jocelyn<br>11:00am Sit N Fit<br>12:00pm Zumba   | <b>7</b><br>11:00am Bingo with Eileen<br> |
| <b>10</b><br>12:00pm Forever Fit<br><b>2:00pm Learn About Providence 65+ Clinic</b><br>Bring A Friend!                                   | <b>11</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga- Jocelyn<br>11:00am Sit N Fit<br>12:00pm Zumba   | <b>12</b><br>8:00am Cardio<br><b>1:30pm- Grief Share</b><br><b>2:00pm MC 101- Jason</b>          | <b>13</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga- Jocelyn<br>11:00am Sit N Fit<br>12:00pm Zumba<br><b>1:30pm Mahjong Game</b>  | <b>14</b><br>10:00am Alzheimer's Support Group with VNA Care   |
| <b>17</b><br>12:00pm Forever Fit<br>1:00pm YoChi   | <b>18</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga<br>11:00am Sit N Fit<br>12:00pm Zumba<br><b>2:00pm Medicare 101 - Nancy</b><br><b>5:00pm Mended Hearts</b> | <b>19</b><br>8:00am Cardio<br>11:00am Forever Fit<br>12:00pm Yochi<br><b>1:30pm- Grief Share</b> | <b>20</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga<br>11:00am Sit N Fit<br><b>12:00pm Virtual Medicare Prescription Hacks (Lower Cost)</b><br><b>4:00pm Stroke Support</b> | <b>21</b><br>1:00pm Summer Craft with Calstro Hospice  |
| <b>24</b><br>12:00pm Forever Fit<br>                   | <b>25</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga<br>11:00am Sit N Fit<br>12:00pm Zumba<br><b>1:30pm Cardiac Awareness Group</b>                             | <b>26</b><br>8:00am Cardio<br>11:00am Forever Fit<br>12:00pm Yochi<br><b>1:30pm- Grief Share</b> | <b>27</b><br>9:00am Silver Sneakers<br>10:00am Chair Yoga<br>11:00am Sit N Fit<br>12:00pm Zumba   | <b>28</b><br>                           |

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

**\*Must pre-register for exercise classes.**