



# Yucca Valley Senior Center Activity Calendar

# AUGUST



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Yucca Valley Senior Center</b> 57088 Twentynine Palms Hwy,				<b>HOURS OF OPERATION</b> Monday - Thursday 9 am - 3 pm Friday 9 am - 1 pm		
			YVSC offers health and wellness classes that provides activity for SENIORS of all abilities 	9:30-10:30 <b>Zumba / Dance Class</b> 1 10:00 <b>Office on Aging</b> 10:00 <b>CAL Fresh-Apply</b> 11:00 <b>Lunch</b> 12:30-1:30pm <b>Chair Yoga with Jing</b> <b>YOGA</b>	9:15 Coffee 2 10:00 <b>TV/News</b> 11:00 <b>Lunch</b> 12:00-1pm <b>Ice Cream Social</b> 	3 <b>Concert in the Park</b> Classic Rock Music 7pm
4 9:15 Coffee 10:00 <b>Caregiver Support Group</b> 11:00 <b>Lunch</b> 12:00 -1pm <b>Walking Meditation with Yoon</b> 1-2pm <b>Stretch -n- Tone with Joy</b> 	5 9:15 Coffee & News 10:00 <b>SOCIAL/TV TIME</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	6 9:15 Coffee & News 10:00 <b>SOCIAL/TV TIME</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	7 9-11am <b>Improve My Balance Class</b> 10:30-2pm <b>Field Rep. with Assemblyman Chad Mayes office</b> 10:00 <b>SCAN</b> 11:00 <b>Lunch</b> 12-2p <b>Sing-A-Long with Cat Cohen</b>	8 9:15 Coffee/News 10:00 <b>Zumba / Dance Class</b> 10:00 <b>ANTHEM REP. -MEDICARE INFO</b> 11:00 <b>Lunch</b> 12:30-2:30 	9 9:15 Coffee & News 10:00 <b>TV Time</b> 11:00 <b>Lunch</b> 12:00-1pm <b>Line Dancing</b> 	10 <b>Concert in the Park</b> Desperado Eagles Tribute 7pm
11 9:15 Coffee Time 9:30 <b>Caregiver Support Group</b> 11:00 <b>Lunch</b> 12:00-2pm <b>Lets Learn/Play Mexican Train Dominoes</b> 	12 9:15 Coffee/News 10:00 <b>SOCIAL/TV TIME</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	13 9:15 Coffee/News 10:00 <b>SOCIAL/TV TIME</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	14 9:15 Coffee & News 10:00 <b>Bill Hartz Insurance</b> 9-11am <b>Improve My Balance and Pain Management Talk</b> 11:00 <b>Lunch</b> 12-2pm <b>Music by Rex Watson: A Little Blues, Folk and Rock n Roll</b>	15 9:15 Coffee/News 10:00 <b>Music-TV Time</b> 11:00 <b>Lunch</b> 12:30-1:30p- <b>CHAIR YOGA with JING</b> 1:30-2:30p- <b>Walking Meditation with Yoon</b> <b>YOGA</b>	16 9:15 Coffee 10:00 <b>GAMES</b> 11:00 <b>Lunch</b> 12:00-1pm <b>LINE DANCING</b> 	17 <b>Senior Club Saturday Music Event Featuring Music by : Doug Anderson</b> 6-8:00p
18 9:15 Coffee /News 10:00 <b>Caregiving Support Group</b> 11:00 <b>Lunch</b> 12:00-1pm <b>Walking Meditation with Yoon</b> 1:00-2pm <b>Stretch -n-Tone with Joy</b>	19 9:15 Coffee/News 10:00 <b>SOCIAL/TV TIME</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	20 9:15 Coffee/News 10:00 <b>SOCIAL/TV TIME</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	21 9-11am <b>Improve My Balance/Advanced Directives Discussion</b> 11:00 <b>Birthday Lunch</b> <b>Bill Proctor &amp; Assoc. BIRTHDAY CELEBRATION SPONSOR</b> 11:30-1:30 pm <b>Billy Erickson Plays/sings</b>	22 9:15 Coffee/News 10:00 <b>SCAN</b> 11:00 <b>Lunch</b> 12:00-1:00 <b>Regional Council of Aging Mtg-(All Welcome)</b> 1:00-2:30p <b>Movie Afternoon</b> 	23 9:15 Coffee 10:00 <b>Card GAMES</b> 11:00 <b>Lunch</b> 12:00-1pm <b>LINE DANCING with Janie</b> <b>Free Bread Giveaway</b>	24
25 9:15 Coffee 9:30 <b>Anthem Blue Cross- Joseph Reed</b> 11:00 <b>Lunch</b> 12:00-2pm <b>Learn to Play Mexican Train Dominoes</b> 	26 9:15 Coffee/ News 10:00 <b>TV/Social Time</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	27 9:15 Coffee/ News 10:00 <b>TV/Social Time</b> 11:00 <b>Lunch</b> 12:30-4:00 <b>SC BINGO</b> 	28 9-11am <b>Improve My Balance/Healthy Weight Discussion</b> 11:00 <b>Lunch</b> <b>KARAOKE</b> 11:30-1:30p with <b>Charlie Garcia</b>	29 9:15 Coffee/News 10:00 <b>ANTHEM INS. REP.</b> 11:00 <b>Lunch</b> 12:30-1:30 pm <b>CHAIR YOGA with JING</b> 1:30-2:30p- <b>Walking Meditation w/Yoon</b>	30 9:15 Coffee 10:00 <b>Social Time</b> 11:00 <b>Lunch</b> 12:00 -1pm <b>Learn Line Dancing</b> 	31 <b>Senior Club Presents : A Traditional Korean Dance</b> 11am-1pm

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 & over \$3 (voluntary donation) - Age 59 and under, \$7 per meal. Volunteers and donations are needed! Call for info!