



# March 2026



Free to Seniors 55+

Monday		Tuesday		Wednesday		Thursday		Friday	
2 12:00pm Forever Fit 2:00pm Strong Together Senior Connection Group	3 9:00am Silver Sneakers 1:30pm Grief Share with Judy	4 10:00am Tai Chi 12:00pm Forever Fit		5 11:00am Chair Yoga- Margarita		6 11:00am St. Patricks BINGO Providence Home Health			
9 12:00pm Forever Fit 1:30pm Smartphone Class with Dorcas	10 9:00am Silver Sneakers	11 10:00am Tai Chi 12:00pm Forever Fit		12 11:00am Chair Yoga- Margarita 1:30pm Mahjong Game		13 11:00am Crafts with Cornerstone Caregiving			
16 12:00pm Forever Fit 2:00pm Strong Together Seniors Connection Group	17 9:00am Silver Sneakers 1:30pm Grief Share with Judy	18 10:00am Tai Chi 12:00pm Forever Fit		19 11:00am Chair Yoga- Margarita 4:00pm Stroke Support Group		20 3:00pm Blue Shield Meeting			
23 12:00pm Forever Fit 1:30pm Smartphone Class with Dorcas	24 9:00am Silver Sneakers 1:30pm Grief Share with Judy 4:00pm Cardiac Awareness Support	25 10:00am Tai Chi 12:00pm Forever Fit		26 11:00am Chair Yoga- Margarita		27			
30 12:00pm Forever Fit 2:00pm Strong Together Seniors Connection Group	31 9:00am Silver Sneakers 1:30pm Grief Share with Judy	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](http://www.psjhmedgroups.org)

\*Must pre-register for exercise classes.