

# Yucca Valley Senior Center Activity Calendar



**Su**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

Mon-Thursday 9am-2pm  
Friday 9am-12:30pm

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

<p><b>1</b></p>	<p>9:15 Coffee &amp; TV 10-1pm <b>Tech Time</b> 10:00  United Healthcare 10:30 <b>Bread Giveaway</b> 11:00 <b>Lunch</b> 12:15  Chair Yoga</p>	<p><b>2</b></p> <p>9:00  <b>ZUMBA</b> <b>3</b> 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 11:00 <b>Lunch</b> 12:00 <b>Pain &amp; Disability Support Group</b> lead by Joshua (Balance Instructor) 1:00 TV Time</p>	<p><b>4</b></p> <p>9:15 Coffee Time 10:00 Office of Aging (Bus Passes) 10:00 Joseph w/ <b>SCAN</b> 10:00 <b>TAI CHI</b> 11:00 <b>Lunch</b> 11:30  <b>NATIONAL TACO DAY</b> OCTOBER 4 Hispanic Music by Charlie</p>	<p><b>5</b></p> <p>9:15 Coffee Time 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 11:00 <b>Lunch</b> 12:30-2:00  <b>Line Dancing w/Janie</b></p>	<p><b>6</b></p> <p>9:15 Coffee &amp; News 10:00 Social Time 11:00 <b>Lunch</b> 12:30-5:00pm <b>Senior Club Bingo</b> </p>	<p><b>7</b></p>
<p><b>8</b></p>	<p>9:15 Coffee &amp; News 10:00 <b>SENIOR BENEFIT ASSISTANCE</b> with Dena 10:30 <b>Bread Giveaway</b> 10:00 Christie Cuellar Medicare Health Plans 11:00 <b>Lunch</b> 12:15 Chair Yoga with Jing </p>	<p><b>9</b></p> <p>9:00 <b>ZUMBA</b> <b>10</b> 9:15 Coffee &amp; Snacks 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 11:00 <b>Lunch</b> 12:15 Learn Korean Dance and Exercise with Yoon </p>	<p><b>11</b></p> <p>9:00 Coffee &amp; Snacks 9:00 <b>CHI GUNG</b> w/ Vicki 10:00  <b>TAI CHI</b> life in balance 9-12 <b>VA Representative</b> Make your appointment 11:00 <b>Lunch</b> 11:45 "About our Hospital" Presentation by Rehabilitation Hospital in Rancho Mirage</p>	<p><b>12</b></p> <p>9:15 Coffee Time 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 11:00 <b>Lunch</b> 12:30- 2:00 pm <b>Line Dancing w/Janie</b> </p>	<p><b>13</b></p> <p>9:15 Coffee &amp; News 10:00 Social Time 11:00 <b>Lunch</b> 12:30-5:00 pm <b>Senior Club Bingo</b> </p>	<p><b>14</b></p> <p><b>Community RUMMAGE SALE</b> <b>Senior Center</b> 8:30am to 1:00 pm Help Support the Seniors!</p>
<p><b>15</b></p> <p><b>OPEN ENROLLMENT</b></p>	<p>9:15 Coffee Time 10:00 <b>Destiny Hospice</b> 10:00 <b>DESERT OASIS</b> Medicare Workshop 10-2 Thrift Store <b>BOOK SALE!</b> 11:00 <b>Lunch</b> 12:15-1:15 Chair Yoga w/ Jing </p>	<p><b>17</b></p> <p>9:00 Coffee Break 9:00 <b>Zumba Dance</b> 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 11:00 <b>Lunch</b> 12:00 <b>Pain &amp; Disability Support Group</b> lead by Joshua (Balance Instructor) 1:00 <b>Games/Puzzles</b> with your friends </p>	<p><b>18</b></p> <p>9:00 Coffee &amp; Snacks 9:30 <b>CHI GUNG</b> w/ Vicki 11:00 <b>Lunch</b> "Birthday Celebration" <b>BILHARTZ INSURANCE</b> This months sponsor 11:30-1:30 Magic Entertainment By: Ismael </p>	<p><b>19</b></p> <p>9:30 -10:30  <b>mobile food pantry</b> 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 10:20 Great Earthquake Drill <b>Shake Out</b> 11:00 <b>Lunch</b> 12:30-2:00 <b>Line Dancing</b></p>	<p><b>20</b></p> <p>9:15 Social Time w/ Coffee 11:00 <b>Lunch</b> 12:30-5:00pm <b>Senior Club Bingo</b> </p>	<p><b>21</b></p>
<p><b>22</b></p>	<p>9:15 Coffee &amp; News 10:00 Milk and Cereal Breakfast 10:00 <b>TECH TIME</b> 10:00  United Healthcare 10:00 <b>SENIOR BENEFIT ASSISTANCE</b> with Dena 11:00 <b>Lunch</b> 12:15-1:15 <b>CHAIR YOGA</b> </p>	<p><b>24</b></p> <p>9:00 Coffee Break 9:00 <b>Zumba</b> with Maria 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 11:00 <b>Lunch</b> 12:00 <b>Afternoon Movie!</b> </p>	<p><b>25</b></p> <p>9:00 Coffee &amp; News 9:30 <b>CHI GUNG</b> w/ Vicki 11:00 <b>Lunch</b> <b>Crazy Hat Contest!</b> 11:30-1:30 <b>Halloween Sing Along &amp; Spooky Dance</b> by: Keyboard Wizard <b>Cat Cohen</b> </p>	<p><b>26</b></p> <p>9:15 Coffee &amp; News 10:00 <b>Move Well Live Well</b> Balance Class with Joshua 10:00 <b>HICAP</b> Counseling 11:00 <b>Lunch</b> 12:30-2:00 <b>Halloween</b> Learn to <b>Line Dance</b> with Janie </p>	<p><b>27</b></p> <p>9:15 Coffee &amp; TV 10:00 Social Time 11:00 <b>Lunch</b> 12:30-5:00pm <b>Senior Club Bingo</b> </p>	<p><b>28</b></p>
<p><b>29</b></p>	<p>9:00 Coffee Break 9:30 Social Time 10:30 <b>Bread Giveaway</b> 11:00 <b>Lunch</b> 12:15 Chair Yoga with Jing </p>	<p><b>31</b></p> <p><b>HALLOWEEN PARTY!</b> Fun Afternoon Events: Lunch- <b>Halloween Snacks</b> <b>Country Karaoke</b> by: Troy <b>Costume Contests</b> with Prizes <b>Photo Booth</b> 11:00-2:00 pm</p>	<p>with Shawn <b>Pilates</b> Every Wednesday in October 10:15 Hosted at the Yucca Valley Community Center </p>		<p><b>Volunteers Needed :</b> Do you have a Talent you would like to share with us at the Senior Center ? Call for Info-760-853-0208 </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 donations are accepted for lunch - \$9.75 per meal will be charged for lunch participants age 59 and under.