








November

October '22						
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December '22						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30 	31	1 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga	2 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	3 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:30pm Zumba	4 8:00am Silver Sneakers 9:30am Silver Sneakers 1:30pm Sit N Fit	5	
6	7 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	8 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga	9 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	10 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:30 pm Forever Fit	11 8:00am Silver Sneakers 9:30am Silver Sneakers 12:00 pm Game Day- Bingo 1:30pm Sit N Fit	12 	
13	14 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Spanish Cancer Support 1:30pm AdvantAge Meet & Greet NO TAI CHI	15 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:30pm Surviving the Holiday's	16 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 1:00 pm Medicare Basics Class 6:00pm Medicare Basics Class	17 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:30pm Zumba 4:00 pm Stroke Support	18 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00 am Parkison's Support 1:30pm Sit N Fit with Jocelyn	19	
20 	21 11:00am Tai Chi 12:30pm Yoga	22 10:00 pm Thanksgiving Activities and Pot Luck @ 12pm	23 11:00am Tai Chi 1:00pm Bingo	24 NO CLASSES Happy Thanksgiving! 	25 NO CLASSES 	26 	
27 	28 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi 12:30pm Drive Well w/CHP	29 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga (End at 12pm) 12:00pm Cardiac Awarness	30 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	1 8:30am Cardio 10:00am Sit N Fit 11:10am Yoga 1:30pm Forever Fit	2 8:00am Silver Sneakers 9:30am Silver Sneakers 1:30pm Sit N Fit	3	
4	5 8:00am Silver Sneakers 9:30am Silver Sneakers 11:00am Tai Chi	Notes Call Today to register for exercises classes or questions at 760-261-5016 Support Groups, Classes, and Special Events are BOLD				