

# Hello January

# Yucca Valley Senior Center Activity Calendar

# 2023

Su	Mon	Tue	Wed	Thu	Fri	Sat
<b>Yucca Valley Senior Center</b> 57088 Twentynine Palms Hwy, Yucca Valley, CA 92284 (760) 853-0208					<b>HOURS OF OPERATION</b> Monday - Thursday 9 am - 2 pm Friday 9 am - 12:30 pm	
<b>1</b>  Closed in celebration of the New Year! Hello 2023!	<b>2</b>  FRIENDS, WE MISSED YOU! 9:15 Coffee/News 10:00 Social Time 11:00 Lunch 12-2:00 Games/TV or Social Time	<b>3</b> 9:15 Coffee & News 9-12 Senior Club  11:00 Lunch 12-2pm Enjoy Visiting And Networking with Friends..	<b>4</b> 9:15 Coffee Break 10:00 Bus Passes Office on Aging 11:00 Lunch 12-2:00 Dominoes 	<b>5</b> 9:15 Coffee Break 11:00 Lunch 12:30-5:00 Senior Club BINGO 	<b>6</b> 9:15 Coffee & News 10-12 Social Worker Assistance for Senior Benefits 10:00 FREE BREAD 11:00 Lunch 12:15 Chair Yoga w/ Jing	<b>7</b> 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Dance Exercise Class with Cooki 
<b>8</b> 9:15 Coffee/News 10-12 Social Worker Assistance for Senior Benefits 10:00 FREE BREAD 11:00 Lunch 12:15 Chair Yoga w/ Jing	<b>9</b> 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Dance Exercise Class with Cooki	<b>10</b> 9:15 Coffee/ News 9:45 Pilates with Shawn Bring Your Own Mat  11:00 Lunch 12-2pm Wii Bowling Grab A Friend and Let's Bowl!	<b>11</b> 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 LINE DANCING with Janie- Special Cha Cha Espana 	<b>12</b> 9:15 Coffee & News Time 11:00 Lunch 12:30-5:00 Senior Center BINGO 	<b>13</b> 9:15 Coffee & News Time 11:00 Lunch 12:30-5:00 Senior Club BINGO 	<b>14</b> 9:00 Zumba 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1:30 Wii Bowling 
<b>15</b> Senior Center Closed Remembering the Dream 	<b>16</b> 9:00 Zumba 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1:30 Wii Bowling 	<b>17</b> 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch Joseph w/ Anthem Insurance BIRTHDAY CELEBRATION SPONSOR 11:30-1:30 KARAOKE with Burke 	<b>18</b> 9:15 Coffee Time 9-10:30 MOBILE FOOD PANTRY 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 LINE DANCING w/Janie 	<b>19</b> 9:15 Coffee & News Time 11:00 Lunch 2:30-5:00 Senior Club BINGO 	<b>20</b> 9:15 Coffee/News 10-12 Social Worker Assistance for Senior Benefits 10:00 Bread Giveaway 11:00 Lunch 12:15 CHAIR YOGA WITH JING 	<b>21</b> 9:15 Coffee/News 9:45 Pilates w/ Shawn Bring Your Own Mat 11:00 Lunch 12:30-2 Movie Day!  1989 Classic Starring: Morgan Freeman and Jessica Tandy DRIVING MISS DASY
<b>22</b> 9:15 Coffee/News 10-12 Social Worker Assistance for Senior Benefits 10:00 Bread Giveaway 11:00 Lunch 12:15 CHAIR YOGA WITH JING 	<b>23</b> 9:00 Zumba Dancing for your Health! w/ Maria 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1 Dance Exercise Class with Cooki! 	<b>24</b> 9:15 Coffee/News 9:45 Pilates w/ Shawn Bring Your Own Mat 11:00 Lunch 12:30-2 Movie Day!  1989 Classic Starring: Morgan Freeman and Jessica Tandy DRIVING MISS DASY	<b>25</b> 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:00-1:00 Regional Council of Aging Mtg. 12:30 LINE DANCING w/Janie 	<b>26</b> 9:15 Coffee & News Time 11:00 Lunch 12:30-5:00 Senior Club BINGO 	<b>27</b> 9:15 Coffee/News 10-1 Thrift Store Sun Room \$1.00 Sale 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-2 Puzzles and Games National Hot Chocolate Day!	<b>28</b> Share your Talents.. Host a Craft Class Lead Card Games Teach a Painting Class Help in our Thrift Store! 
<b>29</b> 9:15 Coffee/News 10:00 Bread Giveaway 11:00 Lunch 12:15 CHAIR YOGA w/ Jing 	<b>30</b> 9:00 Zumba 10-1 Thrift Store Sun Room \$1.00 Sale 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-2 Puzzles and Games National Hot Chocolate Day!	<b>31</b> Share your Talents.. Host a Craft Class Lead Card Games Teach a Painting Class Help in our Thrift Store! 				

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- Lunch participants' age 59 and under will be charged \$9.75 per meal.