

**Sun City Senior Center** 

951.225.6808

becomewellwithin.com

27190 Sun City Blvd.

Sun City, CA 92586

## October 2024

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



**Hemet Senior Center** 

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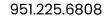
3853 W. Stetson Ave Suite 200,

Hemet CA 92545

## October 2024

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

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





**Temecula Jazzercise** 

becomewellwithin.com

31285 Temecula Parkway Ste 120, Temecula, CA 92592

## October 2024

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



**CrossFit by Overload** 

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41588 Eastman Dr. Suite A,

Murrieta, CA 92562

## October 2024

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