

August

Rancho Family Senior Center (951) 225 - 6829

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 pm – Zumba Gold	2 10:00 am – Strength & Balance II (Regal Medical) 2:00 pm – Silver Slippers Dance Craze	3
4	5 11:00 am – Line Dancing 1:00 pm – All Levels Gentle Flow Yoga	6 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold	7 10:00 am – Strength & Balance II (Regal Medical) 1:00 pm – Line Dancing 2:15 pm – Gentle Yoga	8 10:00 am – Wills, Advanced Directives, & Power of Attorney (RSVP) 12:00 pm – Zumba Gold	9 10:00 am – Strength & Balance II (Regal Medical) 12:00 pm - Mastering Medicare (RSVP) 2:00 pm – Silver Slippers	10
11	12 11:00 am – Line Dancing Beginner 1:00 pm – All Level Yoga 2:30 pm – Senior Care Referral Specialists (RSVP)	13 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold 2:00pm - Prevention of Dementia & Alzheimer's (RSVP)	14 10:00 am – Strength & Balance II (Regal Medical) 1:00 pm – Line Dancing 2:15 pm – Gentle Yoga	15 12:00 pm – Zumba Gold 2:00 pm Movie Matinee (Regal) (RSVP)	16 10:00 am – Strength & Balance II (Regal Medical) 2:00 pm – Silver Slippers Dance Craze	17

18	19 10:00 am – Regal Cooking Class (RSVP) 11:00 am – Line Dancing 1:00 pm – All Level Yoga	20 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold 2:00 pm – Regal Member Orientation (RSVP to 844 – 250 – 1840)	21 10:00 am – Strength & Balance II 1:00 pm – Line Dancing 2:15 pm – Gentle Yoga	22 12:00 pm- Zumba Gold	23 10:00 am – Strength & Balance II (Regal Medical) 2:00 pm- Silver Slippers	24
25	26 11:00 am- Line Dancing - Beginner 1:00 pm- All Levels Gentle Yoga	27 10:30 am- Beginner Strength & Balance 12:00 pm - Zumba Gold	28 10:00 am – Strength & Balance II (Regal Medical) 1:00 pm – Line Dancing 2:15 pm – Gentle Yoga	29 12:00 pm – Zumba Gold 1:15 pm – Meet the Doctor Lunch (Dr. Madrid) (RSVP)	30 10:00 am – Strength & Balance II (Regal Medical) 11:15 am – Brain Health as We Age (Regal) (RSVP) 2:00 pm – Silver Slippers Dance Craze	31