



September



Su Mon Tue Wed Thu Fri Sat

Yucca Valley Senior Center Activity Calendar

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

Monday - Thursday 9 am - 3 pm
Friday 9 am - 1 pm

<p>1</p>	<p>We will be CLOSED TO OBSERVE Labor DAY</p>	<p>2 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO</p> 	<p>3 9-10 Improvement My Balance Class-by DHC 10-11 Talk on the Importance of Taking Medication 10-2 Field Rep - Assemblyman Chad Mayes Office 11:00 Lunch 12-2p Paul Gerkin</p>	<p>4 9:15 Zumba Dance 10:00 Office of Aging (Bus Passes) 11:00 Lunch 12:30-1:30 Chair Yoga w/Jing 1:30-3p GAMES</p> 	<p>5 9:15 Coffee Time 10:30 Free Bread 11:00 Lunch 12:15-1:15 Line Dancing</p> 	<p>6 SENIOR CLUB First Saturday Music Event Featuring The Golden State Dixie Ramblers w/ Chuck Miller 6-9p</p>
<p>8</p>	<p>9:30-11 Caregiver Support Group Mtg. 11:00 Lunch 12-1p Walking Meditation w/Yoon 12:30-2p Play Mexican Train Dominoes 1:15-2:15 Stretch n Tone</p> 	<p>9 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO</p> 	<p>10 9-10 Improvement My Balance Class-by DHC 10-11 Lecture on the Importance of Physical Activity 10:00 SCAN Pringle Insurance BIRTHDAY CELEBRATION Sponsor 12-2p Music by Peter Fahey</p> 	<p>11 9:15 Coffee & News 9:15 ZUMBA 10:00 Bill Proctor Ins. 11:00 Lunch 1:30-3p Documentary Showing -Secret Ingredients plus Organic Snacks</p>	<p>12 9:15 Coffee Time 10:30 Free Bread 11:00 Lunch 12:15-1:15</p> 	<p>13 14</p>
<p>15</p>	<p>9:15 Coffee & News 10:30 TV/Music 11:00 Lunch 12:30-1:30 Healthcare BINGO Lecture presented by High Desert Medical Center</p> 	<p>16 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO</p> 	<p>17 9:15 Coffee & News 9-10 Improvement My Balance Class-by DHC 10-11 Lecture on the Importance of Healthy Eating 10:00 Bilhartz Ins. 11:00 Lunch 12-2p Country Music by Billy Erickson</p> 	<p>18 9:15 Coffee & News 9:15-11 ESTATE PLANNING Lecture 11:00 Lunch 12:30-1:30 CHAIR YOGA w/Jing 2-3p ET'S SCREEN TV Time</p> 	<p>19 9:15 Coffee Time 10:30 Free Bread 11:00 Lunch 12:15-1:15 Line Dancing with Janie</p>  <p>Center closes @ 1 pm</p>	<p>20 21</p>
<p>22</p>	<p>9:15 Coffee & News 9:30-11 Caregiver Support Group Mtg 11:00 Lunch 12:00-1pm Walking Medication w/Yoon 1:15-2:15pm -Stretch n-Tone w/Joy</p> 	<p>23 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:00 SC BINGO</p> 	<p>24 9:15 Coffee & News 9-10 Improvement My Balance Class-by DHC 10-11 Lecture on High Blood Pressure 10:00 Bilhartz Ins Medicare Information 11:00 Lunch 12-2p KARAOKE</p> 	<p>25 9:15 Coffee & News 11:00 Lunch 12:00-1p REGIONAL COUNCIL ON AGING MEETING 1:00-3p Anthem Blue Cross Ins. Community Resource Fair plus Entertainment Medicare Information/Options</p>	<p>26 9:15 Coffee Time 10:30 Free Bread 11:00 Lunch 12:15-1:15 ZUMBA w/Maria</p> 	<p>27 28</p>
<p>29</p>	<p>9:15 Coffee & News 10:00 TV/Music 11:00 Lunch 12-1p - Walking Meditation w/Yoon 12:30-2p - Mexican Train Dominoes</p> 	<p>"Our Thrift Store"</p>  <p>REOPENS September 9th</p>		<p>Thank you for the LOVE</p> <p>September 8th</p> <p>national GRANDPARENTS DAY</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 & over \$3 (voluntary donation) - Age 59 and under, \$6 per meal. Volunteers and donations are needed! Call the Senior Center for info.