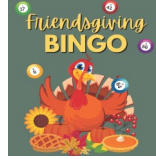


November

Sun Mon Tue Wed Thu Fri Sat

Yucca Valley Senior Center Activity Calendar

<p>Fall Back</p>  <p>Set your clocks back One Hour</p>		<p>9:30 Joseph w/SCAN 1 10:00 Office of Aging Bus Passes 10:15 Pilates w/Shawn <i>Hosted at YV Community Center</i> 11:30 SCAN Medicare Benefit Meeting 12:15 Chi Gung</p>	<p>9:15 Coffee/News 2 9:45 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 -2:00 pm Line Dancing w/ Janie</p> 	<p>9:15 Coffee Break 3 11:00 Lunch 12:30-5:00 Senior Club Bingo</p> 	<p>4</p> 
<p>5 9:15 Coffee & Snacks 6 10:00 DESERT OASIS HEALTHCARE Medicare Benefit Meeting 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga with Jing Chair Yoga</p>	<p>9:00 Coffee/Snacks 7 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 10:00 United Healthcare 11:00 Lunch 12:00-1:00 Pain & Disability Support Group Pain Management</p>	<p>9:30 Chi Gung 10:15 Pilates w/Shawn <i>Hosted at YV Community Center</i> 9:30 Estate Planning Info 10:00 MBHD Lecture- Hypertension & Diabetes 11:00 Birthday Sponsor Reach Out Morongo Basin 11:30 Cool Jazz Music By Randy Smith</p>	<p>9:00 Coffee/News 9 9:45 Move Well Live Well Balance Class with Joshua 10-12 Senior Club USED BOOK SALE 11:00 Lunch 12:30-2:00pm Line Dancing Classes</p>  	<p>9:15 Coffee 10 NO LUNCH TODAY 12:30-5:00 Senior Club Bingo</p> 	<p>VETERANS DAY Breakfast Celebration for Veterans and their plus one! 8:30-10:30am <i>thank you FOR YOUR SERVICE</i></p>
<p>12 9:15 Move Well Live Well Balance Class 9-12 Haircuts by Letitia 10-1 SENIOR BENEFIT ASSISTANCE with Dena 11:00 Lunch 11:30 Serenity Hospice providing "Orange Soda Floats" 12:15 Chair Yoga</p>	<p>9:00 Coffee Break 14 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 11:45 Health Talk by Dr. Sumit Mahajan 12:15 Korean DANCE and Exercise</p>	<p>9:00 Coffee/TV time 15 10:15 Pilates w/Shawn <i>Hosted at YV Community Center</i> 9:30-10:30 11:00 Lunch 12:30-2:00 pm Line Dancing Classes</p>  	<p>9:15 Coffee Time 16 11-2pm Thanksgiving Lunch Program with Music Entertainment by Clyde Grabski</p> 	<p>9:15 Coffee Break 17 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p> 	<p>18</p>
<p>19 9-1 TECH TIME 20 9:15 Move Well Live Well Balance Class w/Joshua 10:00 DESERT OASIS HEALTHCARE Medicare Presentation 10:00 Christie Cuellar Medicare Health Plans 11:00 Lunch 12:15 Chair Yoga</p>	<p>9:00 Zumba 21 10:00 Move Well Live Well Balance Class w/Joshua 10-12 John F Kennedy Presentation/Diorama <i>Provided by Tim</i> 11:00 Lunch 12:15 Pain & Disability Support Group lead by Joshua</p>	<p>9:15 Coffee Time 22 9:30 Chi Gung 10:15 Pilates w/Shawn <i>Hosted at YV Community Center</i> 11:00 Lunch 11:30 Music by: Ray Hogue</p> 	<p>23 24</p>  <p>Thanksgiving Holiday</p>		<p>25</p> 
<p>26 9:15 Coffee/News 27 10-1 SENIOR BENEFIT ASSISTANCE with Dena Help with Medi-Cal 10:30 Bread Giveaway 11:00 Lunch 12:15 CHAIR YOGA</p>	<p>9:15 Coffee/News 28 9:00 ZUMBA 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1pm everyone's welcome Regional Council on Aging Meeting</p>	<p>9:15 Coffee/News 29 9:30 Chi Gung 10:15 Pilates w/Shawn 11:00 Lunch 12-1:45pm Movie Day</p> 	<p>9:15 Coffee Time 30 9:45 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2:00 Line Dancing!</p> 		<p>SENIORS 55+ Get Involved Be Active Stay Connected Here at the Yucca Valley Senior Center</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 are accepted for lunch- \$9.75 per meal will be charged for lunch participants age 59 and under.