



Yucca Valley Senior Center Activity Calendar



Su	Mon	Tue	Wed	Thu	Fri	Sat
Yucca Valley Senior Center 57088 Twentynine Palms Hwy, Yucca Valley, CA 92284 (760) 853-0208				HOURS OF OPERATION Monday - Thursday 9 am - 3 pm Friday 9 am - 1 pm		
	9:00 Coffee & News 10:00 Talk on Cancer Genetic Testing 12:00 FINGER Movement Exercises 1:00 Stretch and Tone 	9:00 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 	9:00 Coffee & News 10:30-2pm Field Rep. with Assemblyman Chad Mayes office 11:00 Lunch 12:15-1:15 Alicia Wan Concert Pianist 1:30-2:30 Cards & Games	9:30 Anthem Rep 10:00 Office on Aging - Bus Passes 11:00 Lunch 12:30-2p Dance Exercise Class w/ Cookie 2:30-4:30 TECH TIME for Seniors	9:00 Coffee & News 10:00 Free Bread Giveaway 11:00 Lunch Center closes at 1pm	SC "FIRST SATURDAYS" Jazzin Brothers Ricky Lee and Mr. C 6-8pm
7	9:00 Coffee & News 10:00 -Lecture on what Medications works for you 11:00 Lunch 1:00 pm Lecture High Desert Medical Center 	9:00 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO 	9:00 Coffee & News 10:00 Games/Puzzles 11:00 Lunch 12:15-2:15pm Billy Erickson County Western Music 	9:00 Coffee & News 10:00 FIND /CALFRESH 10:00 SCAN 11:00 Lunch 1-2 pm SC GENTLE CHAIR YOGA 	9:00 Coffee & News 10:00 Free Bread Giveaway 11:00 Lunch Center closes at 1pm	13
14	9:00 Coffee & News 10:00 Games/Puzzles 11:00 Lunch 12:00 FINGER Movement Exercises 1:00 Stretch and Tone 	9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO 	9:00 Coffee & News 10:00 Chess & Checkers 11:00 Lunch Miracle Ear BIRTHDAY CELEBRATION SPONSOR 12:30-2 pm SING ALONG w/ CAT Cohen	9:00 Coffee & News 10:00 TV TIME 11:00 Lunch 1-2 p Sign Language Class with Tim 2:30-4:30 TECH TIME for Seniors - Help with Cell Phones Social Media & more	9:00 Coffee & News 10:00 Free Bread Giveaway 11:00 Easter 	20
21	9:00 Coffee 10:00 Medication Assistance by a RN 11:00 Lunch 12:00-1pm Earth Day Activity 	9:00 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO 	Denim Day! 9:00 Coffee & News 10:00 CLEAR CAPTIONS HEARING HELP 11:30 Lunch 12:30-2:30 Music by Paul Gerkin 2:30-3p Social Time	9:00 Coffee Time 10:00 SCAN 11:00 Lunch 12:30-1:30 pm RCA Meeting with Supervisor Dawn Rowe presenting 1-2 pm GENTLE CHAIR YOGA	9:00 Coffee & News 10:00 TV Time 11:00 Lunch	27
28	9:00 Coffee & News 10:00 FINGER Movement Exercises 11:00 Lunch 12:30-2pm Dance with Cookie	9:00 Coffee & News 10:30 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO 	New Tech Time For Seniors. April 4th and 18th 2:30pm-4:30 pm			

The Senior Center is operated by the Town of Yucca Valley Recreation Dept. For info contact Nena McCullough at (760) 853-0208. San Bernardino County Senior Nutrition Program Lunch provided by Family Services Association. Monday - Friday 11:00 a.m - 12:00 p.m. Age 60 & over \$3 (voluntary donation) - Age 59 and under, \$6 per meal. Volunteers and donations are needed! Call the Senior Center for info.