




DECEMBER



November '22						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

January '23						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27 	28 	29	30	1 11:10a Chair Yoga 1:10pm Forever Fit	2 1:30pm Sit N Fit	3 	
4	5 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	6 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga	7 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	8 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga 1:30pm Zumba	9 8:00am Silver Sneakers 9:30am Silver Sneakers	10	
11 Christmas Spirit Week ---->	12 Christmas Socks or Slippers 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Spanish Cancer Support 1:30pm AdvantAge Meet & Greet NO TAI CHI	13 Wear Red or Green 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga 1:30pm Craft Day	14 Christmas Hat 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:00pm Whispering Winds	15 Christmas Pajamas 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga 1:30pm Forever Fit 4:00pm Stroke Support	16 Ugly X-Mas Sweaters 10:30am Games 11:30am Gift Exchanged 12:30pm Christmas Lunch NO CLASSES	17	
18 	19 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:00pm Parkinson's Support	20 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga (end at 12pm) 12:00pm Cardiac Awareness	21 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	22 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga 1:30pm Zumba	23 Half Day ONLY 8:00am Silver Sneakers 9:30am Silver Sneakers	24 	
25 	26 No Classes 	27 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga	28 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:00pm Bingo	29 8:30am Cardio 10:00am Sit N Fit 11:10am Chair Yoga 1:30pm Forever Fit	30 Half Day ONLY 8:00am Silver Sneakers 9:30am Silver Sneakers	31 NEW YEAR'S EVE	
1 	2 No Classes 	Notes Call Today to register for exercises classes or questions at 760-261-5016 Support Groups, Classes, and Special Events are BOLD					