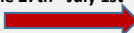





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	31 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga	1 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:30pm 4th of July Craft	2 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga	3 8:00am Silver Sneakers 9:30am Silver Sneakers	4	
5	6 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Spanish Cancer Support NO TAI CHI	7 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga	8 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	9 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:00pm-3:00pm Hobby Social	10 8:00am Silver Sneakers 9:30am Silver Sneakers 1:30pm Game Day - Bingo	11	
12	13 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:30pm Medicare Meet & Greet	14 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga	15 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:00pm Medicare Basics Class 6:00pm Medicare Basics Class	16 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 4:00pm Stroke Support Group	17 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Parkinson's Support 1:30pm Puzzle Day	18	
19	20 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	21 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga	22 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 2:00pm Doctor Talk	23 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:00pm-3:00pm Hobby Social	24 8:00am Silver Sneakers 9:30am Silver Sneakers 1:30pm Game Day - LCR	25	
26 DRESS FOR SPIRIT WEEK June 27th - July 1st 	27 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:00pm Drive Well w/CHP Crazy Hat Day	28 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga (End by 12pm) 12:00pm Cardiac Awareness Sports Day	29 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:30pm Craft Day Crazy Sock Day	30 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:00pm Birthday Celebration Hawaiian Day	1 8:00am Silver Sneakers 9:30am Silver Sneakers 1:30pm Puzzle Day Red, White & Blue Day	2	
3	4 	Notes * Call today to register for exercise classes or questions. * Support Groups, Classes, and Special Events are Bold .				Senior Select Center 19333 Bear Valley Rd. Suite 103 Apple Valley, CA 92308 760-261-5016	