

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 - 12:30pm		

<p>New Daily Coffee Time 9:15 am to 10:45am</p>	<p>9:00 Move Well Live Well 1 Balance Class w/ Joshua 10:00 Healthy Hands 10:00 Karr Insurance "Medicare Educational Talk" 11:00 Lunch 12:15 Fun Dancing w/ Cooki</p>	<p>9:00 ZUMBA 2 9:00 Joseph w/SCAN 10:00 Bus Passes Office of Aging 10:15 Pilates w/ Shawn 11:00 Lunch 11:45 SCAN Medicare Talk 12:15 Chair Fitness</p>	<p>9:00 Move Well Live Well 3 Balance Class w/ Joshua 10:00 Floor Confidence Exercise Class 10:30 Healthy Hands 11:00 Lunch 12:30 Line Dancing</p>	<p>9:15 Social Time 4 10-12 Thrift Store Shopping 11:00 Lunch 12:30-5:00pm</p>	5
<p>6 9:15 Chi Gong 7 10-12 Senior Assistance Make your appointment 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga w/Jing 1:15 Fit & Firm</p>	<p>9:00 Move Well Live Well 8 Balance Class with Joshua 9.30-11:30 IEHP Resources and Q&A 10:00 Pain & Disability Support Group 11:00 Lunch 11:45 SENIOR GAME DAY with Joshua</p>	<p>9:00 ZUMBA 9 10:00 Walking Meditation 10:15 Pilates w/Shawn Hosted at the Community Center 9-12 VA Assistance 11:00 Lunch 12:15 CHAIR WORKOUT FOR SENIORS with Shawn</p>	<p>10 World MENTAL HEALTH DAY 9:00 Move Well Live Well Balance Class with Joshua 10:00 Floor Confidence Exercise Class 10:30 Healthy Hands 11:00 Lunch 12:30 Line Dancing with Janie</p>	<p>9:15 Social Time 11 11:00 Lunch 10-12 Thrift Store Shopping</p>	<p>12 Senior Center's RUMMAGE SALE 8:30 -1:00pm</p>
<p>13 9:15 Chi Gong 14 10:30 Town Manager Talks about Measure</p> <p>11:00 Lunch 12:15 Chair Yoga</p>	<p>9:00 Balance Class 15 9-1:30 Reserve Now! Free Haircuts - HairCut 11:00 Lunch 11:45 Health Talk with pharmacist Amit Kahar 1:00 Serenity Hospice Grief Support Group 2:00 Desert Oasis Healthcare Medicare Seminar</p>	<p>9:15 ZUMBA 16 10:15 Pilates w/ Shawn Hosted at the Community Center 10-12 SCAN - Medicare Educational Seminar 11:00 Lunch 12:15 Chair Fitness with Shawn</p>	<p>9:00 Move Well Live Well 17 Balance Class with Joshua 10:30 Floor Confidence Exercise Class 9:30-10:30 MOBILE FOOD PANTRY 9:30-11 Affordable Lifeline Cell Phones and Tablets 11:00 Lunch 12:30 Line Dancing</p>	<p>9:15 Social Time & TV 18 11:00 Lunch 12:30-5:00 Senior Club Bingo</p>	19
<p>20 9:15 Chi Gong 21 10-12 Senior Assistance Make your appointment 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga 1:15 Fit & Firm with Shawn</p>	<p>9:00 Balance Class 22 10:00 Pain Support Group 9:30 Rancho Mirage Rehabilitation 11:00 Lunch 11:45 Spooky Keyboard Sounds by: Cat Cohen 12:00 RCA Mtg 12:15- 1:30 Pumpkin Painting</p>	<p>9:00 Zumba 23 10-12 SCAN's Medicare Talk 10:15 Pilates w/ Shawn 11:00 Lunch Blhartz Insurance Birthdays Sponsors This Month 12:15 Chair Fitness 6:30pm Sound Bath with Petra RSVP Required</p>	<p>9:00 Move Well Live Well 24 Balance Class with Joshua 10:00 Floor Confidence Exercise Class 10:30 Healthy Hands 11:00 Lunch 12:30 LINE DANCE</p>	<p>9:15 Social Time & TV 25 11:00 Lunch 12:30-5:00pm Senior Club Bingo</p>	26
<p>27 9:00 Chi Gong 28 10:00 DESERT OASIS Medicare Seminar 11:00 Lunch 11:45 Measure Y Info 12:15 Chair Yoga 1:15 Fit & Firm</p>	<p>9:00 Balance Class 29 10:30 Healthy Hands 11:00 Lunch 11:45-1pm Finish Painting Pumpkins for the Contest! 1:00 Serenity Hospice Grief Support Group</p>	<p>9:00 ZUMBA 30 10:00 Walking Meditation 10:15 Pilates w/ Shawn 11:00 Lunch Candy Corn Surprises 12:15 Chair Fitness with Shawn</p>	<p>HALLOWEEN PARTY Fun Afternoon Events 10:30-1:30pm Lunch with a Hot Dog Bar</p>	<p>Spooky Sounds By: Nancy (the living jukebox) Halloween Snacks Dancing Photo Booth</p>	<p>FUN 31 Costume Contest Judging of the BEST Painted Pumpkin</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) - Lunch participants age 59 and under will be charged \$9.75 per meal. Call for info!