

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 Balance Class with Joshua 10:00 Hand Exercise Class 11:00 Lunch 12: 30  Fall Prevention Talk with the professionals</p>	<p>9:00  ZUMBA 4 10:00 Office of Aging (Bus Passes) 10:00 Joesph with SCAN 10:15 Pilates w/ Shawn 11:00 Lunch 12:15 Chair Fitness w/ Shawn</p>	<p>9:00 Move Well Live Well 5 Balance Class with Joshua 10:00 Floor Confidence Exercise Class with Joshua 10:30 Hand Exercise Class 11:00 Lunch 12:30 Line Dancing </p>	<p>9:15 Coffee & News 6 10:00 Social Time 11:00 Lunch 12:30-5:00pm Senior Club Bingo </p>	<p>7</p>
<p>8</p> <p>9:15 Chi Gong 10:00 SENIOR BENEFIT ASSISTANCE 10:00 Financial Management Talk 10:30 Bread Giveaway 11:00 Lunch 12:15 CHAIR YOGA 1:15 FIT & FIRM</p>	<p>9</p> <p>9:00 Move Well Live Well 10 Balance Class with Joshua 10:00 Pain & Disability Support Group 11:00 Lunch 11:30-1pm Music by Keith & Debbie McCall 1:00 Grief Support Group </p>	<p>* PATRIOT DAY * WE WILL NEVER FORGET 11</p> <p>9:15 Walking Meditation with Yoon 10:00 Socializing/ News 10:15 Pilates w/ Shawn <i>Hsted at the Community Center</i> 11:00 Lunch 12:15 Shawn's Chair Fitness </p>	<p>9:00 Move Well Live Well 12 Balance Class with Joshua 10:00 Floor Confidence Exercise Class with Joshua 10:30 Hand Exercise Class 11:00 Pizza w/ Lunch 12:30- Line Dancing </p>	<p>National Day 13</p> <p>STAND UP TO CANCER 9:00-10:00 Socializing/ News 11:00 Lunch 12:30-5:00 pm Senior Club Bingo </p>	<p>14</p>
<p>15</p> <p>9:15 Chi Gong 16 10:15 Socializing/ News 11:00 Lunch 12:15  1:15 FIT & FIRM Bring your Own Mat!</p>	<p>9:00 Move Well Live Well 17 Balance Class with Joshua 10:00 Hand Exercise Class 11:00 Lunch 11:45- 1:15  alzheimer's association Art Expressions Program 6:15pm Yoga Stretch 6:30pm Sound Bath with Petra RSVP Required</p>	<p>9:00  ZUMBA 18 10:15 Pilates w/Shawn <i>Hsted at the Community Center</i> 11:00 Lunch "Birthday Celebration"  Sponsored by: Debbie with Blhartz Insurance 11:45 Health Talk by: MORONGO BASIN HEALTHCARE 12:15 Chair Fitness</p>	<p>9:00 Move Well Live Well 19 Balance Class with Joshua 9:30  Mobile FOOD PANTRY 10:00 Floor Confidence Exercise Class with Joshua 10:30 Hand Exercise Class 11:00 Lunch 12:30 Line Dancing with Janie</p>	<p>9:15 Social Time w/ Coffee 20 11:00 Lunch 12:30-5:00pm Senior Club Bingo </p>	<p>21</p>
<p>22</p> <p>9:15 Chi Gong 23 10:00 SENIOR BENEFIT ASSISTANCE 11:00 Lunch 11:30 ICE CREAM SOCIAL by: Karr Insurance 12:15 CHAIR YOGA 1:15 FIT & FIRM Bring your Own Mat!</p>	<p>9:00 Move Well Live Well 24 Balance Class with Joshua 10:00 Pain & Disability Support Group 11:00 Lunch 12:00 Regional Council on Aging Meeting with presentation on: Health Law by: Inland County Legal</p>	<p>9:00 Zumba Dance 25 9-12 Thrift Store  10:00 Walking Meditation with Yoon 10:15 Pilates w/ Shawn <i>Hsted at the Community Center</i> 11:00 Lunch 12:15 Chair Fitness with Shawn</p>	<p>9:00 Move Well Live Well 26 Balance Class with Joshua 10:00 Floor Confidence Exercise Class with Joshua 10:30 Hand Exercise Class 11:00 Lunch 12:30-2pm Line Dancing </p>	<p>9:15 Coffee & TV 27 11:00 Lunch 12:30-5:00pm Senior Club Bingo </p>	<p>28</p>
<p>29</p> <p>9:15 Chi Gong 30 10:00 Socializing/ News 10:30 Bread Giveaway 11:00 Lunch 12:15 Jing's CHAIR YOGA 1:15 FIT & FIRM Bring your Own Mat!</p>	<p>Save the Date</p> <p>Our next Sale October 12th</p> <p>Reserve your spot Today!</p> 	<p>September is Fall Prevention Month!</p>  <p>FALL PREVENTION MONTH WE ALL HAVE A ROLE TO PLAY</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.