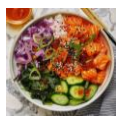


September 2026

Free to Seniors 55+

Monday	Tuesday	Wednesday	Thursday	Friday
31 No Forever Fit	1 9:00am Silver Sneakers	2 National Blueberry Popsicle Day 10:00am Tai Chi 	3 10:00am Forever Fit- Jocelyn 11:00am Chair Yoga with Margarita	4 National Wildlife Day 
7 	8 National Physical Therapy Day 9:00am Silver Sneakers 1:30pm Diabetes Among Friends with IEHP 	9 10:00am Tai Chi	10 National Suicide Prevention Day 10:00am Forever Fit- Jocelyn 11:00am Chair Yoga- Margarita 1:30pm Mahjong Game 	11 9/11 
14 12:00pm Forever Fit	15 Lymphoma Awareness Day 9:00am Silver Sneakers 	16 10:00am Tai Chi 6:00pm Medicare 101- Nancy	17 10:00am Forever Fit- Jocelyn 11:00am Chair Yoga- Margarita 4:00pm Stroke Support Group	18 National Cheeseburger Day 11:00am Bingo With Alexa 
21 National Alzheimer's Day 12:00pm Forever Fit 	22 9:00am Silver Sneakers 1:30pm Diabetes Among Friends 4:00pm Cardiac Awareness Support Group	23 10:00am Tai Chi	24 10:00am Forever Fit- Jocelyn 11:00am Chair Yoga- Margarita	25 National Dream Day 3:00pm Blue Shield Meeting 
28 National Poke Day 12:00pm Forever Fit 	29 9:00am Silver Sneakers 6:00pm Medicare 101- Jason	30 National Chewing Gum Day 10:00am Tai Chi 	1	2

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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