

HELLO April




Yucca Valley Senior Center Activity Calendar

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	 <p>9:15 Coffee/News 10-11 Help Improve your Memory- work a Jigsaw Puzzle 11:00 Lunch 12:15 Chair Yoga with Jing</p>	2	<p>9:00 Zumba 9:30-10 Healthy Hands hand exercise class to help improve your overall hand health 11:00 Lunch 10:00 Move Well Live Well Balance Class with Joshua 1:00 Senior Chair Fitness</p>	3	<p>9:15 Chi Gung w/ Vicki 10:00 Tai Chi Class 9:30 Joseph w/SCAN 10:00 Office on Aging Bus Passes 10:15 Pilates w/ Shawn 12:15 Cooki's Dance Class 2-3:30pm TECH Time</p>	4	<p>9:15 Coffee & Snacks 9:30-10 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2pm Line Dancing with Janie</p>	5	<p>9:15 Coffee Break 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	6
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7	<p>10-12 Social Worker Assistance for Seniors 10:30 Free Bread Day 11:00 Lunch 11:30 -1:30 It's a Friend's Party Afternoon of good friends having fun eating- dancing and saying Good-bye to Ken! Music by: Clyde Grabski</p>	8	<p>9:00 Zumba 9:30-10 Healthy Hands Hand exercise class w/Joshua 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1pm Pain & Disability Support Group 1:00 Senior Chair Fitness</p>	9	<p>9:15 Coffee & News 10:15 Pilates w/ Shawn <i>Hosted at the Community Center</i> 11:00 Lunch Desert Oasis Mobile Health Clinic 9-12 Health Screenings, Blood Pressure & Glucose Checks, Body Mass Index, and Health Education Lecture </p>	10	 <p>9:15 Coffee/News 9:30-10 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 LINE DANCING</p>	11	<p>9:15 Coffee & News 11:00 Lunch 12:30-5:00 Senior Center BINGO</p> 	12	13
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14	<p>TAX DAY 9:15 Milk & Cereal Breakfast 10-11 Puzzles & Checkers 11:00 Lunch 12:15 Chair Yoga</p> 	15	<p>9:00 Zumba 9:30 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 11:45-1pm Art Expressions Program 1:00 Senior Chair Fitness with Shawn</p> 	16	<p>9:00 Chi Gung 10:00 Tai Chi Class 10:15 Pilates w/ Shawn 11:00 Lunch 11:45 Health Talk on 1-2pm Games/Puzzles 2-3:30pm TECH Time</p> 	17	<p>9:15 Coffee w/Friends 9:30 Healthy Hands Class 9:30-11 MOBILE FOOD PANTRY 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing</p>	18	<p>9:15 Coffee & News Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	19	20
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21	<p>9:00 Coffee Break  10-12 Special Craft ROCK PAINTING 10:30 Bread Giveaway 11:00 Lunch 12:30 Chair Yoga with Jing</p>	22	<p>9:00 Zumba 9:30 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:00-1:00 Regional Council of Aging Mtg. 1:00 Senior Chair Fitness with Shawn</p>	23	<p>9:00 Chi Gung 10:00 Tai Chi Class 11:00 Lunch Lisa w/ Karr Insurance BIRTHDAY CELEBRATION SPONSOR 1:00 Pilates w/ Shawn at the Senior Center <i>Last Day for our Free Tax Service by Peggy</i></p>	24	<p>9:15 Coffee/News 9:30 Healthy Hands hand exercise class to help improve your overall hand health 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Janie's Line Dancing to 2pm</p>	25	<p>9:15 Coffee & News Time 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	26	27	<p>8:30am to 1:00 Senior Center Community RUMMAGE SALE Help Support the Seniors!</p>
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28	<p>9:00 Milk & Cereal Breakfast 10:00 Social Worker Assistance for Seniors Apply for Medi-Cal and LIHEAP 11:00 Lunch 12:15 Chair Yoga</p>	29	<p>9:00 Zumba 9:30 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1 Pain & Disability Support Group w/Joshua 1:00 Senior Chair Fitness</p>	30	<p>INCOME TAX FREE PREPARATION by Peggy Appointments Available thru April 24th</p>	31	 <p>National Garden Month</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 \$8.00