






Monday	Tuesday	Wednesday	Thursday	Friday
28 Please take note of the revised dates and times on our upcoming classes in MAY	29 9:00am Silver Sneakers 11:00am Sit N Fit 12:00pm Yochi	30 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	1 NEW CLASS DATES & TIME 9:00am Silver Sneakers 11:00am Sit N Fit	2 10:00am Chair Yoga with Jocelyn 1:30pm-Crafts For Mother's Day With Desert Wind Hospice
5 No Classes 12:00pm Mental Health Talk With Marie Folwer 1:30pm GriefShare with Judy 	6 9:00am Silver Sneakers 11:00am Sit N Fit	7 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	8 9:00am Silver Sneakers 11:00am Sit N Fit 1:30pm Mahjong Game	9 
12 10:00am Chair Yoga-MaryAnn 12:00pm Forever Fit 1:30pm GriefShare with Judy	13 9:00am Silver Sneakers 11:00am Sit N Fit	14 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	15 9:00am Silver Sneakers 11:00am Sit N Fit 4:00pm Stroke Support Group	16 1:00PM BINGO with Amigos Campion Care 
19 No Forever Fit Class 10:00am Chair Yoga-MaryAnn 1:30pm GriefShare with Judy	20 9:00am Silver Sneakers 11:00am Sit N Fit 4:00pm Cardiac Awareness Group	21 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	22 9:00am Silver Sneakers 11:00am Sit N Fit	23 
26 No Excerise Class 	27 9:00am Silver Sneakers 11:00am Sit N Fit	28 10:00am Tai Chi 11:00am Forever Fit 12:00pm Zumba	29 9:00am Silver Sneakers 11:00am Sit N Fit- Jocelyn Covering	30 10:00am Chair Yoga with Jocelyn 11:00am Educational On Dementia With MD Care Hospice

Call today to register or for more information at 760-261-5016.
 Vist our website at www.psjhmedgroups.org

**Must pre-register for exercise classes.*