

March



2019

Rancho Family Senior Center (951) 225 - 6829

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 am – Strength & Balance II (Regal Medical)	2
3	4 9:00 am – Bereavement Support Group 11:00 am – Line Dancing 1:00 pm – All Level Yoga	5 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold	6 10:00 am – Strength & Balance II (Regal Medical) 11:00 am – Cooking Class (Regal) (RSVP) 1:00 pm – All Level Yoga	7 10:00 am – DEEP Diabetes Program (Regal Medical) (RSVP) 12:00 pm – Zumba Gold	8 10:00 am – Strength & Balance II (Regal Medical)	9
10	11 11:00 am – Line Dancing 1:00 pm – All Level Yoga	12 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold	13 10:00 am – Strength & Balance II (Regal Medical) 12:00 pm – Mastering Medicare (RSVP) 1:00 pm – All Level Yoga	14 10:00 am – DEEP Diabetes Program (Regal Medical) (RSVP) 12:00 pm – Zumba Gold 1:30 pm – Open House Lunch (Dr. Madrid) (RSVP)	15 10:00 am – Strength & Balance II (Regal Medical)	16
17	18 11:00 am – Line Dancing 1:00 pm – All Level Yoga	19 10:00 am – Beginner Strength & Balance 12:00 pm – Zumba Gold 1:00 pm – New Regal Member Orientation	20 10:00 am – Strength & Balance II (Regal Medical) 1:00 pm – All Level Yoga	21 10:00 am – DEEP Diabetes Program (Regal Medical) 12:00 pm – Zumba Gold	22 10:00 am – Strength & Balance II (Regal Medical)	23
24	25	26	27	28	29	30

25

11:00 am – Line
Dancing

1:00 pm – All
Level Yoga

3:00 pm – Golden
State Insurance
Info Meeting
(RSVP)

26

10:00 am –
Beginner
Strength &
Balance

12:00 pm –
Zumba Gold

2:00 pm –
Natural
Remedies for
Migraines (Dr.
Madrid) (RSVP)

27

10:00 am –
Strength &
Balance II (**Regal
Medical**)

11:15 am –
Rancho Recipes
(Dr. Madrid)
(RSVP)

1:00 pm – All
Level Yoga

28

10:00 am –
DEEP Diabetes
Program (**Regal
Medical**)

12:00 pm –
Zumba Gold

1:30 pm – Open
House Lunch
(Dr. Madrid)
(RSVP)

29

10:00 am –
Strength &
Balance II (**Regal
Medical**)