














# May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27</p> <p>12:00pm Forever Fit</p> <p>2:00pm Strong Together Senior Connection Group</p>	<p>28</p> <p>9:00am Silver Sneakers</p> <p>1:30pm Grief Share with Judy</p> <p>4:00pm Cardiac Awareness Support</p>	<p>29</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p>	<p>30</p> <p>11:00am Chair Yoga- Margarita</p>	<p>1</p> <p>11:00am BINGO with Alexa</p> 
<p>4</p> <p>12:00pm Forever Fit</p> <p>1:30pm Smartphone Class with Dorcas</p>	<p>5</p> <p>9:00am Silver Sneakers</p> <p>1:30pm Grief Share with Judy</p> 	<p>6 International NO DIET day</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p> 	<p>7</p> <p>11:00am Chair Yoga- Margarita</p>	<p>8 National Coconut Cream Pie Day</p> <p>11:00am Mother's Day Game Day w/ Ready 2 Go Transportation</p> <p>Please RSVP with Front Desk</p> 
<p>11</p> <p>No Class at 12:00pm</p> <p>2:00pm Strong Together Seniors Connection Group</p>	<p>12</p> <p>9:00am Silver Sneakers</p> <p>6:00pm Medicare 101- Nancy</p>	<p>13 National Apple Pie Day</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p> <p>3:00pm Blue Shield Options with Dorcas</p> 	<p>14</p> <p>11:00am Chair Yoga- Margarita</p> <p>1:30pm Mahjong Game</p>	<p>15 National Chocolate Chip Day</p> <p>11:00am Memory Care Talk with MD Care Hospice</p> 
<p>18 National Marshmallow day</p> <p>12:00pm Forever Fit</p> <p>1:30pm Smartphone Class with Dorcas</p> 	<p>19</p> <p>9:00am Silver Sneakers</p>	<p>20</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p> <p>6:00pm Medicare 101- Jason</p>	<p>21 International Tea Day</p> <p>11:00am Chair Yoga- Margarita</p> <p>4:00pm Stroke Support Group</p>  	<p>22</p> 
<p>25</p> 	<p>26</p> <p>9:00am Silver Sneakers</p> <p>4:00pm Cardiac Awareness Support</p>	<p>27</p> <p>10:00am Tai Chi</p> <p>12:00pm Forever Fit</p>	<p>28 National Hamburger day</p> <p>11:00am Chair Yoga- Margarita</p> <p>1:00pm How to prevent senior SCAMS- Margo from Whispering Winds- Please RSVP w/ Front Desk</p> 	<p>29</p> 

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.

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