

Yucca Valley Senior Center

57088 Twentynine Palms Hwy, Yucca Valley, CA 92284

Fri

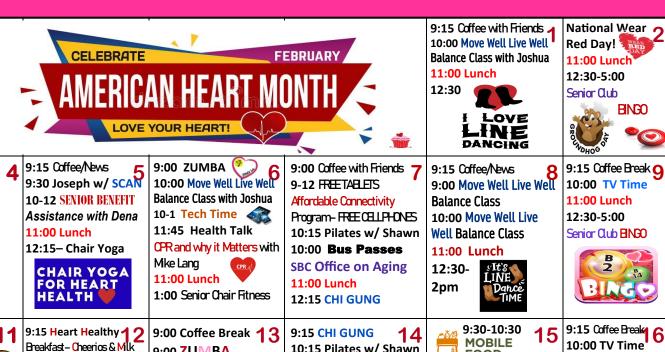
(760) 853-0208

Sat

10

Yucca Valley Senior Center Activity Calendar

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



10:15 Pilates w/ Shawn Held at Community Center



11:00-2:00pm Special Lunch-Pancake Bar Chocolate Fountain & MUSIC

MOBILE **FOOD PANTRY Well Balance Class**

Thu

10:00 Move Well Live 11:00 Lunch

12:30-2pm Ling Pancing

9:15 Coffee Break

9-12 Book Sale

Well Balance Class

11:00 Lunch

Line Dancing

12:30-2pm

12:30-2pm

with Janie

10:00 Move Well Live

10:00 TV Time 11:00 Lunch 12:30-5:00 Senior Club BNGO

18

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9-11 Puzzles/Games

10:30 BREAD Giveaway

STRETCH AWAY STRESS AND

ANXIETY WITH CHAIR YOGA.

Enjoy National Jello Week

11:00 Lunch

12:15

9:00 ZUMBA 20 10:00 Move Well Live **Well Balance Class** 11:00 Lunch 10:30-FREETAX Service

9:00 ZUMBA

11:00 Lunch

10:00 Move Well Live

12:15 Pain & Disability

Support Group with Joshua

Well Balance Class

12:00 Chair Yoga 1:00 Senior Chair Fitness with Shawn

9:15 CHI GUNG 10:15 Pilates w/ Shawn 11:00 Reach Out Morongo Basin-Special Outing-must RSVP-space limited 11:30-2pm FREE

Senior Tax Preparation Service-

Heart Health Lecture

12:15 CHI GUNG

12-2pm TV Time

9:15 Office on Aging 28 10:15 Pilates w/ Shawn Rehabilitation Hospital of Rancho Mrage BRTHDAY CELEBRATION SPONSOR 11:45 MORONGO BASIN

let's Dancel

9:15 Coffee Timp 3 10:00 TV Time 11:00 Lunch 12:30-5:00 Senior Club BINGO

9:15 Heart Healthy 6 Cheerios & Mlk-Coffee 10-12 SENIOR BENEFIT Assistance with Dena 10:30 BREAD

11:00 Lunch 12:15 Chair Yoga

9:00 **ZUMBA** 10:00 Move Well Live Well Balance Class 11:00 Lunch 12-1pm RCA Meeting All Welcome

9:15 Coffee/News 9:00 Move Well Live Well **Balance Class** 10:00 Move Well Live **Well Balance Class** 11:00 Lunch

Line Dance

Appointments needed for:

24

Senior Benefit Service **Tech Time** Tax Service Senior Outing