



Monday		Tuesday		Wednesday		Thursday		Friday	
29 12:00pm Forever Fit 		30 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP		1 10:00am Tai Chi 12:00pm No Class		2 11:00am Chair Yoga- Margarita		3 	
6 National Fried Chicken Day 12:00pm Forever Fit 1:30pm Tech Day with Dorcas 		7 9:00am Silver Sneakers		8 10:00am Tai Chi 12:00pm Forever Fit 		9 11:00am Chair Yoga- Margarita 1:30pm Mahjong Game		10 	
13 12:00pm Forever Fit		14 National Mac & Cheese Day 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP 6:00pm Medicare 101- Nancy 		15 10:00am Tai Chi 12:00pm NO FOREVER FIT CLASS		16 11:00am Chair Yoga- Margarita 4:00pm Stroke Support Group		17 11:00am Bingo with Amigos Companion Care	
20 National Lollipop Day 12:00pm Forever Fit  		21 9:00am Silver Sneakers 		22 10:00am Tai Chi 12:00pm Forever Fit		23 11:00am Chair Yoga- Margarita 6:00pm Medicare 101- Jason		24 	
27 12:00pm Forever Fit		28 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP 4:00pm Cardiac Awareness Support Group		29 10:00am Tai Chi 12:00pm Forever Fit		30 National Cheesecake Day 11:00am Chair Yoga- Margarita 		31 11:00am BINGO with Ready 2 Go Transportation	

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

Visit our website at www.psjhmedgroups.org

*Must pre-register for exercise classes.

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