

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 - 12:30pm
		9:00 Coffee & News 1 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:15 <i>Traditional Korean Dance with Yoon</i>	9:00 Joseph w/ SCAN 2 10:00 Tranquility Sands Hospice representative 10:00 Office on Aging providing Bus Passes 10:15 Pilates w/ Shawn at Community Center 11:00 Lunch 12:15 Chi Gung Class	9:15 Coffee & Tea 3 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2pm <i>Line Dancing</i>	9:15 Coffee 4 10:00 News 11:00 Lunch 	 5 Concert in the Park <i>The Hodads</i> Rock Music 7-9 pm
6 9:15 Milk & Cereal 7 10-1pm TECH TIME <i>Make your appointment</i> 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga 	9:00  8 10:00 Move Well Live Well Balance Class w/ Joshua 11:00 Lunch 12:15 <i>Let's Dance with Cooki</i>	9:15 Coffee & News 9 9:45 Chi Gung w/Vicki 10:15 Pilates w/ Shawn <i>Hosted at the Community Center</i> 11:00 Lunch 12:00 Alzheimer's Talk "Healthy Living for the Brain" 9-12 "Book Lovers Day" 	9:00 Coffee & Tea 10 10:00 JK Honey Senior Concierge resource info 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2pm 	9:15 Coffee & Snacks 11 11:00 Lunch 12:30-5:00 Senior Club Bngo 	 12 Concert in the Park <i>O C Groove</i> Motown Funk Music 7-9 pm	
13 9:15 Coffee Time 14 10:00 Senior Assistance <i>Make your appointment</i> 10:30 Bread Giveaway 11:00 Lunch 11:15  Sponsored by Karr Ins 12:15 Chair Yoga	9:00 Zumba 15 10:00 Move Well Live Well Balance Class w/ Joshua 10:00  Medi-Cal Dental Program 11:00 Lunch 12:15 Traditional Korean Dance Class	9:15 Coffee & Tea 16 9:45 Chi Gung w/Vicki 10-12 Christi w/Ins. info 10:15 Pilates w/ Shawn <i>Hosted at the Community Center</i> 11:00 Lunch 11:30 Cat Cohen A Keyboard Wizard "Dog Days of Summer Show" Bring Photo of your Dog	9:30 MOBILE FOOD PANTRY 17  9-1pm Inland County Legal (by appointment) 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2pm Janie's <i>Line Dancing</i> 	9:15 Coffee & Snacks 18 11:00 Lunch 12:30-5:00 Senior Club Bngo 	19	
20  10:30 Bread Giveaway 11:00 Lunch w/ <i>Special Deserts</i> 12:15 Chair Yoga 	9:15 Coffee & News 22 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1pm Regional Council on Aging Mtg 12:15 Dance <i>Exercise with Cooki</i>	9:00 Chi Gung 23 10:00 Tai Chi <i>It's Back!</i> 10:15 Pilates w/ Shawn 11:00 Lunch United  Healthcare Birthday CELEBRATION SPONSOR 11:30 KARAOKE <i>with Charlie</i>	9:15 Coffee & News 24 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch with Waffle Bar  12:30-2pm Line Dancing 	9:15 Coffee & Snacks 25 11:00 Lunch 12:30-5:00pm Senior Club Bngo 	 26 Tickets now Available <i>Senior Dance and Dinner</i> 6-8pm Featuring "Hot Rod Devilles" Old country and Rock N Roll	
27 9:15 Milk & Cereal 28 10:00 Senior Assistance <i>Make your appointment</i> 10:00 UnitedHealthcare Representative for Q&A 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga	9:15 Coffee/ News 29 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1pm Pain & Disability Support Group lead by Joshua (Balance Instructor)	9:00 Chi Gung 30 10:00 Tai Chi 10:15 Pilates w/ Shawn <i>Hosted at the Community Center</i> 11:00 Lunch 11:45 SCAN Topic Talk "The Benefits of Drinking Water" 1:00 GAMES-Chair Hockey	9:15 Coffee 31 10:00 Move Well Live Well Balance Class with Joshua 10:00 California Phones Disabled Telecommunications Program 11:00 Lunch 12:30-2pm 	9:15 Coffee & Snacks 31 11:00 Lunch 12:30-5:00pm Senior Club Bngo 		

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!