



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Yucca Valley Senior Center 57088 Twentynine Palms Hwy, Yucca Valley, CA 92284 (760) 853-0208</p>						<p>Monday - Thursday 9 am - 2 pm Friday 9 am - 12:30 pm</p>
<p>Happy Father's Day</p>  <p>June 18th Honor DAD</p>		<p>PAGE YOURSELF TO WELLNESS</p> <p>Participate in Our Free Wellness Classes</p>		<p>9:15 Coffee/News 1 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing with Janie</p> 	<p>9:15 Coffee/News 2 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>3</p>
<p>4 9:15 Coffee/News 10:00 Social Worker Assistance for Seniors Apply for Medi-Cal or other Programs 11:00 Lunch 12:15 Chair Yoga w/ Jing</p> 	<p>5 9:00 Zumba 9:15 Coffee & News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 11:30-12:30 "The No Name Band" 12:30-2:30 Cooki's Lets Dance! Class</p>	<p>6 9:45 Chi Gung Class w/Vicki (like Tai Chi) 10:00 Bus Passes Office on Aging 10:00 Joseph w/ SCAN 10:15 Pilates w/ Shawn Hsted at the Community Center 11:00 Lunch 11:30 KARAOKE</p>	<p>7 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing</p> 	<p>8 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>9 9:15 Coffee/News 11:00 Lunch 12:30-5:00 Senior Club BINGO</p>	<p>10</p>
<p>11 National PEANUT BUTTER COOKIE Day 9:30 Health Ambassador Program Connecting community members to public health resources! 11:00 Lunch 12:15 Chair Yoga</p> 	<p>12 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:15- Yoon Teaches Korean Dance</p> 	<p>13 9:00 Coffee & Tea 9:45 Chi Gung Class w/Vicki (like Tai Chi) 10:15 Pilates w/ Shawn 10:00 Medicare Info Insurance w/ Christie 11:00 Lunch 11:30 Sing-a-Long with Cat Cohen</p> 	<p>14 9:15 Coffee/News 9:30- Mobile FOOD PANTRY 9-1 (By appointment) Inland County Legal 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing with Janie</p> 	<p>15 9:15 Coffee Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>16 9:15 Coffee Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p>	<p>17</p>
<p>18 9:15 Coffee & News Happy FATHER'S Day Lunch Celebration 11:30 Music by: Troy Hoglund Country- Southern Rock</p>   	<p>19 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 11:45 Movie Day Still Mine Still Mine is a thoughtful and sensitive movie based on the true story.</p> 	<p>20 9:15 Coffee & News 9:45 Chi Gung Class 10:15 Pilates w/ Shawn 11:00 Lunch SCAN Insurance BIRTHDAY CELEBRATION SPONSOR 12-2 Afternoon Games</p> 	<p>21 9:15 Coffee /News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 11:30 HICAP Presentation "Medicare Essentials" 12:30- Janie's Line Dancing Class</p> 	<p>22 9:15 Coffee Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>23 9:15 Coffee Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p>	<p>24</p>
<p>25 9:30 -10:30 Coffee w/ Captain Robert Warrick San Bernardino Sheriffs Department 10:00 Social Worker Assistance for Seniors 11:00 Lunch 12:15 Chair YOGA</p> 	<p>26 9:00 Zumba 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:00 Regional Council on Aging Meeting 12:30 Yoon's Korean Dance Class</p>	<p>27 9:15 Coffee & Fun 10:00 Pilates w/ Shawn Presented by the Senior Club Games Prizes Fun Food Entertainment</p> 	<p>28 9:15 Oatmeal Breakfast 10:00 Move Well Live Well Balance Class with Joshua 10-12 Thrift Store Deals 11:00 Lunch 12:30 Line Dancing Fun with Janie</p> 	<p>29 9:15 Coffee Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>30</p>	<p>31</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. - Noon Age 60 + (voluntary donation) - Lunch participants age 59 and under will be charged \$9.75 per meal.. Call for info!