

February



2019

Rancho Family Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 am - Strength & Balance II (Regal Medical Group)	2
3	4 9:00 am – Bereavement Support group 11:00 am – Line Dancing 1:00 pm – Gentle Flow Yoga	5 10:00 am – Beginner Strength & Balance I 12:00 pm – Zumba Gold	6 10:00 am – Strength and Balance II (Regal Medical Group)	7 10:00 am – Cooking Class (Regal Medical Group) (RSVP) 12:00 pm – Zumba Gold	8 10:00 am – Strength and Balance II (Regal Medical Group)	9
10	11 9:00 am – Bereavement Support Group 11:00 am – Line Dancing 1:00 pm – Gentle Flow Yoga	12 10:00 am – Beginners Strength & Balance I 12:00 pm – Zumba Gold	13 10:00 am – Strength & Balance II (Regal Medical Group)	14 12:00 pm – Zumba Gold	15 10:00 am – Strength & Balance II (Regal Medical Group)	16
17	18 9:00 am – Bereavement Support group 11:00 am – Line Dancing 1:00 pm – Gentle Flow Yoga	19 10:00 am – Beginners Strength & Balance I 12:00 pm – Zumba Gold 1:30 pm – Photography Class (RSVP)	20 10:00 am – Strength & Balance II (Regal Medical Group) 11:15 – Rancho Recipes (RSVP) 1:30 pm – Bingo Tournament (RSVP)	21 10:00 am – DEEP (Diabetes) Program (Regal Medical Group) (RSVP) 12:00 pm – Zumba Gold	22 10:00 am – Strength & Balance II (Regal Medical Group) 5:00 pm – Chamber of Commerce Paint Night (RSVP)	23
24	25 9:00 am – Bereavement Support Group 11:00 am – Line Dancing 1:00 pm – Gentle Flow Yoga 2:30 pm – Golden State Insurance Info (RSVP)	26 10:00 am – Beginners Strength & Balance I 12:00 pm – Zumba Gold 1:30 pm – Photography Class (RSVP)	27 10:00 am – Strength & Balance II (Regal Medical Group)	28 10:00 am – DEEP (Diabetes) Program (Regal Medical Group) (RSVP) 12:00 pm – Zumba Gold		