

# January 2026

*Free to Seniors 55+*

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

Call today to register or for more information at 760-261-5016.  
Visit our website at [www.psjhmedgroups.org](http://www.psjhmedgroups.org)

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