









June 2026

Free to Seniors 55+

Monday		Tuesday		Wednesday		Thursday		Friday	
1 12:00pm Forever Fit 1:30pm Smartphone Class with Dorcas	2 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP 	3 10:00am Tai Chi 12:00pm Forever Fit	4 11:00am Chair Yoga- Margarita	5 					
8 12:00pm Forever Fit	9 9:00am Silver Sneakers 6:00pm Medicare 101- Diane	10 10:00am Tai Chi 12:00pm Forever Fit 	11 11:00am Chair Yoga- Margarita 1:30pm Mahjong Game	12 					
15 12:00pm Forever Fit	16 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP	17 10:00am Tai Chi 12:00pm Forever Fit 6:00pm Medicare 101- Jason	18 11:00am Chair Yoga- Margarita 4:00pm Stroke Support Group	19 3:00pm Blue Shield with Dorcas					
22 12:00pm Forever Fit 	23 9:00am Silver Sneakers 4:00pm Cardiac Awareness Support	24 10:00am Tai Chi 12:00pm Forever Fit 	25 11:00am Chair Yoga- Margarita	26 					
29 12:00pm Forever Fit	30 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP	1 10:00am Tai Chi 12:00pm Forever Fit	2 11:00am Chair Yoga- Margarita	3 					

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.
19333 Bear Valley Road Ste. 103 Apple Valley, CA 92308