


























Yucca Valley Senior Center Activity Calendar

November

Sun Mon Tue Wed Thu Fri Sat

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

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

		<p>9:00 Zumba w/ Maria 1</p> <p>10-11 Move Well Live Well Balance Class with Joshua</p> <p>11:00 Lunch</p> <p>11:30 JTMB Jam Band</p> <p>12:00 Wii Bowling </p>	<p>9:00 VA Benefit Help 2</p> <p>10:00 Office of Aging Bus Passes</p> <p>10:00 Spectrum Representative</p> <p>11:00 Lunch</p> <p>1-2pm Pilates with Shawn new CLASS! <i>Bring Your Own Mat</i></p>	<p>9:15 Hot Cocoa Bar 3</p> <p>10:00 Move Well Live Well Balance Class with Joshua</p> <p>10-11:30 DESERT OASIS <small>RECREATION</small></p> <p>11:00 Lunch</p> <p>12:30 Line Dancing with Janie </p>	<p>9:15 Coffee Break 4</p> <p>11:00 Lunch</p> <p>12:30-5:00 Senior Club Bingo</p> 	5
<p>6</p>  <p>DO NOT FORGET TO FALL BACK </p>	<p>HOT COCOA BAR 7</p> <p>9:15 Breakfast Snacks</p> <p>10:30 Bread Giveaway</p> <p>11:00 Lunch</p> <p>12:15 Chair Yoga</p> <p>1:00 Domino's </p> <p>Chair Yoga</p>	<p>9:00 Coffee/Snacks 8</p> <p>9:00 ZUMBA </p> <p>10:00 Move Well Live Well Balance Class with Joshua</p> <p>11:00 Lunch</p> <p>12:30-1:30 Wii Bowling </p> <p>ELECTION DAY </p> <p>Don't Forget to VOTE!</p>	<p>9:00 Coffee Break 9</p> <p>10:00 Group Puzzles</p> <p>11:00 Birthday Lunch</p> <p>Proctor Insurance </p> <p>Birthday Sponsor </p> <p>GREEK MUSIC</p> <p>11:30 Accompanied by Delphine on the Clarinet</p>	<p>9:15 Hot Cocoa Bar 10</p> <p>10:00 Move Well Live Well Balance Class with Joshua</p> <p>10:00 HICAP Medicare Counseling</p> <p>10-12 Joseph with Anthem Insurance</p> <p>11:00 Lunch</p> <p>12:30 Social Time </p>	<p>VETERANS DAY PROGRAM 11</p> <p>8-10am Pancake Breakfast @ Senior Center for Veterans</p> <p>10am Veteran's Day Recognition Event</p> <p>VV Community Center</p> <p>Live Band  Hot Dog Lunch</p> <p>Senior Center Closed</p>	12
13	<p>9:15 HOT CHOCOLATE BAR 14</p> <p>10:00 SCAN w/Ruth</p> <p>Medicare Presentation Senior Benefit Assistance</p> <p>11:00 Lunch</p> <p>12:15 Chair Yoga</p> <p> w/Jing</p>	<p>9:00 Coffee/News 15</p> <p>9:00 ZUMBA with Maria</p> <p>10:00 Move Well Live Well Balance Class with Joshua</p> <p>11:00 Lunch</p> <p>12:30-1:30pm GOING IN STYLE Movie Day </p>	<p>9:00 Coffee/TV time 16</p> <p>10:00 Proctor Insurance</p> <p>11:00 Lunch</p> <p>12:00-2:00 pm CTAP</p> <p>Smartphone Training Class </p> <p>Android and iPhone</p> <p>Pre-registration required</p>	<p>9-10:30 Mobile Food Pantry / Gas Cards 17</p> <p>11-2pm Thanksgiving Lunch Program with entertainment by Tommy Dodson on the Piano</p> 	<p>9:15 Coffee Time 18</p> <p>11:00 Pizza Lunch <i>Provided by Senior Club</i></p> <p>12:30-4:30 Senior Club Bingo</p> <p>BINGO </p> <p>BUG</p>	<p>19</p> <p>YV Chamber</p> <p>Art Festival</p> <p>10am-4pm</p> <p>YV Community Center</p>
20	<p>9:15 Coffee/Hot Chocolate Bar 21</p> <p>10:00 Peter w/ Annetta Insurance Medicare Information</p> <p>11:00 Lunch</p> <p>12:15 Try Chair Yoga with Jing</p> <p>Stretch</p>	<p>9:15 Coffee/Cereal 22</p> <p>9:00 Zumba</p> <p>10-12 John F Kennedy Presentation/Diorama <i>Provided by Tim</i></p> <p>11:00 Lunch</p> <p>12:30 FUN GAMES </p> <p>Checkers-Scrabble-Dominoes</p>	<p>9:15 Coffee/Treats 23</p> <p>10:00 SOCIAL TIME</p> <p>Hand Turkey Drawing Contest</p> <p>11:00 Lunch</p> <p>1:00 Pilates Workout with Shawn</p> <p><i>Bring Your Own Mat</i> </p>	<p>24 25</p> <p>Sorry WE'RE CLOSED </p> <p>Thanksgiving Holiday</p>		26
27	<p>9:15 Coffee Time 28</p> <p>10:00 Senior Benefit Case Manager <i>Make Your Appointment</i></p> <p>11:00 Lunch</p> <p>12:15 CHAIR YOGA </p>	<p>9:15 Coffee/News 29</p> <p>10:00 Move Well Live Well Balance Class with Joshua</p> <p>10-12 DESERT OASIS <small>RECREATION</small></p> <p>Medicare Plan Info</p> <p>12:30 Dance Just to Dance With Cookie </p>	<p>9:15 Coffee/News 30</p> <p>10:00 Karr Insurance Medicare Information</p> <p>11:00 Lunch</p> <p>11:30-1:30 Musical Performance by: Paul Gerkin </p>	<p>SENIORS ON THE MOVE</p> <p><i>this is a hoot!</i> </p> <p>YVSC offers health and wellness classes that provide activity and exercise for SENIORS for all abilities!</p> <p>NEW CLASSES!</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 donation are accepted for lunch - \$9.75 per meal will be charged for lunch participants age 59 and under.