


**November 2024**

# Sun City Senior Center

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

**November 2024**

# Hemet Senior Center

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

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

**November 2024**

# Temecula Jazzercise

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

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# CrossFit by Overload

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