



Sun Mon Tue Wed Thu Fri Sat

# Yucca Valley Senior Center Activity Calendar

<p>Celebrate National Wellness Month at the Yucca Valley Senior Center!</p> <p><b>STRONGER SENIORS</b></p> <p>Take Advantage of our programs for your self-care, and create healthier habits to feel like your best self!</p>	<h2>AUGUST IS NATIONAL WELLNESS MONTH</h2>			<p>9:00 Move Well Live Well 1 Balance Class with Joshua 9:30 Coffee/News 10:00 <b>Healthy Hands</b> 11:00 Lunch 12:30 <b>Line Dancing</b> with Janie</p>	<p>9:15 Coffee/News 2 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	 <p>3 Concert in the Park Creedenced Clearwater Revival 7-9 pm</p>
<p>4</p>	<p>9:15 <b>Chi Gung</b> 5 10:00 <b>Social Worker Assistance for Seniors</b> 10:30 <b>FREE FRIENDS</b> 11:00 Lunch 12:15 Chair <b>YOGA</b> 1:15 <b>FIT &amp; FIRM</b> Bring Your Own Mat!</p>	<p>9:00 Move Well Live Well 6 Balance Class with Joshua 10:00 <b>Pain &amp; Disability Support Group Meeting</b> 10:00 Socializing/ News 11:00 Lunch 11:45 <b>Healthy Hands</b> 11:30 <b>TODAY IS CRAFTING DAY</b> with Desert Arc -1pm</p>	<p>9:00 <b>ZUMBA</b> 7 10:00 Bus Passes <b>Office on Aging</b> 10:00 <b>Socializing/ News</b> 10:15 <b>Pilates w/ Shawn</b> Hsted at the Community Center 11:00 Lunch 12:30 Shawn's Chair Fitness</p> 	<p>9:00 Move Well Live Well 8 Balance Class with Joshua 9:15 Coffee/News 10:00 <b>Healthy Hands</b> 11:00 Lunch 12:30 <b>Line Dancing</b></p> 	<p>9:15 Coffee/News 9 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	 <p>10 Concert in the Park Cassie B Pop Variety Music 7-9 pm</p>
<p>11</p>	<p>9:15 <b>Chi Gung</b> 12 10:00 Coffee &amp; News 10-1 Thrift Store <b>BOOK SALE</b> 11:00 Lunch 12:15 <b>CHAIR YOGA</b> 1:15 <b>FIT &amp; FIRM</b></p>	<p>9:00 Move Well Live Well 13 Balance Class with Joshua 10:00 <b>Healthy Hands</b> 11:00 Lunch <b>alzheimer's association</b> 11:45-1pm Art Expressions Program 6:15pm Yoga Stretch 6:30pm <b>Sound Bath with Petra</b> RSVP Required</p>	<p>9:00 <b>ZUMBA</b> 10:00 Socializing/News 10:15 <b>Pilates w/ Shawn</b> 11:00 Lunch <b>IEHP BIRTHDAY CELEBRATION SPONSOR</b> IEHP Resource Information 12:30 Chair Fitness with Shawn</p>	<p>No Balance Today 15 9:15 Coffee/News <b>Mobile FOOD PANTRY</b> 9:30-10:30 am 11:00 Lunch 12:30 Line Dancing</p> 	<p>9:15 Coffee Time 16 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>17</p>
<p>18</p>	<p>9:15 <b>Chi Gung</b> 19 10:00 By Appointment <b>Social Worker Assistance for Seniors</b> 10:30 <b>Bread Giveaway</b> 11:00 Lunch 12:15 Chair Yoga 1:15 <b>FIT &amp; FIRM</b> Bring Your Own Mat!</p>	<p>9:00 Move Well Live Well 20 Balance Class with Joshua 10:00 Socializing/ News 10:00 <b>Pain &amp; Disability Support Group Meeting</b> 11:00 Lunch 11:45 <b>Healthy Hands</b> 11:30-1pm <b>Charlie's KARAOKE</b></p>	<p>9:00 <b>ZUMBA</b> 21 9:30 Joseph with <b>SCAN-Insurance Info</b> 9:30 <b>FIND FOOD BANK</b> Apply for CalFresh 10:15 <b>Pilates w/ Shawn</b> 11:00 Lunch 12:30 <b>Seated Exercise</b></p>	<p>9:00 Move Well Live Well 22 Balance Class with Joshua 10:00 <b>Healthy Hands</b> 11:00 Lunch 12:30-<b>Janie's Line Dancing</b> class</p> 	<p>9:15 Coffee Time 23 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>24</p>
<p>25 National Banana Split Day</p>	<p>9:15 <b>Chi Gung</b> 26 10:00 Socializing/ News 11:00 Lunch with <b>Banana Split</b> Treat 12:15 Chair Yoga 1:15 Shawn's <b>FIT &amp; FIRM</b></p>	<p>9:00 Move Well Live Well 27 Balance Class with Joshua 10:00 <b>Healthy Hands</b> 11:00 Lunch 12:00 <b>RCA Meeting</b> 11:45-1pm Wellness Activity Program <b>alzheimer's association</b></p>	<p>9:00 <b>Zumba</b> 28 10:00 Socializing/News 10:15 <b>Pilates w/ Shawn</b> Hsted at the Community Center 11:00 Lunch 12:30 <b>CHAIR EXERCISES</b></p>	<p>9:00 Move Well Live Well 29 Balance Class with Joshua 10:00 <b>Healthy Hands</b> 11:00 Lunch 12:30 <b>Line Dancing</b> Fun with Janie</p> 	<p>9:15 Coffee Time 30 11:00 Lunch 12:30-5:00 Senior Club BINGO</p> 	<p>30</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. - Noon Age 60 + (voluntary donation) - Lunch participants age 59 and under will be charged \$8.00 per meal.. Call for info!