



Sun Mon Tue Wed Thu Fri Sat

Yucca Valley Senior Center Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat				
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>June 19th</p> </div> <div style="width: 30%; text-align: center;"> <p>Celebrate with us!</p> </div> <div style="width: 30%; text-align: right;"> <p>1</p> </div> </div>										
<p>2 9:15 Coffee Time 10-1 SENIOR BENEFIT ASSISTANCE with Dena Need Help Applying for Medi-Cal Make A Appointment Today 11:00 Lunch 12:15 Chair Yoga</p>	<p>3 9:00 ZUMBA 4 9:30 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:15 Wii Bowling</p>	<p>9:15 10:00 Chi Gung 5 9:30 Joseph w/SCAN 10:00 Office of Aging Bus Passes 10:15 Pilates w/Shawn <i>Hasted at YV Community Center</i> 11:00 Lunch 12:15 Senior Chair Fitness Workout with Shawn</p>	<p>9:00 Coffee/TV time 6 9:30 Healthy Hands Exercise Class 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing w/Janie</p>	<p>9:15 Coffee 7 11:00 Lunch 12:30-5:00 Senior Club Bingo </p>	<p>8</p>					
<p>9 9:15 Coffee Time 10:30 Bread Giveaway 10-12 Senior Club Thrift Store— Purse Sale! 11:00 Lunch 12:15 CHAIR YOGA FOR SENIORS</p>	<p>10 9:00 ZUMBA 11 9:30 Healthy Hands 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 11:30-1:30 Cat Cohen's SING A SONG 12:15 Pain & Disability Support Group led by Joshua</p>	<p>9:00 Coffee Time 12 9:15 Chi Gung 10:15 Pilates w/Shawn <i>Hasted at YV Community Center</i> 11:00 Lunch 12:15 Senior Chair Fitness Workout with Shawn 6:30pm New RSVP TODAY! SoundBath with Petra</p>	<p>9:00 Coffee Time 13 10:00 Ugly Tie Contest 11:00 am FATHER'S DAY BREAKFAST 12:30 -2:00 pm Line Dancing w/Janie</p>	<p>9:15 Coffee 14 11:00 Lunch 12:30-5:00pm Senior Club Bingo </p>	<p>15</p>					
<p>16 9:15 Coffee Time 10:00 SENIOR BENEFIT ASSISTANCE with Dena 9:30 United Way Inland SoCal United Way 11:00 Lunch 12:15 Chair Yoga with Jing</p>	<p>17 9:00 Zumba 18 9:30 Healthy Hands Exercise Class 10:00 Move Well Live Well Balance Class w/Joshua 11:45 Art Expressions Class with the ALZHEIMER'S ASSOCIATION</p>	<p>9:15 Chi Gung 19 10:15 Pilates w/Shawn 9:00-12 Marongo Basin Healthcare District 11:30 Lecture - "Gentleman Maintaining your Health" 11:00 Lunch 12:15 Senior Chair Fitness Workout with Shawn</p>	<p>9:30 Healthy Hands 20 9:30-10:30 FOOD pantry 10:00 Move Well Live Well Balance Class with Joshua 11:00 Lunch 12:30 Line Dancing</p>	<p>9:15 Coffee 21 11:00 Lunch 12:30-5:00 Senior Club Bingo </p>	<p>22</p>					
<p>23 9:00 Coffee Time 10:30 Bread Giveaway 11:00 Lunch 12:15 Jing's CHAIR YOGA</p>	<p>24 9:00 ZUMBA 25 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</p>	<p>9:15 Coffee/News 26 9:15 Chi Gung 10:15 Pilates w/Shawn 11:00 Lunch 12:15 Senior Chair Fitness 12-2 Crafting <small>READY. SET. CRAFT!</small> with Sue! </p>	<p>9:15 Coffee Time 27 9:30 Healthy Hands Exercise Class 10:00 Move Well Live Well Balance Class w/Joshua 11:00 Lunch 12:30-2pm LINE Dancing</p>	<p>9:15 Coffee 28 11:00 Lunch 12:30-5:00 Senior Club Bingo </p>	<p>29 Karaoke Party Summer Karaoke Fun with Troy 6:30pm-8:30pm</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- \$8.00 per meal will be charged for lunch participants age 59 and under.