



Sun Mon Tue Wea Thu Fri Sat

Yucca Valley Senior Center Activity Calendar

Sun		Mon	Tue	Wea	Thu	Fri	Sat
#MOVE IN MAY							
		9:15 10:00 Chi Gung 1 9:30 Joseph w/SCAN 10:00 Office of Aging Bus Passes 10:15 Pilates w/Shawn <i>Hasted at YV Community Center</i> 11:30 Entertainment by Keith & Debbie McCall		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		9:30-10:30 Chi Gung w/ Vicki 10:45-11:45 Chair Yoga w/ Jing 12:00-1:00 Pilates & Senior Tabata w/ Shawn Friday 3 No Lunch Today 	
		5 9:15 Coffee & Snacks 10:00 Senior Club USED BOOK SALE 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga with Jing Chair Yoga	6 9:00 Coffee/Snacks 9:00 ZUMBA 10:00 Destiny Hospice 11:00 Lunch 12:15 Trip to the H-Desert Nature Museum METAMORPHOSIS: A RECYCLED ART EXHIBITION	7 9:15 Chi Gung 10:15 Pilates w/Shawn Birthday Celebration Sponsored By: SCAN 11:00 Lunch 12:30-2:00pm Line Dancing with Janie	8 9:15 Coffee 12:30-5:00 Senior Club Bingo OUT OF MY WAY! I'M GOING TO BINGO	9 9:15 Coffee 12:30-5:00 Senior Club Bingo OUT OF MY WAY! I'M GOING TO BINGO	10 9:15 Coffee 12:30-5:00 Senior Club Bingo OUT OF MY WAY! I'M GOING TO BINGO
12 9:15 Coffee Time 9am to Noon Make your Appointment TODAY! Haircuts by Letitia 10-1 SENIOR BENEFIT ASSISTANCE with Dena 11:00 Lunch 12:15 CHAIR YOGA FOR SENIORS	13 9:00 Coffee Break 9:00 ZUMBA 9:30 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:15 Pain & Disability Support Group led by Joshua 12-2 Rock Painting Class	14 9:00 Coffee/TV time 9:15 Chi Gung 10:15 Pilates w/Shawn <i>Hasted at YV Community Center</i> 11:00 Lunch 12:15 Senior Chair Fitness with Shawn STRONGER SENIORS 2:00-3:30 TECH TIME with the Youth Commissioners	15 9:30 Healthy Hands 9:30-10:30 CAP Mobile Food 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 LINE DANCING	16 9:15 Coffee 11:00 Lunch 12:30-5:00pm Senior Club Bingo BINGO	17 9:15 Coffee 11:00 Lunch 12:30-5:00pm Senior Club Bingo BINGO	18	
19 9:15 Cereal & Coffee Breakfast 9:30-Noon Thrift Store Video Sale SERENITY HOSPICE Hospice & Palliative Care 10:00 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga	20 9:00 Zumba 9:30 Healthy Hands Exercise Class 10:00 Move Well Live Well Balance Class w/Joshua 11:00 Lunch 11:45 Art Expressions Class with the ALZHEIMER'S ASSOCIATION	21 9:15 Coffee Time 9:30 Chi Gung 10:15 Pilates w/Shawn <i>Hasted at YV Community Center</i> 11:00 Lunch 12:15 Senior Chair Fitness with Shawn 12:00-2pm Fun Crafts with Sue!	22 9:15 Coffee Time 9:30 Healthy Hands Exercise Class 10:00 Move Well Live Well Balance Class w/Joshua 11:00 Lunch 12:30 LINE DANCING	23 9:15 Coffee 11:00 Lunch 12:30-5:00 Senior Club Bingo Bingo	24 9:15 Coffee 11:00 Lunch 12:30-5:00 Senior Club Bingo Bingo	25	
26	27	28 9:00 ZUMBA 9:30 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12-1pm RCA Mtg 12:15 Pain & Disability Support Group led by Joshua	29 9:15 Coffee/News 9:30 Chi Gung 10:15 Pilates w/Shawn 11:00 Lunch 12:15 Senior Chair Fitness with Shawn 2-3:30pm TECH TIME	30 9:15 Coffee Time 9:45 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30-2:00 Line Dancing!	SUMMER IS COMING		

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- \$8.00 per meal will be charged for lunch participants age 59 and under.