



Yucca Valley Senior Center Activity Calendar



November

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-3 pm
Friday 9am-1pm

Nov.3rd
Fall Back

Happy Thanksgiving

9:15 Coffee
10:00 NEWS
11:00 Lunch
12:00 -1pm
Learn Line
Dancing

1 Senior Club
2 Saturday Music
Event Featuring

Music by :
JT JAZZ BAND

6-8:00p

3 9:15 Coffee Time
9:30 Caregiver Support Group
11:00 Lunch
12:00-1pm Walking Meditation with Yoon
1:15-2:15 Stretch
Stretch-n-Tone with Joy

4 9:15 Coffee/News
10:00 SOCIAL/TV TIME
11:00 Lunch
12:30-4:30 SC BINGO

5 9-10am Improve My Balance Class—DOHC
10-11am Stroke & Heart Attack Talk
10:00 Anthem Rep.
11:00 Lunch
12-2p Sing-A-Long with Cat Cohen

6 9:30-10:30 Zumba Dance Class
10:00 Office on Aging
10-11 Bill Proctor Ins Medicare Lecture
11:00 Lunch
12:30-1:30pm Chair Yoga with Jing
YOGA

7 9:15 Coffee Time
10:30-12:30 Veterans Day Lunch Program
Music by Doug

8 9:15 Coffee
10:00 GAMES
11:00 Lunch
12:00-1pm LINE DANCING

10 Senior Center closed in
Observation of
Veteran's Day

11 9:15 Coffee/ News
10:00 TV/Social Time
11:00 Lunch
12:30-4:30 SC BINGO

12 9-10am Improve My Balance Class- DOHC
10-11am Healthy Weight Discussion
11:00 Lunch
SCAN BIRTHDAY CELEBRATION SPONSOR
12:30-230 Music by Peter Fahey

13 9:15 Coffee/News
9:30-10:30 Zumba
10:00 MEDICARE Agent Info
11:00 Lunch
12-1pm RCA Meeting
1:00-2:00pm Stretch -n- Tone w/ Joy

14 9:15 Coffee
10:00 GAMES
11:00 Lunch
12:00-1pm LINE DANCING

Center closes @ 1 pm

15 Senior Club
Pre-Holiday Rummage Sale
8am-2pm
Pre-Holiday sale

17 9:00 Coffee/News
10:00 Bill Proctor Ins.
10:00 Morongo Healthcare District
11:00 Lunch
12-1pm -Hi Desert Medical Center Lecture
Aging Well by Protecting Your Bones
1:00-2pm-Tai Chi

18 9:15 Coffee & News
10:00 SOCIAL/TV TIME
11:00 Lunch
12:30-4:30 SC BINGO

19 9-10 Improve My Balance Class-DOHC
10-11am Discussion on Stress & Getting Healthy
10-12 SCAN
11:00 Lunch
12:30-2:30 The Musical Sounds of Paul Gerkin

20 9:15 Coffee/News
10-11 TV / Social Hour
11-2pm Thanksgiving Lunch Program with entertainment by Ricky Lee & Mr. C

21 9:15 Coffee
10:00 News / TV
11:00 Lunch
12:00-1pm LINE DANCING

Free Bread Giveaway

22 9:15 Coffee
10:00 NEWS
11:00 Lunch
12:00 -1pm
Learn Line
Dancing

24 9-10 Coffee /News
11:00 Lunch
12-2 Play Mexican Train Dominoes
12:00-1pm Walking Meditation with Yoon
1:00-2pm Tai Chi

25 9:15 Coffee/News
10:00 SOCIAL/TV TIME
11:00 Lunch
12:30-4:30 SC BINGO

26 9-10 Improve My Balance Class-DOHC
10-11 Healthy Eating Lecture
10-00 WELL CARE INS.
11:00 Lunch
12:30-1:30 pm CHAIR YOGA with JING

27 9:15 Coffee
10:00 NEWS
11:00 Lunch
12:00 -1pm
Learn Line
Dancing

Thanksgiving Holiday

28 9:15 Coffee
10:00 NEWS
11:00 Lunch
12:00 -1pm
Learn Line
Dancing

29 9:15 Coffee
10:00 NEWS
11:00 Lunch
12:00 -1pm
Learn Line
Dancing

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!