

Rancho Family Senior Center (951) 225 - 6829

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 am – Line Dancing 1:00 pm – All Level Yoga	2 10:00 am – Beginner Strength & Balance – CANCELED 12:00 pm – Zumba Gold	3 10:00 am – Strength & Balance II (Regal Medical) - CANCELED 1:00 pm – All Level Yoga 2:15 pm – Line	4 10:00 am – Cooking Class (Regal)(RSVP) 12:00 pm – Zumba Gold	5 10:00 am – Strength & Balance II (Regal Medical)	6
7	8 11:00 am – Line Dancing 1:00 pm – All Level Yoga	9 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold	10 10:00 am – Strength & Balance II (Regal Medical) 12:00 pm – Mastering Medicare (RSVP) 1:00 pm – All Level Yoga 2:15 pm – Line Dancing	11 12:00 pm – Zumba Gold	12 10:00 am – Strength & Balance II (Regal Medical)	13
14	15 11:00 am – Line Dancing 1:00 pm – All Level Yoga	16 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold 2:00 pm – New Regal Member Orientation (fully booked, call for May session)	17 10:00 am – Strength & Balance II (Regal Medical) 1:00 pm – All Level Yoga 2:15 pm – Line Dancing	18 10:00 am – Natural Approaches to Arthritis (Dr. Madrid) (RSVP) 12:00 pm – Zumba Gold	19 10:00 am – Strength & Balance II (Regal Medical) 11:15 am – How to Grow Your Own Herb Garden (Regal Medical) (RSVP)	20
21	22 11:00 am – Line Dancing 1:00 pm – All Level Yoga	23 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold 2:00 pm – Hemet Senior Singles (RSVP to (951) 357 - 2294)	24 10:00 am – Strength & Balance II (Regal Medical) 11:15 am – Rancho Recipes (RSVP) 1:00 pm – All Level Yoga 2:15 pm – Line Dancing	25 12:00 pm – Zumba Gold 1:30 pm – Non-patient Open House Lunch (Dr. Madrid) (RSVP)	26 10:00 am – Strength & Balance II (Regal Medical) 11:30 am – Steps to Preventing Type 2 Diabetes (Regal Medical) (RSVP)	27

28	29 11:00 am – Line Dancing 1:00 pm – All Level Yoga	30 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold				
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