




Monday	Tuesday	Wednesday	Thursday	Friday
26 8:00am Cardio 12:15pm Forever Fit	27 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness	28 11:00am Forever Fit 12:00pm YoChi	29 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	1 1:00pm Bingo with Jessica From Calstro Hospice 
4 8:00am Cardio- Francine 12:15pm Forever Fit 2:00pm Learn About Providence 65+ Clinic	5 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	6 11:00am Forever Fit 12:00pm Yochi	7 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba	8 10:00am Alzheimer's Support Group with VNA Care 1:00pm Painting- Jessica with Bellview Hospice
11 8:00am Cardio- Francine 12:15pm Forever Fit	12 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Blue Shield Medicare- Jason	13 11:00am Forever Fit 12:00pm YoChi	14 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Mahjong Game	15 1:00pm Heart Disease Talk with Larry from Amazing Grace Hospice
18 8:00am Cardio 12:15pm Forever Fit	19 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101- Nancy	20 11:00am Forever Fit 12:00pm YoChi	21 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 4:00pm Stroke Support	22 
25 8:00am Cardio 12:15pm Forever Fit	26 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 1:30pm Cardiac Awareness	27 11:00am Forever Fit 12:00pm YoChi	28 9:00am Silver Sneakers 10:00am Chair Yoga 11:00am Sit N Fit 12:00pm Zumba 2:00pm Medicare 101- Jason	29 1:00pm Spring Craft with Joy from CareLife Hospice

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.

Over
1,000
Specialists

All classes and events require pre-registration to attend.

No walk-ins for exercise classes.

Classes are FREE to all Seniors 55+.

Call today to register or for more information at **760-261-5016**.

Support Groups, Classes, and Special Events are **BOLD**.