

May 2025



Sun City Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 	6 11am Gentle Yoga	7	8	9 10 am Lions Club Bingo (Card Buy ins Required)	10
11 	12	13 11am Gentle Yoga	13 1pm Bunco	15	16	17
18	19	20 11am Gentle Yoga 3 pm Chair Dance Fitness	21	22	23 10 am Lions Club Bingo (Card Buy ins Required)	24
25	26  Offices Closed	27	28	29	30	31



May 2025

Hemet Senior Center

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

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



May 2025

Temecula Jazzercise

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



May 2025

CrossFit by Overload

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

