

Yucca Valley Senior Center Activity Calendar



Su	Mon	Tue	Wed	Thu	Fri	Sat
Mon-Thursday 9am-2pm Friday 9am-12:30pm				57088 Twentynine Palms Hwy, Yucca Valley, CA 92284 (760) 853-0208		
	<p>9:15 Coffee Time 1 11:00 Lunch 12:15-1:15</p> <p>CHAIR YOGA with Jing</p>	<p>9:00 Coffee Break 2 9:15 ZUMBA with Maria 9:30 Milk and Cereal Breakfast 11:00 Lunch 12:00-1:30 YV Team Wii Bowling</p>	<p>9:15 Coffee Time 3 10:00 Office of Aging (Bus Passes) 11:00 Lunch 11:30-1:30 Karaoke Party with Charlie</p>	<p>9:15 Coffee Time 4 10:00 Cookies for everyone! INDIVIDUAL CHOCOLATE CHIP COOKIE DAY 11:00 Lunch 12:30 Line Dancing w/ Janie</p>	<p>9:15 Coffee & News 5 10:00 Social Time 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	<p>6 Concert in the Park <i>Silverados</i> Country Music 7-9 pm</p>
7	<p>9:15 Coffee & News 8 10:00 SENIOR BENEFIT ASSISTANCE 10:00 Meditation With Yoon 10:00 Bread Giveaway 11:00 Lunch 12:15 CHAIR YOGA w/JING</p>	<p>9:00 Coffee Break 9 9:15 ZUMBA 11:00 Lunch 12:00-1:30</p> <p>Join our YV Senior Center WII Bowling team and have some fun. WII Bowling is a sports simulation video game ..from ur chair</p>	<p>9:00 Coffee & Snacks 10 10:00-1pm DESERT OASIS HEALTHCARE Health Clinic Screenings Blood Pressure checks Blood Glucose check Covid Boosters/Vaccines - PCP , Mental Health and Social Service</p>	<p>9:15 Coffee Time 11 10:00 Games and Puzzles 11:00 Lunch 12:30- Line Dancing w/Janie</p>	<p>9:15 Coffee & News 12 10:00 Social Time 11:00 Lunch 12:30-5:00 pm Senior Club Bingo</p>	<p>13 Concert in the Park My Generation <i>British Invasion</i> YV Community Center 7-9 pm</p>
14	<p>9:15 Coffee & TV 15 10:00 Bread Giveaway 10:00 Meditation With Yoon 11:00 Lunch 12:15- 1:15 Chair Yoga w/ Jing</p>	<p>9:00 Coffee Break 16 9:15 Zumba Dance 10:00 SCAN 11:00 Lunch 11:45-12:45</p> <p>Ice Cream Social Provided by Christie</p>	<p>9-12 VA Assistance 17 11:00 Lunch "Birthday Celebration" Destiny Hospice This months sponsor Music Keyboard 11:30-1:30 Performance by Cat Cohen playing <i>Music for the Dog Days of Summer!</i></p>	<p>9:15 Coffee / News 18 10:00 HICAP – Medicare Counseling 11:00 Lunch 12:30-1:30 Line Dancing w/Janie</p>	<p>9:15 Social Time w/ Coffee 19 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	20
21	<p>9:15 Coffee & News 22 10:00 Milk and Cereal Breakfast 10:00 Bread Giveaway 10:00 Thrift Store Open 11:00 Lunch 12:15-1:15 CHAIR YOGA</p>	<p>9:00 Coffee Break 23 9:15 Zumba with Maria 11:00 Lunch 12:30-1:45 Movie The Bucket List</p>	<p>9:30-10:30 24 Coffee & Conversation with Mayor Jim Schooler 10:00 Anthem Insurance 11:00 Today is National Waffle Day Enjoy our Waffle Bar with today's Lunch</p>	<p>9:15 Coffee & News 25 10:00 Thrift Store- Video /DVD Sale 11:00 Lunch 12-1pm Regional Council of Aging Mtg 12:30-1:30 Line Dancing</p>	<p>9:15 Coffee & TV 26 10:00 Social Time 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	27
28	<p>9:00 Coffee Break 29 10-12 Personal Hygiene Item Giveaway 11:00 Lunch 12:15-1:45 Games & Dominoes</p>	<p>9:15 Coffee & News 30 10-12 California Phones Booth & Presentation on cell phone amplifiers 11:00 Lunch 12:15-1:30 Wii Bowling</p>	<p>9:15 Coffee & Cereal 31 10:00 Karr Insurance w/ Medicare Info 11:00 Lunch 11:30-1:30 Great after- noon Music with the group BY HIS GRACE Dancing Music</p>	<p>August NATIONAL Practice Self Care WELLNESS MONTH</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.