OCTOBER

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

HOURS OF OPERATION
Monday -Thursday 9 am - 3 pm
Friday 9 am - 1 pm

Su	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:30 SC BINGO!	2 9-10 Improve My Balance—by DHC 11:00 Lunch 12:30-2:30p Music Doug Anderson 2:30-3p Social Time	3 9:15 Coffee & News 10:00 Office oF Aging FIND Food Bank 11:00 Lunch 12:15 3:00 GAMES!	4 9:15 Coffee & News 10:30 Free Bread 11:00 Lunch 12:00-1:00 Line Dancing w/Janie	5 Senior Clubs First Saturday 6-8 pm Jim Gilman
6	7 9:15 Coffee & News 9:30 - 11 Caregivers Support Group 11:00 Lunch 12:15 Walking Meditation w/Yoon 12-2 Mexican Train Dominoes 1:15– 2:15 Stretch N Tone w/Joy	8 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:30 SC BINGO	9 9-10 Improve My Balance—by DHC 10:00 Bill Hartz Ins. 11:00 Lunch 12:30-2:30 pm Joey Joseph	10 9:15 Coffee & News 10:00 Medicare lecture by Bill Proctor (Sunroom) 11:00 Lunch 12:15-1:15 GENTLE CHAIR YOGA 2-3 TV Time	11 9:15 Coffee & News 10:30 Free Bread 10:00 SCAN 11:00 Lunch 12:00-1:00 Line Dancing	12
13	14 9:15 Coffee & News 10:00 Games/Puzzles 11:00 Lunch 12-2 Mexican Train Dominoes 12:30-1:30 Tai Chi 1:30-3:00 Social Time COLUMBUS DAY	15 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:30 SC BINGO	9-10 Improve My Balance—by DHC 11:00 Lunch Anthem Entertainment & Lunch Sponsor BIRTHDAY CELEBRATION! 12:30-2p The Infinite Imagination Dancers 2-3 pm TV Time	17 9:15 Coffee & News 10:00 Games/Music 11:00 Lunch 1-3 pm Desert Oasis Medicare lecture (Sunroom)	18 9:15 Coffee & News 10:00 SCAN 10:30 Free Bread 11:00 Lunch 12:00-1:00 Line Dancing	19 BINGO! 12:30-2:30 YVHS Trojan Football Fundraiser
20	21 9:30 - 11 Caregivers Support Group 9:30-11 Anthems Ins, Medicare Presentation (sunroom) 11:00 Lunch 12:30-1:30 High Desert Medical Center Lecture Brain Attack!! Act F.A.S.T.! 1:15-2:15 Stretch N Tone	22 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:00 Lunch 12:30-4:30 SC BINGO	23 9-10 Improve My Balance-by DHC 10:00 Well-Care lecture (Sunroom) 11:00 Lunch 12:30-2:30 Charlie Garcia KARAOKE	24 9:15 Coffee & News 9:15 Medicare lecture by Bill Proctor 11:00 Lunch 12:15-1:15 Gentle Chair Yoga 2-3 TV Time	25 9:15 Coffee & News 10:00 SCAN 10:30 Free Bread 11:00 Lunch 12:00-1:00 Zumba w/Maria	26
27	28 9:15 Coffee & News 11:00 Lunch 12:15 Walking Meditation w/Yoon 1:00-3:00 CTAP-Make your Android Smartphone work better for you!	29 9:15 Coffee & News 10:00 SOCIAL/TV TIME 11:30 Lunch 12:30-4:30 SC BINGO	30 9:15 9-10 Improve My Balance—by DHC 11:00 Lunch 12:15-3 Games!	31 9:15 Coffee & News 10:00 Games/Music 11:00 Lunch 12-3 Halloween Party! Costume contest & music with Charlie	Happy Halloween	

The Senior Center is operated by the Town of Yucca Valley Recreation Dept. For info contract Nena McCullough at (760) 853-0208.
San Bernardino County Senior Nutrition Program Lunch provided by Family Services Association. Monday - Friday 11:30 a.m. - 12:30 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.