




Monday	Tuesday	Wednesday	Thursday	Friday
2 1:30pm GriefShare with Judy	3 9:00am Silver Sneakers 11:00am Sit N Fit	4 9:00am Zumba 10:00am Tai Chi 11:00am Forever Fit	5 9:00am Silver Sneakers 11:00am Sit N Fit	6 10:00am- Painting with Senior Select Team
9 1:30pm GriefShare with Judy	10 9:00am Silver Sneakers 11:00am Sit N Fit	11 9:00am Zumba 10:00am Tai Chi 11:00am Forever Fit	12 NO SIT N FIT CLASS 9:00am Silver Sneakers 1:30pm Mahjong Game	13 
16 	17 9:00am Silver Sneakers 11:00am Sit N Fit 5:00pm Mended Hearts	18 9:00am Zumba 10:00am Tai Chi 11:00am Forever Fit	19 9:00am Silver Sneakers 11:00am Sit N Fit 4:00pm Stroke Support Group	20 11:00am Loteria Game with CareLife Hospice
23 	24 9:00am Silver Sneakers 11:00am Sit N Fit 4:00pm Cardiac Awareness Group	25 9:00am Zumba 10:00am Tai Chi 11:00am Forever Fit	26 9:00am Silver Sneakers 11:00am Sit N Fit	27 
30 	1 9:00am Silver Sneakers 11:00am Sit N Fit	2 9:00am Zumba 10:00am Tai Chi 11:00am Forever Fit	3 9:00am Silver Sneakers 11:00am Sit N Fit	4 

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.**