




# January 2023

December '22						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February '23						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> 	<b>3</b> 8:30am Cardio <b>9:30am Town Hall Meeting</b> 10:00am Sit N Fit <b>11:00am Town Hall Meeting</b> 11:10am Chair Yoga	<b>4</b> 8:00am Silver Sneakers <b>9:00am Town Hall Meeting</b> 9:30am Silver Sneakers <b>10:30am Town Hall Meeting</b> 11:00am Tai Chi	<b>5</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga <b>1:00pm Town Hall Meeting</b> 1:30pm Zumba	<b>6</b> 8:00am Silver Sneakers 9:30am Silver Sneakers <b>1:00pm Town Hall Meeting</b> 1:30pm Sit N Fit	<b>7</b>
<b>8</b>	<b>9</b> 8:00am Silver Sneakers 9:30am Silver Sneakers <b>11:00am Spanish Cancer Support</b> <b>1:30pm Advantage Meet &amp; Greet</b> <b>NO TAI CHI</b>	<b>10</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga	<b>11</b> 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	<b>12</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga	<b>13</b> 8:00am Silver Sneakers 9:30am Silver Sneakers	<b>14</b>
<b>15</b>	<b>16</b> <b>CLOSED</b> 	<b>17</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga	<b>18</b> 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi <b>1:00pm Medicare Basics Class</b>	<b>19</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga <b>4:00pm Stroke Support</b>	<b>20</b> 8:00am Silver Sneakers 9:30am Silver Sneakers <b>11:00am Parkinson's Support</b>	<b>21</b>
<b>22</b>	<b>23</b> 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi <b>2:00pm Drive Well w/CHP</b>	<b>24</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga (ends at 12pm) <b>1:30pm Cardiac Awareness</b>	<b>25</b> 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	<b>26</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga 1:30pm Forever Fit	<b>27</b> 8:00am Silver Sneakers 9:30am Silver Sneakers 1:30pm Sit N Fit	<b>28</b>
<b>29</b>	<b>30</b> 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	<b>31</b> 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	Notes <b>Call Today to register for exercises classes or questions at 760-261-5016</b> Support Groups, Classes, and Special Events are <b>BOLD</b>				