



HELLO JULY

Yucca Valley Senior Center Activity Calendar



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 - 12:30 pm

	<h3 style="color: red;">4th of July Celebration</h3> <h2 style="color: red;">Concert & Fireworks Spectacular</h2> <p>Brehm Park-56620 Little League Drive</p> <p><i>Gates Open 6 pm, Concert 6:30pm</i> <i>Fireworks! 9:00 pm Admission is FREE</i></p>			1
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2	<p>9:15 Coffee & News 10:00 Sweets & Treats 11:00 BBQ Lunch</p> <p>Music by: Troy Hglund Country-Southern Rock</p>	3	<p style="color: red; font-weight: bold; font-size: 2em;">4th of July</p> <p style="color: red; font-weight: bold;">Closed</p>	5	6	7	8
	<p>9:15 Graham Crackers & Coffee 10:00 Bus Passes Provided by: Office on Aging 10:00 Joseph w/ SCAN 10:15 Pilates w/ Shawn <i>Hosted at the Community Center</i> <i>Bring Your Own Mat</i></p> <p>11:00 Lunch 12:15pm Chi Gung Class with Vicki</p>			<p>10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12pm Meet Dr. Sumit Mahajan-Internal Medical Specialist will talk Medicare/Insurance Pitfalls 12:30-2pm New Time Line Dancing <i>Line Dancing</i></p>		<p>9:15-10:30 Coffee & Social Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p>	

9	<p>9:15 Oatmeal and Coffee Morning 10:00 Social Worker Assistance for Seniors 10:30 Free Bread Giveaway 11:00 FSA Lunch 12:15 CHAIR YOGA with Jing</p>	10	<p>9:00 Cooki's Dance Exercise Class 10:00 Move Well Live Well Balance Class with Joshua 11:00 FSA Lunch 12:00 Move Well Live Well Balance Class with Joshua 1:00 Learn Korean Dance with Yoon</p>	11	12	13	14	15	
				<p>9:15 Coffee/News 9:45 Vicki's Chi Gung Class (similar to Tai Chi) 10:15 Pilates w/ Shawn <i>Hosted at the Community Center</i></p> <p>11:00 Lunch 11:30-1:30pm Cool Jazz Music <i>By Randy Smith</i></p>		<p>9:15 Coffee/TV 10:00 Move Well Live Well Balance Class with Joshua 10:00 Pacific Dermatology Resource information 11:00 Lunch 12:30-2pm New Time Line Dance Time with Janie</p>		<p>9:15-10:30 Coffee & Social Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p>	<p>Concert in the Park <i>Cash Up Front</i> Johnny Cash Tribute Band 7-9 pm</p>

16	<p>9:15 Coffee Time 10:30 BREAD Giveaway 11:00 Lunch 11:45 Alzheimer's Topic Talk "Healthy Living for Your Brain and Body" 12:15 Chair Yoga with Jing</p>	17	<p>9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:15 Learn Korean Dance Class with Yoon</p>	18	19	20	21	22
					<p>9:45 Chi Gung Class 10:15 Pilates w/ Shawn What's on your Bucket List? MY JUMP BIRTH-DAY & LUNCH CELEBRATION SPONSOR Helping Seniors achieve what's left on their Bucket List- Presentation at 11:30 Reach Your Dreams!</p>	<p>9:15 Coffee/TV 9:30-11 MOBILE FOOD PANTRY 10:00 Inland County Legal—Appointment needed 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2pm with Janie</p>	<p>9:15 -10:30 Coffee & SOCIAL TIME 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> <p>National Junk Food Day!</p>	<p>Concert in the Park <i>Fan Halen</i> Van Halen Tribute Band 7-9 pm</p>

24	<p>9:15 Coffee/TV 10:30 Bread Giveaway 10:00 Social Worker Help for Seniors 11:00 Lunch 12:15 Chair YOGA</p>	25	<p>9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1 RCA Monthly Meeting 12:00 Move Well Live Well Balance Class with Joshua</p>	26	27	28	29
				<p>9:15 Lemonade 9:45 Chi Gung Class 10:15 Pilates w/ Shawn 11:00 Lunch Fun Day Crafter-Vendors Christmas in JULY</p>	<p>9:15 Coffee/News 9-12 HICAP-Info 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2pm Line Dancing</p>	<p>9:15 -10:30 SOCIAL/TV TIME 11:00 Lunch 12:30-5:00 Senior Club BINGO</p>	<p>Concert in the Park <i>Gypsy Dreams</i> Fleetwood Mac Tribute Band</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. Voluntary donations are accepted and appreciated for lunch—\$9.50 per meal will be charged for lunch participants age 59 and under.