

September 2024

# Sun City Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Office Closed	3	4	5	6 11am Gentle Yoga	7
8	9 11am Gentle Yoga	10	11  1pm Bunco	12	13 10 am Lions Club Bingo (Card Buy ins Required)	14
15	16	17 9am Gentle Yoga	18 1pm Chair Dance Fitness	19	20	21
22	23	24 9am Gentle Yoga	25	26	27 10 am Lions Club Bingo (Card Buy ins Required)	28
29	30 11am Gentle Yoga					

**September 2024**

# Hemet Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	 Office Closed	2 Independent Learning Series	3 Independent Learning Series	4 Independent Learning Series	5 9am Gentle Yoga	6 9am Gentle Yoga
8	9 9am Gentle Yoga 11am Line Dancing	10 Independent Learning Series	 11 9-11 PATRIOT DAY WE WILL NEVER FORGET	12 Independent Learning Series	13 Bereavement Support Group 8:30	14 Bereavement Support Group 8:30
15	16 9am Gentle Yoga 11am Line Dancing	17 Independent Learning Series	18 Independent Learning Series	19 Independent Learning Series	20 Bereavement Support Group 8:30	21 Bereavement Support Group 8:30
22	23 9am Gentle Yoga 11am Line Dancing	24 Independent Learning Series	25 Independent Learning Series	26 Independent Learning Series	27 Bereavement Support Group 8:30	28 Bereavement Support Group 8:30
29	30 9am Gentle Yoga					

For Independent Learning Series **MUST** call to register. Please call (562) 637-7248 and ask for Lilly.



951.225.6808

becomewellwithin.com

31285 Temecula Parkway  
Ste 120, Temecula, CA 92592

September 2024

# Temecula Jazzercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4	5	6	7
8	9	10 10am Jazzercise	11 	12	13	14
15	16	17	18	19	20	21
22	23	24 10am Jazzercise	25	26	27	28
29	30					

September 2024

# CrossFit by Overload

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:30am CrossFit 	3	4 10:30am CrossFit	5	6 10:30am CrossFit	7
8	9 10:30am CrossFit	10	11 10:30am CrossFit 	12	13 10:30am CrossFit	14
15	16 10:30am CrossFit	17	18 10:30am CrossFit	19	20 10:30am CrossFit	21
22	23 10:30am CrossFit	24	25 10:30am CrossFit	26	27 10:30am CrossFit	28
29	30 10:30am CrossFit					