

**October 2024**

## Sun City Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 11am Gentle Yoga	8	9 1pm Bunco	10	11 10 am Lions Club Bingo (Card Buy ins Required)	12
13	14 11am Gentle Yoga	15	16 1pm Chair Dance Fitness	17	18	19
20	21 11am Gentle Yoga	22	23	23	25 10 am Lions Club Bingo (Card Buy ins Required)	26
27	28 11am Gentle Yoga	29	30	31 		

**October 2024**

# Hemet Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Independent Learning Series	2	3 Independent Learning Series	4 Bereavement Support Group 8:30	5
6	7 9am Gentle Yoga	8 Independent Learning Series	9	10 Independent Learning Series	11 Bereavement Support Group 8:30	12
13	14 9am Gentle Yoga 11am Line Dancing	15 Independent Learning Series	16	17 Independent Learning Series	18 Bereavement Support Group 8:30	19
20	21 9am Gentle Yoga	22 Independent Learning Series	23	24 Independent Learning Series	25 Bereavement Support Group 8:30	26
27	28 9am Gentle Yoga 11am Line Dancing	29 Independent Learning Series	30	31  Independent Learning Series		

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

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# Temecula Jazzercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	6
6	7	8 10am Jazzercise	9	10	11	12
13	14	15	16	17	18	19
20	21	22 10am Jazzercise	23	24	25	26
27	28	29	30	31 		

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# CrossFit by Overload

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 10:30am CrossFit	3	4 10:30am CrossFit	5
6	7 10:30am CrossFit	8	9 10:30am CrossFit	10	11 10:30am CrossFit	12
13	14 10:30am CrossFit	15	16 10:30am CrossFit	17	18 10:30am CrossFit	19
20	21 10:30am CrossFit	22	23 10:30am CrossFit	24	25 10:30am CrossFit	26
27	28 10:30am CrossFit	29	30 10:30am CrossFit	31 		