



January 2026

Free to Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
29 OFFICE CLOSED NO CLASSES CLOSED	30 OFFICE CLOSED NO CLASSES CLOSED	31 	1 	2 
5 12:00pm Forever Fit	6 9:00am Silver Sneakers 11:00am Sit N Fit	7 10:00am Tai Chi 12:00pm Forever Fit	8 11:00am Sit N Fit 1:30pm Mahjong Game	9 11:00am Bingo with Cornerstone Caregiving 
12 12:00pm Forever Fit	13 9:00am Silver Sneakers 11:00am Sit N Fit	14 10:00am Tai Chi 12:00pm Forever Fit	15 11:00am Sit N Fit 4:00pm Stroke Support Group	16 
19 12:00pm Forever Fit	20 9:00am Silver Sneakers 11:00am Sit N Fit	21 10:00am Tai Chi 12:00pm Forever Fit	22 11:00am Sit N Fit	23 
26 12:00pm Forever Fit	27 9:00am Silver Sneakers 11:00am Sit N Fit 4:00pm Cardiac Awareness Group	28 10:00am Tai Chi 12:00pm Forever Fit	29 11:00am Sit N Fit	30 

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

*Must pre-register for exercise classes.

Visit our website at www.psjhmedgroups.org