








Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b>  	<b>30</b> 	<b>31</b>	<b>1</b> 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba <b>5:00pm Medicare 101</b>	<b>2</b> <b>1:00pm Bingo with Kindred Hospice</b>
<b>5</b> 8:00am Cardio 11:00am Tai Chi 12:30pm Forever Fit	<b>6</b> 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba <b>2:00pm Medicare 101</b>	<b>7</b> 11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility	<b>8</b> 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba <b>2:00pm Medicare 101</b>	<b>9</b> <b>11:00am Spanish Cancer Support</b>
<b>12</b> 8:00am Cardio 11:00am Tai Chi 12:30pm Forever Fit <b>2:00pm Meet &amp; Greet</b>	<b>13</b> 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	<b>14</b> 11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility <b>5:00pm Medicare 101</b>	<b>15</b> 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba <b>4:00pm Stroke Support</b>	<b>16</b> <b>11:30am BINGO- Bellview</b> <b>1:30pm Talk- About Hospice and Home Health</b>
<b>19</b> 8:00am Cardio 11:00am Tai Chi 12:30pm Forever Fit	<b>20</b> 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba <b>2:00pm Medicare 101</b>	<b>21</b>  11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility	<b>22</b> 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	<b>23</b> 
<b>26</b> 8:00am Cardio 11:00am Tai Chi 12:30pm Forever Fit <b>2:00pm Drive Well W/CHP</b>	<b>27</b> 8:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba <b>1:30pm Cardiac Awareness</b>	<b>28</b> 11:00am Tai Chi 12:15pm Forever Fit 1:00pm Balance & Mobility	<b>29</b> 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	<b>30</b> <b>MOVIE DAY!</b> <b>VIP PROVIDENCE MEMBERS</b>

**DID YOU KNOW?** Providence members, have access to over 1,000 specialist within our network. Providence is a not-for-profit network of hospitals, physicians, clinics, home health and affiliated health services. This includes our hospitals St. Mary Medical Center, St. Joseph of Orange, St. Jude Medical Center, Cedars-Sinai Tarzana and many more locations.

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Specialists**

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