

Yucca Valley Senior Center Activity Calendar



2024

Su Mon Tue Wed Thu Fri Sat

Mon-Thursday 9am-2pm

57088 Twentynine Palms Hwy,

Friday 9am-12:30pm

Yucca Valley, CA 92284 (760) 853-0208

<p>1</p>  <p>2</p>	<p>9:00 Move Well Live Well 3</p> <p>Balance Class with Joshua</p> <p>10:00 Hand Exercise Class</p> <p>11:00 Lunch</p> <p>12: 30</p>  <p>Fall Prevention Talk with the professionals</p>	<p>9:00 ZUMBA 4</p> <p>10:00 Office of Aging (Bus Passes)</p> <p>10:00 Joesph with SCAN</p> <p>10:15 Pilates w/ Shawn</p> <p>11:00 Lunch</p> <p>12:15 Chair Fitness w/ Shawn</p>	<p>9:00 Move Well Live Well 5</p> <p>Balance Class with Joshua</p> <p>10:00 Floor Confidence Exercise Class with Joshua</p> <p>10:30 Hand Exercise Class</p> <p>11:00 Lunch</p> <p>12:30 Line Dancing</p> 	<p>9:15 Coffee & News 6</p> <p>10:00 Social Time</p> <p>11:00 Lunch</p> <p>12:30-5:00pm Senior Club Bingo</p> 	<p>7</p>
<p>8</p> <p>9:15 Chi Gong</p> <p>10:00 SENIOR BENEFIT ASSISTANCE</p> <p>10:00 Financial Management Talk</p> <p>10:30 Bread Giveaway</p> <p>11:00 Lunch</p> <p>12:15 CHAIR YOGA</p> <p>1:15 FIT & FIRM</p>	<p>9</p> <p>9:00 Move Well Live Well 10</p> <p>Balance Class with Joshua</p> <p>10:00 Pain & Disability Support Group</p> <p>11:00 Lunch</p> <p>11:30-1pm Music by Keith & Debbie McCall</p> <p>1:00 Grief Support Group</p> 	<p>PATRIOT DAY WE WILL NEVER FORGET 11</p> <p>9:15 Walking Meditation with Yoon</p> <p>10:00 Socializing/ News</p> <p>10:15 Pilates w/ Shawn</p> <p>Hsted at the Community Center</p> <p>11:00 Lunch</p> <p>12:15 Shawn's Chair Fitness</p> 	<p>9:00 Move Well Live Well 12</p> <p>Balance Class with Joshua</p> <p>10:00 Floor Confidence Exercise Class with Joshua</p> <p>10:30 Hand Exercise Class</p> <p>11:00 Pizza w/ Lunch</p> <p>12:30- Line Dancing</p> 	<p>National Day 13</p> <p>STAND UP TO CANCER</p> <p>9:00-10:00 Socializing/ News</p> <p>11:00 Lunch</p> <p>12:30-5:00 pm Senior Club Bingo</p> 	<p>14</p>
<p>15</p> <p>9:15 Chi Gong</p> <p>10:15 Socializing/ News</p> <p>11:00 Lunch</p> <p>12:15</p>  <p>1:15 FIT & FIRM</p> <p>Bring your Own Mat!</p>	<p>9:00 Move Well Live Well 17</p> <p>Balance Class with Joshua</p> <p>10:00 Hand Exercise Class</p> <p>11:00 Lunch</p> <p>11:45- 1:15</p>  <p>Art Expressions Program</p> <p>6:15pm Yoga Stretch</p> <p>6:30pm Sound Bath with Petra</p> <p>RSVP Required</p>	<p>9:00 ZUMBA 18</p> <p>10:15 Pilates w/Shawn</p> <p>Hsted at the Community Center</p> <p>11:00 Lunch</p> <p>"Birthday Celebration"</p> <p>Sponsored by: Debbie with Blhartz Insurance</p> <p>11:45 Health Talk by: MORONGO BASIN HEALTHCARE</p> <p>12:15 Chair Fitness</p>	<p>9:00 Move Well Live Well 18</p> <p>Balance Class with Joshua</p> <p>9:30</p>  <p>10:00 Floor Confidence Exercise Class with Joshua</p> <p>10:30 Hand Exercise Class</p> <p>11:00 Lunch</p> <p>12:30 Line Dancing with Janie</p>	<p>9:15 Social Time w/ Coffee</p> <p>11:00 Lunch</p> <p>12:30-5:00pm Senior Club Bingo</p> 	<p>20</p>
<p>22</p> <p>9:15 Chi Gong</p> <p>10:00 SENIOR BENEFIT ASSISTANCE</p> <p>11:00 Lunch</p> <p>11:30 ICE CREAM SOCIAL by: Karr Insurance</p> <p>12:15 CHAIR YOGA</p> <p>1:15 FIT & FIRM</p> <p>Bring your Own Mat!</p> 	<p>9:00 Move Well Live Well 24</p> <p>Balance Class with Joshua</p> <p>10:00 Pain & Disability Support Group</p> <p>11:00 Lunch</p> <p>12:00 Regional Council on Aging Meeting with presentation on: Health Law</p> <p>by: Inland County Legal</p>	<p>9:00 Zumba Dance 25</p> <p>9-12 Thrift Store</p>  <p>10:00 Walking Meditation with Yoon</p> <p>10:15 Pilates w/ Shawn</p> <p>Hsted at the Community Center</p> <p>11:00 Lunch</p> <p>12:15 Chair Fitness with Shawn</p>	<p>9:00 Move Well Live Well 26</p> <p>Balance Class with Joshua</p> <p>10:00 Floor Confidence Exercise Class with Joshua</p> <p>10:30 Hand Exercise Class</p> <p>11:00 Lunch</p> <p>12:30-2pm</p> <p>Line Dancing</p> 	<p>9:15 Coffee & TV 26</p> <p>11:00 Lunch</p> <p>12:30-5:00pm Senior Club Bingo</p> 	<p>27</p>
<p>29</p> <p>9:15 Chi Gong</p> <p>10:00 Socializing/ News</p> <p>10:30 Bread Giveaway</p> <p>11:00 Lunch</p> <p>12:15 Jing's CHAIR YOGA</p> <p>1:15 FIT & FIRM</p> <p>Bring your Own Mat!</p>	<p>Save the Date</p> <p>Our next Sale</p> <p>October 12th</p> <p>Reserve your spot Today!</p> 		<p>September is</p> <p>Fall Prevention Month!</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 donations are accepted for lunch - \$8 per meal will be charged for lunch participants age 59 and under.