



# HELLO JULY

## Yucca Valley Senior Center Activity Calendar






Sun      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

	<p>9:15 Coffee/News <b>1</b> 10-11 Social Time <b>11:00 Lunch</b> 12:00  1:00 Puzzles</p>	<p>9:00 <b>Zumba</b> <b>2</b> 9:30 <b>Healthy Hands Class</b> 10:00 Move Well Live Well Balance Class with Joshua <b>11:00 Lunch</b> 11-1pm <b>Craft Day</b> with Desert Arc</p>	<p>9:15 Coffee &amp; News <b>3</b>  Celebration Music by: <b>Nancy Sings!</b> "ALiving Jukebox"</p>	<p><b>4</b>  <b>Closed</b></p>	<p>9:15 -10:30 <b>5</b> <b>SOCIAL/TVTIME</b> <b>11:00 Lunch</b> 12:30-5:00 <b>Senior Club BINGO</b> </p>	
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<b>7</b>	<p>9:15 Coffee Break <b>8</b> 10:00 <b>Social Worker Assistance for Seniors</b> 10:30 <b>Free BREAD</b> <b>11:00 FSA Lunch</b> 12:00 <b>Chair Yoga</b> with Jing 1:00 <b>Fit &amp; Firm</b> with Shawn <b>New Class</b></p>	<p>9:00 <b>ZUMBA</b> <b>9</b> 9:30 <b>Healthy Hands Class</b> 10:00 Move Well Live Well Balance Class with Joshua <b>11:00 Lunch</b> 12-2pm <b>Painting Craft</b> 6:30pm <b>Sound Bath</b> <b>RSVP Required</b></p>	<p>9:15 Coffee/News <b>10</b> 9:30-11:30 <b>Rep from FND</b> <b>Food here to help seniors apply for SNAP benefits</b> 9:45 Vicki's <b>Chi Gung</b> 10:15 <b>Pilates w/ Shawn</b> <i>Hosted at the Community Center</i> <b>11:00 Lunch</b> 12:15 <b>Chair Fitness</b></p>	<p>9:15 Coffee/News <b>11</b> 9:30 <b>Healthy Hands Class</b> 10:00 Move Well Live Well Balance Class with Joshua <b>11:00 Lunch</b> 12:30-2pm <b>Line Dancing</b> </p>	<p>9:15-10:30 <b>12</b> Coffee &amp; Social Time <b>11:00 Lunch</b> 12:30-5:00 <b>Senior Club BINGO</b> </p>	<p> <b>13</b> <b>Concert in the Park</b> <b>Smith Country Band</b> <b>Country Music</b> 7-9 pm</p>
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<b>14</b>	<p>9:15 Coffee Time <b>15</b> <b>11:00 Lunch</b> 12:00 <b>Chair Yoga</b> with Jing 1:00 <b>Fit &amp; Firm</b> with Shawn <i>Prayer Twist</i> <b>Bring Your Own Weights</b></p>	<p>9:00 <b>ZUMBA</b> <b>16</b> 9:30 <b>Healthy Hands Class</b> 10:00 Move Well Live Well Balance Class with Joshua <b>11:00 Lunch</b> 12:00 <b>Pain &amp; Disability Support Group</b> 12-2pm <b>Destress the Mind w/ Adult Coloring</b></p>	<p>9:15 Coffee Break <b>17</b> 9:45 Vicki's <b>Chi Gung</b> 10:15 <b>Pilates w/ Shawn</b> <i>Hosted at the Community Center</i> <b>11:00 Lunch</b> 12:15 <b>Shawn's</b> </p>	<p>9:30-11:00 <b>18</b>  9:30 <b>Healthy Hands Class</b> 10:00 Move Well Live Well Balance Class with Joshua <b>11:00 Lunch</b> 12:30-2pm <b>with Janie</b> </p>	<p>9:15-10:30 <b>19</b> Coffee &amp; Social Time <b>11:00 Lunch</b> 12:30-5:00 <b>Senior Club BINGO</b> </p>	<p> <b>20</b> <b>Concert in the Park</b> <b>Appetite 4 Destruction</b> <b>Guns &amp; Roses Tribute</b> 7-9 pm</p>
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<b>21</b> National Junk Food Day	<p>9:15 Coffee/TV <b>22</b> 10:30 <b>Free Bread</b> 10:00 <b>Social Worker Help for Seniors</b> <b>11:00 Lunch</b> 12:00 <b>Chair Yoga</b>  1:00 <b>Fit &amp; Firm</b> with Shawn <b>New Class</b></p>	<p>9:00 <b>Zumba</b> <b>23</b> 9:30 <b>Healthy Hands</b> 10:00 Move Well Live Well Balance Class with Joshua <b>11:00 Lunch</b> 11:30-1pm <b>Art Expressions Program</b>  12:00 <b>Monthly Meeting</b> <b>Regional Council on Aging</b></p>	<p>9:45 <b>Chi Gung Class</b> <b>24</b> 10:15 <b>Pilates w/ Shawn</b>  <b>Reach Out Morongo BIRTH-DAY CELEBRATION SPONSOR</b> <b>11:00 Lunch</b> 12:15 <b>Chair Fitness</b></p>	<p>9:15 Coffee/ TV <b>25</b> 9:30 <b>Healthy Hands Class</b> 10:00 Move Well Live Well Balance Class with Joshua <b>11:00 Lunch</b> 12:30-2pm <b>It's Line Dance Time</b> with Janie</p>	<p>9:15 -10:30 <b>26</b> Coffee &amp; <b>SOCIAL TIME</b> <b>11:00 Lunch</b> 12:30-5:00 </p>	<p> <b>27</b> <b>Concert in the Park</b> <b>Smokin' Cobras</b> <b>The Oldies</b> 7-9 pm</p>
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<b>28</b>	<p>9:15 Coffee Break <b>29</b> 10:00 Social Time <b>11:00 Lunch</b> Chair 12:00 <b>YOGA</b> 1:00 <b>Fit &amp; Firm</b> with Shawn <b>New Class</b></p>	<p><b>Paperback Book Day!</b> <b>30</b> 9:15 <b>ZUMBA</b> 10:00 <b>Balance Class</b> 12:00 <b>Pain &amp; Disability Support Group</b> 9:00-12:00 </p>	<p>9:15 <b>Lemonade</b> <b>31</b> 9:45 <b>Chi Gung Class</b> 10:15 <b>Pilates w/ Shawn</b> <b>11:00 Lunch</b> 12:15 <b>Chair Fitness</b> <b>Thrift Store Sale</b> </p>	<p><b>4th of July Celebration</b> <b>Concert &amp; Fireworks Spectacular</b> Brehm Park-56620 Little League Drive Gates Open 6 pm, Concert 6:30pm <b>Fireworks! 9:00 pm Admission is FREE</b></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. Voluntary donations are accepted and appreciated for lunch—\$8.00 per meal will be charged for lunch participants age 59 and under.