



Yucca Valley Senior Center Activity Calendar

Mon **Tue** **Wed** **Thu** **Fri** **Sat**

57088 Twentynine Palms Hwy,
Yucca Valley, CA 92284 (760) 853-0208

Monday-Thursday 9 am-2pm
Friday 9am-12:30pm

<p>Turn the clocks back Remember to move your clocks back one hour.</p> <p>November 3rd</p>	<p>December 7th Holiday Dance and Dinner Entertainment provided by: The Wrecking Crew Tickets go on sale: November 21st</p>	<p>9:15 Coffee Break 1 11:00 Lunch 12:30-5:00 Senior Club Bingo</p>	<p>2</p>
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<p>3 9:15 Chi Gung 4 9-10:30 Bar 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga 1:15 Fit & Firm</p>	<p>5 9:00 Move Well Live Well Balance Class with Joshua 10:00 Pain & Disability Support Group 9-12 Haircuts By Appointment Only 11:00 Lunch 11:45-1:30 Alzheimer's Association Craft Afternoon</p>	<p>6 9:00 ZUMBA 10:00 Office of Aging Free Bus Passes 9-12 Thrift Store Book and DVD Sale 10:00 No Pilates Today 11:00 Lunch 12:15 CHAIR EXERCISES Shawn's</p>	<p>7 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</p>	<p>8 9:15 Coffee Time 11:00 LUNCH 12:30-5:00 Senior Club Bingo Yucca Valley Film Festival November 8th-10th</p>	<p>9 Film Festival Senior Day Special Screening Program 9:30am Yucca Valley Community Center</p>
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<p>10 VETERANS DAY Breakfast Celebration for Veterans and their plus one! 8:30-10:30am Senior Center Closed</p>	<p>11 9:00 Balance Class 12 10:00 Healthy Hands 11:00 Lunch Birthday Celebration Sponsored by: Yucca Valley Senior Club 1:00 Serenity Hospice Grief Support Group 2:00 DESERT OASIS Medicare Talk</p>	<p>13 9:00 Zumba 13 9:30-11:30 IEHP Representative/Resources 10:15 Pilates w/Shawn Hosted at YV Community Center 9:30-12 VA Assistance 11:00 Lunch 12:15 Chair Exercises 6:30 Sound Bath with Petra RSVP Required</p>	<p>16 9:00 Move Well Live Well 16 Balance Class with Joshua 10:00 Floor Confidence Exercise Class 10:30 Healthy Hands 11:00 Lunch 12:30 -2:00 pm Line Dancing w/Janie</p>	<p>15 9:15 Coffee Time 11:00 Lunch 12:30-5:00pm Senior Club Bingo </p>	<p>16</p>
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<p>17 Apple Cider Day 9:00 Hbt Apple Cider 18 9:15 Chi Gung 10:00-12 Need Help? Senior Assistance 10:30 Bread Giveaway 11:00 Lunch 12:15 Chair Yoga 1:15 Fit & Firm</p>	<p>19 9:00 Balance Class 19 10:00 Pain & Disability Support Group 9:30 to MOBILE FOOD PANTRY 10:30 HICAP Counseling 11:00 Lunch 11:45 DANCE with Cookie</p>	<p>20 9:00 ZUMBA 20 10:15 Lecture/Discussion on Diabetes Management with MORONGO BASIN HEALTHCARE DISTRICT Plus Resource/Information Table 10:15 Pilates w/Shawn 11:00 Lunch 12:15 CHAIR EXERCISES Shawn's</p>	<p>21 9:15 Coffee Time 21 11-2pm Thanksgiving Lunch Program with entertainment by: Tommy Dodson </p>	<p>22 9:15 Coffee Time 22 11:00 LUNCH 12:30-5:00 Senior Club Bingo </p>	<p>23</p>
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<p>24 9:00 Hbt Coco Bar 25 9:15 Chi Gung 10:00 Social Time 11:00 Lunch 12:15 Chair Yoga with Jing 1:15 Fit & Firm</p>	<p>26 9:00 Move Well Live Well 26 Balance Class with Joshua 10:00 Healthy Hands 11:00 Lunch 12:00 RCA Meeting with Inland County Legal Talk 1:00 Serenity Hospice Grief Support Group</p>	<p>27 9:00 ZUMBA 27 10-Noon Medicare Presentation by SCAN 10:15 Pilates w/Shawn Hosted at YV Community Center 11:00 Lunch 12:15 Chair Exercises</p>	<p>28 29 Thanksgiving Holiday</p>		<p></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.
Age 60 + voluntary donation are accepted for lunch- \$9.75 per meal will be charged for lunch participants age 59 and under.