

# February

**Yucca Valley Senior Center**

57088 Twentynine Palms Hwy,

Yucca Valley, CA 92284

**(760) 853-0208**

Sun      Mon      Tue      Wed      Thu      Fri      Sat

## Yucca Valley Senior Center Activity Calendar

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

<p><b>4</b></p> <p>9:15 Coffee/News</p> <p>9:30 Joseph w/ SCAN</p> <p>10-12 <b>SENIOR BENEFIT Assistance with Dena</b></p> <p>11:00 Lunch</p> <p>12:15- Chair Yoga</p> <p><b>CHAIR YOGA FOR HEART HEALTH</b></p>	<p><b>5</b></p> <p>9:00 ZUMBA</p> <p>10:00 Move Well Live Well Balance Class with Joshua</p> <p>10-1 <b>Tech Time</b></p> <p>11:45 Health Talk</p> <p><b>CPR and why it Matters with Mke Lang</b></p> <p>11:00 Lunch</p> <p>1:00 Senior Chair Fitness</p>	<p><b>6</b></p> <p>9:00 Coffee with Friends</p> <p>9-12 <b>FREETABLETS Affordable Connectivity Program- FREE CELLPHONES</b></p> <p>10:15 Pilates w/ Shawn</p> <p>10:00 <b>Bus Passes</b></p> <p><b>SBC Office on Aging</b></p> <p>11:00 Lunch</p> <p>12:15 <b>CHI GUNG</b></p>	<p><b>7</b></p> <p>9:15 Coffee/News</p> <p>9:00 Move Well Live Well Balance Class</p> <p>10:00 Move Well Live Well Balance Class</p> <p>11:00 Lunch</p> <p>12:30- 2pm</p> <p><b>It's LINE Dance TIME</b></p>	<p><b>8</b></p> <p>9:15 Coffee Break</p> <p>10:00 <b>TV Time</b></p> <p>11:00 Lunch</p> <p>12:30-5:00 Senior Club <b>BINGO</b></p>	<p><b>9</b></p> <p>10:00 <b>TV Time</b></p> <p>11:00 Lunch</p> <p>12:30-5:00 Senior Club <b>BINGO</b></p>	<p><b>10</b></p>
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<p><b>11</b></p> <p>9:15 Heart Healthy Breakfast - Cheerios &amp; Milk</p> <p>9-11 Puzzles/Games</p> <p>10:30 <b>BREAD Giveaway</b></p> <p>11:00 Lunch</p> <p>12:15 <b>MOVE IT MONDAY!</b></p> <p><b>STRETCH AWAY STRESS AND ANXIETY WITH CHAIR YOGA.</b></p> <p>Enjoy National Jello Week</p>	<p><b>12</b></p> <p>9:00 Coffee Break</p> <p>9:00 <b>ZUMBA</b></p> <p>10:00 Move Well Live Well Balance Class</p> <p><b>Senior Fitness IMPROVE YOUR BALANCE</b></p> <p>11:00 Lunch</p> <p>12:15 Pain &amp; Disability Support Group with Joshua</p>	<p><b>13</b></p> <p>9:15 <b>CHI GUNG</b></p> <p>10:15 Pilates w/ Shawn</p> <p><i>Held at Community Center</i></p> <p><b>Valentine's PARTY</b></p> <p>11:00-2:00pm</p> <p>Special Lunch- Pancake Bar Chocolate Fountain &amp; <b>MLBC</b></p>	<p><b>14</b></p> <p>9:30-10:30 <b>MOBILE FOOD PANTRY</b></p> <p>10:00 Move Well Live Well Balance Class</p> <p>11:00 Lunch</p> <p>12:30-2pm</p> <p><b>Line Dancing</b></p>	<p><b>15</b></p> <p>9:15 Coffee Break</p> <p>10:00 <b>TV Time</b></p> <p>11:00 Lunch</p> <p>12:30-5:00 Senior Club <b>BINGO</b></p>	<p><b>16</b></p> <p>10:00 <b>TV Time</b></p> <p>11:00 Lunch</p> <p>12:30-5:00 Senior Club <b>BINGO</b></p>	<p><b>17</b></p>
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<p><b>18</b></p>	<p><b>19</b></p> <p>9:00 <b>ZUMBA</b></p> <p>10:00 Move Well Live Well Balance Class</p> <p>11:00 Lunch</p> <p>10:30-<b>FREE TAX Service</b></p> <p>12:00 <b>Chair Yoga</b></p> <p>1:00 Senior Chair Fitness with Shawn</p>	<p><b>20</b></p> <p>9:15 <b>CHI GUNG</b></p> <p>10:15 Pilates w/ Shawn</p> <p>11:00 Reach Out Morongo Basin- Special Outing-<b>must RSVP-space limited</b></p> <p>11:30-2pm <b>FREE</b></p> <p>Senior Tax Preparation Service-</p> <p>12-2pm <b>TV Time</b></p>	<p><b>21</b></p> <p>9:15 Coffee Break</p> <p>9-12 <b>Book Sale</b></p> <p>10:00 Move Well Live Well Balance Class</p> <p>11:00 Lunch</p> <p>12:30-2pm <b>Line Dancing with Janie</b></p> <p><b>Let's Dance!</b></p>	<p><b>22</b></p> <p>9:15 Coffee Time</p> <p>10:00 <b>TV Time</b></p> <p>11:00 Lunch</p> <p>12:30-5:00 Senior Club <b>BINGO</b></p>	<p><b>23</b></p> <p>10:00 <b>TV Time</b></p> <p>11:00 Lunch</p> <p>12:30-5:00 Senior Club <b>BINGO</b></p>	<p><b>24</b></p>
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<p><b>26</b></p> <p>9:15 Heart Healthy Cheerios &amp; Milk-Coffee</p> <p>10-12 <b>SENIOR BENEFIT Assistance with Dena</b></p> <p>10:30 <b>BREAD</b></p> <p>11:00 Lunch</p> <p>12:15 Chair Yoga</p>	<p><b>27</b></p> <p>9:00 <b>ZUMBA</b></p> <p>10:00 Move Well Live Well Balance Class</p> <p>11:00 Lunch</p> <p>12-1pm <b>RCA Meeting</b></p> <p><b>All Welcome</b></p>	<p><b>28</b></p> <p>9:15 <b>Office on Aging</b></p> <p>10:15 Pilates w/ Shawn</p> <p>Rehabilitation Hospital of Rancho Mirage <b>BIRTH-DAY CELEBRATION SPONSOR</b></p> <p>11:45 <b>MORONGO BASIN HEALTHCARE DISTRICT</b> Heart Health Lecture</p> <p>12:15 <b>CHI GUNG</b></p>	<p><b>29</b></p> <p>9:15 Coffee/News</p> <p>9:00 Move Well Live Well Balance Class</p> <p>10:00 Move Well Live Well Balance Class</p> <p>11:00 Lunch</p> <p>12:30-2pm <b>Line Dance Time</b></p>	<p><b>Leap year 2024</b></p>	<p>Appointments needed for:</p> <p>Senior Benefit Service</p> <p>Tech Time</p> <p>Tax Service</p> <p>Senior Outing</p>
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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.