

Yucca Valley Senior Center Activity Calendar

JANUARY

2024

Su	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	
	1 SENIOR CENTER CLOSED 	2  9:15 Coffee/News 10:00 Social Time 11:00 Lunch 12-2:00 Games/TV or Social Time	3 9:15 Coffee & News 10:00 Office of Aging 60 (+) FREE BUS PASSES  9-12 Reopens 12-2 Enjoy Visiting with Your Friends	4 9:15 Coffee Break 11:00 Lunch 12-2:00 Dominoes 	5 9:15 Coffee Time 11:00 Lunch 12:30-5:00 Senior Club BINGO 	6
7	8 9:15 Coffee/News 10-12 Social Worker Assistance for Senior Benefits 10:00  11:00 Lunch 12:15 Chair Yoga w/ Jing	9 9:15  10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Dance Exercise Class with Cooki 	10 9:15 Coffee/ News 9:30 CHI GUNG 10:15 Pilates with Shawn at the YV Community Center 9:30 TECH TIME 11:00 Lunch 12-2pm  Grab A Friend and Let's Bowl!	11 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2pm LINE DANCING with Janie 	12 9:15 Coffee & News Time 11:00 Lunch 12:30-5:00 Senior Center 	13
14	15 Senior Center Closed <i>Remembering the Dream</i> 	16 9:00  10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:00 Pain & Disability Support Group hosted by Joshua- Balance Instructor 	17 9:30 CHI GUNG 10:15 Pilates with Shawn- Community Center 11:00 Lunch Town of Yucca Valley BIRTHDAY CELEBRATION SPONSOR 11:30-1:30  with Charlie	18 9:15 Coffee Time 9-10:30  10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 LINE DANCING w/Janie 	19 9:15 Coffee & News Time 11:00 Lunch 2:30-5:00 Senior Club BINGO 	20
21	22 9:15 Coffee/News 10-12 Social Worker Assistance for Senior Benefits 10:00 Thrift Store Sale 11:00 Lunch 12:15 Chair Yoga with Jing 	23 9:00  Dancing for your Health! w/ Maria 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 1:00 Senior Chair Fitness with Shawn 	24 9:30 CHI GUNG 9:30-12 VA Representative 10:15 Pilates w/ Shawn 12:30-2 Movie Day!  Starring: Wilford Brimley Brian Dennehy Jessica Tandy 1985 Classic	25 9:15 Coffee/News 10:00 Move Well Live Well Balance Class with Joshua 10:00 Book SALE 11:00 Lunch 12:30 LINE DANCING w/Janie 	26 9:15 Coffee & News Time 11:00 Lunch 12:30-5:00 Senior Club BINGO 	27
28	29 9:15 Coffee/News 10:00 Bread Giveaway 11:00 Lunch 12:15 CHAIR YOGA w/ Jing 	30 9:00  10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1 Pain & Disability Support Group hosted by Joshua- Balance Instructor National Hot Chocolate Day!	31 9:15 Coffee Time 9:30 CHI GUNG 9:30-12 TECH TIME 10:15 Pilates w/ Shawn 11:00 Lunch 12-1:30pm 	Share your Talents.. Host a Craft Class Lead Card Games Teach a Painting Class Help in our Thrift Store! 		

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- Lunch participants' age 59 and under will be charged \$9.75 per meal.