



Yucca Valley Senior Center Activity Calendar



well hello
march



Sun Mon Tue Wed Thu Fri Sat

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

HOURS OF OPERATION
Monday - Thursday 9 am - 2 pm
Friday 9 am - 12:30pm

		<p>9:15 Coffee Time 1 10:00 Office on Aging providing Bus Passes 10:15 Pilates w/ Shawn 11:30-1:30 Keyboard Sounds of Cat Cohen</p>	<p>9:00 Coffee & Tea 2 9:00 <i>Tai Chi Class</i> 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing </p>	<p>9:15 Coffee 3 10:00 News 11:00 Lunch 12:30-5:00 Senior Club Bingo </p>	<p>4</p>
<p>5</p>	<p>9:15 Coffee & Tea 6 10:30 Free Bread 9-12 Senior Club Book Sale 10-2pm Hair Cut <i>Beauty Day</i>- Reserve your appointment Space is limited 11:00 Lunch</p>	<p>9:15 Coffee & News 7 9:00 <i>ZUMBA</i> with Dennis 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 11:30-1:30 KARAOKE with Burke</p>	<p>9:15 Coffee & News 8 10:15 Pilates w/ Shawn Hsted at the Community Center 9-12 Senior Club Video Sale 11:00 Lunch 12:15-2pm <i>Movie Day</i> Featuring the upside</p>	<p>9:00 <i>Tai Chi Class</i> 9 9-1pm Inland County Legal (by appointment) 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Janie's Line Dancing Class </p>	<p>9:15 Coffee & News 10 11:00 Lunch 12:30-5:00 Senior Club Bingo </p> <p>11 Yucca Valley Youth Commission Present a <i>Senior Dance</i> 6-8pm YV Community Center Featuring "Hot Rod Devils" Old country and Rock N Roll</p>
<p>12</p>	<p>9:15 Cereal and Coffee 10:30 Free Bread Giveaway 11:00 Lunch 12:00-1pm Lecture Series from High Desert Medical Center</p>	<p> NATIONAL POTATO CHIP DAY 9:00 Zumba 10:00 Move Well Live Well Balance Class w/ Joshua 11:00 Lunch 12:15 Dance exercise with Cooki</p>	<p>9:15 Coffee & Tea 15 10-12 Christi w/SCAN 10-12 Estate & Trust Planning Assistance 10:15 Pilates w/ Shawn Hsted at the Community Center 11:00 Lunch 12:30 Wii Bowling </p>	<p>9:00 <i>Tai Chi Class</i> 16 9-10:30 MOBILE FOOD PANTRY 10:00 Move Well Live Well Balance Class with Joshua 9:30-12 HI-CAP Medicare Advisement 11:00 Lunch 12:30 Line Dancing! with Janie</p>	<p>9:15 Coffee 17 11:00 St Patrick's Day Lunch 12:30-5:00pm Senior Club Bingo <i>"Be Luck Would Have It"</i> </p>
<p>19</p>	<p>9:15 Cereal and Coffee 10:30 Free Bread Giveaway 11:00 Lunch 12:15 <i>yoga with Jing</i> </p>	<p>9:00 Coffee & Tea 20 10:00 Move Well Live Well Balance Class w/ Joshua 10-1 Adult Literacy Help 11:00 Lunch 12-2pm Spring Wreath Making Class (all supplies included) </p>	<p>9:15 Coffee & Tea 22 10:15 Pilates w/ Shawn Hsted at the Community Center <i>Anthem Insurance</i> CELEBRATION SPONSOR 11:30-1:30 Music Solos by Burke & Lance</p>	<p>9:15 Coffee & News 23 9:00 <i>Tai Chi Class</i> 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1pm Regional Council on Aging Mtg 12:30 Line Dancing w/ Janie</p>	<p>9:15 Coffee 24 11:00 Lunch 12:30-5:00 Senior Club Bingo </p>
<p>26</p>	<p>9:15 Cereal and Coffee 10:30 Free Bread Giveaway 11:00 Lunch 12:15 Chair Yoga With Jing </p>	<p>9:15 Coffee/ News 27 9:00 <i>ZUMBA</i> with Dennis 11:00 Lunch 12:15 <i>Dance Exercise with Cooki</i> Free Style </p>	<p>9:15 Coffee & Tea 29 9-12 Desert Oasis Healthcare Mobile Medical Unit- Health Screenings- Blood Pressure, Body Mass index, Glucose Checks and Covid Shots 12:30-1:30pm GAMES</p>	<p>9:15 Coffee & Tea 30 9:00 <i>Tai Chi Class</i> 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing </p>	<p>9:15 Coffee and Tea 31 11:00 Lunch 12:30-5:00 Senior Club Bingo </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) - Lunch participants age 59 and under will be charged \$9.75 per meal. Call for info!