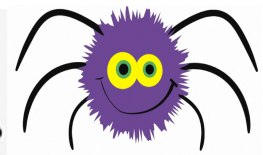


October



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

3	<p>9:15 Coffee Time</p> <p>9:30 Milk & Cereal Breakfast</p> <p>10:30 Bread Giveaway</p> <p>11:00 Lunch</p> <p>12:15 Chair Yoga w/Jing</p> 	4	<p>9:15 Coffee Break</p> <p>9:30 Zumba Dance with Maria</p> <p>"National Taco Day"</p> <p>11:00 Taco Tuesday Lunch</p> <p>12:30-1:30 Wii Bowling or Other Games</p> 	5	<p>9:15 Coffee and Snacks</p> <p>10:00 Office of Aging (Bus Passes)</p> <p>10:00 Karr Insurance</p> <p>11:00 Lunch</p> <p>11:30-1:30p Music Vocals</p> <p>by: Charlie & Burt</p> 	6	<p>10-11 Medication Preparedness Talk "Emergency Medication Kit" In case of a Disaster</p> <p>11:00 Lunch</p> <p>12:30-1:30pm Line Dancing w/Janie</p> 	7	 <p>9:15 Coffee & News</p> <p>11:00 Lunch</p> <p>12:30-5:00 pm Senior Club Bingo</p>	8	
9	<p>9:15 Coffee & News</p> <p>10:00 Meditation with Yoon</p> <p>10-1pm SENIOR BENEFIT ASSISTANCE</p> <p>LIHEAP APPLICATIONS</p> <p>10:30 Bread Giveaway</p> <p>11:00 Lunch</p> <p>12:15 Chair YOGA</p>	11	<p>9:15 Coffee/Snacks</p> <p>9:30 Zumba</p> <p>11:00 Lunch</p> <p>11:45 Measure K Review Election Information For November 8th</p> <p>12:30-1:30 Wii Bowling</p> 	12	<p>9:15 Coffee /Snacks</p> <p>10:00</p> <p>11:00 Lunch</p> <p>11:45-1:30 Mid-day Movie</p> 	13	<p>9:15 Coffee Break</p> <p>10:00 HICAP- Counseling</p> <p>10:00 VA Representative</p> <p>10-12 Tech Time w/Francisco</p> <p>10:00 Trust Planning</p> <p>11:00 Lunch</p> <p>12:30 Line Dancing</p> 	14	<p>9:15 Coffee & News</p> <p>11:00 Lunch</p> <p>12:30-5:00 pm Senior Club Bingo</p> 	15	<p>Medicare Open Enrollment Begins</p> 
16	<p>9:15 Coffee/ Snacks</p> <p>10:00 Karr Insurance w/ Medicare Information</p> <p>10:30 BOOK SALE</p> <p>11:00 Lunch</p> <p>12:15 Chair Yoga w/ Jing</p> 	18	<p>9:15 Coffee Break</p> <p>9:30 ZUMBA with Maria</p> <p>10-11:30 Desert Oasis Healthcare w/ New Medicare Information</p> <p>11:00 Lunch</p> <p>12:30 -1:30 Wii Bowling</p> 	19	<p>9:15 Coffee / News</p> <p>10:00 Proctor Insurance</p> <p>11:00 Lunch</p> <p>Anthem Insurance BIRTHDAY CELEBRATION Sponsor</p> <p>11:30-1:30pm Karaoke Party with Charlie Garcia</p> 	20	<p>9-10:30 CAP Food Pantry</p> <p>Family Development Program</p> <p>Rental Assistance</p> <p>Rehousing Service</p> <p>Gas Cards /Referrals</p> <p>10:20 Great Shakeout Drill</p> <p>11:00 Lunch</p> <p>12:30 Line Dancing</p> 	21	<p>9:15 Coffee & TV</p> <p>11:00 Lunch</p> <p>12:30-5:00pm Senior Club Bingo</p> 	22	
23	<p>9:15 Coffee & Treats</p> <p>10:00 Dena w/ SENIOR BENEFIT ASSISTANCE</p> <p>10:00 Meditation w/Yoon</p> <p>10:00 Ruth w/ SCAN</p> <p>11:00 Lunch</p> <p>12:15 GENTLE CHAIR YOGA</p> 	25	<p>9:15 Coffee/ Snacks</p> <p>9:30 with Maria</p> <p>ZUMBA</p> <p>11:00 Lunch</p> <p>10-1pm Craft Class Making Your Own Fall Wreath</p> <p>12:30-1:30 Wii Bowling</p> 	26	<p>National Pumpkin Day!</p> <p>9:15 Coffee & News</p> <p>10-11 -Craft- Decorating Pumpkins</p> <p>11:00 Lunch</p> <p>11:30-1:30 Keyboard Sounds By Cat Cohen</p> <p>Wear your Crazy Halloween Hat</p> 	27	<p>9:15 Coffee Break</p> <p>10-11 Emergency Preparedness Talk Importance of Phone #'s</p> <p>11:00 Lunch</p> <p>12-1pm REGIONAL COUNCIL ON AGING MTG</p> <p>12:30-2pm Special Zumba/ Line Dance Fun Dancing Event</p>	28	<p>9:15 Coffee Time</p> <p>11:00 Lunch</p> <p>12:30-5:00pm Senior Club Bingo</p> 	29	
30	<p>Halloween Party</p> <p>Lunch</p> <p>Magic Show</p> <p>Special Treats</p> <p>Raffles</p> 	31	<p>Happy Halloween</p> 		<p>SHAKE THEM BONES</p> 		<p>JOIN OR RENEW TODAY</p> <p>Senior Center Membership</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.