



October



Su Mon Tue Wed Thu Fri Sat

Yucca Valley Senior Center Activity Calendar

Monday - Thursday - 9 am - 2pm
Friday - 9 am - 12:30 pm



57088 Twentynine Palms Hwy,
Yucca Valley, CA 92284 (760) 853-0208

<p>28th ANNUAL NATIONAL SENIOR HEALTH FITNESS DAY 2020-2021 "Life is Better in Motion!"</p>	<p>Join us on OCTOBER 27th as we celebrate and educate Seniors on Health and Fitness. Enjoy Healthy snacks, participate in a exercise class. or receive a wellness check Flu and Covid-shots available</p> <p> keep moving™</p>		<p>Join a WII Bowling team and have some fun. WII Bowling is a sports simulation video game .. No Bowling Ball needed.</p>	<p>9:15 Coffee & News 1 10:00 Social Time 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	<p>2</p>
<p>3 9:15 Coffee & Snacks 4 10:00 Bread Giveaway 10:00 Senior Club Thrift Store RE-OPENS 11:00 Lunch 12:30- 1:30 CHAIR YOGA w/Jing Twice a Month</p>	<p>9:15 ZUMBA 5 10:00 Office of Aging (Bus Passes) 11:00 Lunch 12:30-1:30 Stretch --n- Tone w/ Joy</p>	<p>9:15 Coffee & News 6 9:30 SCAN 11:00 Lunch 12-2p grab the mic karaoke! with Charlie Garcia</p>	<p>9:15 Coffee Time 7 10:00 11:00 Lunch 12:30-1:30 Line Dancing w/Janie</p>	<p>9:15 Coffee & News 8 10:00 Social Time 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	<p>9</p>
<p>10 9:15 Coffee & News 11 10:00 SENIOR BENEFIT ASSISTANCE 10:00 Meditation With Yoon 10:00 Bread Giveaway 11:00 Lunch 12:30-1:30 Sign up! WII BOWLING fun</p>	<p>9:15 Coffee & News 12 9:15 Zumba Dance 11:00 Lunch 12:15-1:15 Cookie's Mixed Dance Class</p> <p>1:15-2:00 Games or TV</p>	<p>9:15 Coffee Time 13 11:00 Lunch KARR INSURANCE BIRTHDAY CELEBRATION Sponsor 11:30-1:30pm Musical Key Board Sounds of CAT COHEN</p>	<p>9:15 Coffee & News 14 10:00-1pm Anthem Insurance Medicare Workshop w/ Joseph Special Treat Today! 11:00 Lunch 12:30 Line Dancing</p>	<p>9:00 MEDICARE OPEN ENROLLMENT 15 9:15 Social Time w/ Coffee 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	<p>16</p>
<p>17 9:15 Coffee Time 18 10:00 Bread Giveaway 10:00 Karr Insurance w/ Medicare Information 11:00 Lunch 12:30-1:30 YOGA Chair Yoga with Jing 2:00-3pm DOHC MEDICARE WORKSHOP</p>	<p>9:15 ZUMBA 19 11:00 Lunch 12:30-1:30 Stretch -n -Tone w/Joy</p>	<p>9:15-Coffee Time 20 10:00 WII BOWLING practice time 11:00 Lunch 11:30-1:30pm MUSIC Performance by Paul Gerkin- playing your favorite country-folk-gospel & pop music</p>	<p>9:15 Coffee & News 21 10:00 SCAN 11:00 Lunch 12:30-1:30 Line Dancing w/ Janie</p>	<p>9:15 Coffee & News 22 10:00 Social Time 11:00 Lunch 12:30-5:00 pm Senior Club Bingo</p>	<p>23</p>
<p>24 10:00 Meditation 25 10-1pm SENIOR BENEFIT ASSISTANCE 11:00 Lunch 12:30-1:30 WII BOWLING fun</p>	<p>9:15 ZUMBA 26 10-11am Desert Oasis Healthcare MEDICARE WORKSHOP 11:00 Lunch 12:15-1:15 Cookie's Mixed Dance Class</p>	<p>Senior Health & Wellness Day 27 9:15-10am Meditation 10:00 -11 am Chair Yoga 11:00 Lunch 12:00 -1pm Zumba w/ Maria 1:00-2pm Mixed Dance Class</p>	<p>9:15 Halloween Crazy Hat Day 28 10:00 SCAN 11:00 Lunch 12-1pm Proctor Ins. 12:30-1:30 Line Dancing</p>	<p>9:15 Coffee & News 29 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	<p>30 31 HAPPY HALLOWEEN</p>

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 + voluntary donations are accepted for lunch - \$7 per meal will be charged for lunch participants age 59 and under.