

Monday	Tuesday	Wednesday	Thursday	Friday
28 12:00pm Forever Fit 	29 9:00am Silver Sneakers	30 10:00am Tai Chi	1 International Coffee Day 10:00am No Forever Fit 11:00am Chair Yoga with Margarita 	2 National Smarties Day 
5 World Teachers' Day No Classes 	6 9:00am Silver Sneakers	7 10:00am Tai Chi 	8 10:00am Forever Fit 11:00am Chair Yoga- Margarita	9 National Soul Food Day 11:00am Bingo with Mark from Compassus 
12 12:00pm Forever Fit 	13 National Thrombosis Day 9:00am Silver Sneakers 	14 10:00am Tai Chi	15 No Classes 9:00am Medicare 101- Nancy 4:00pm Stroke Support Group	16 National Pasta Day 9:00am Medicare 101- Diane 
19 9:00am Medicare 101- Jason 12:00pm Forever Fit	20 Osteoporosis Awareness Day No Classes 9:00am Medicare 101- Diane 	21 International Nacho Day 10:00am Tai Chi 	22 No Classes 9:00am Medicare 101- Nancy	23 
26 9:00am Medicare 101- Nancy 12:00pm Forever Fit	27 National Occupational Therapy Day No Classes 9:00am Medicare 101- Jason 4:00pm Cardiac Awareness Support Group	28 National Chocolate Day 10:00am Tai Chi 	29 World Stroke Day No Classes 9:00am Medicare 101- Diane 	30 9:00am Medicare 101- Jason 

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

*Must pre-register for exercise classes.
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