

# Hello January Yucca Valley Senior Center Activity Calendar

## 2025

**Su**      **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 - 2 pm  
 Friday 9 am - 12:30 pm

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
										
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>9:15 <b>CHI GUNG</b></p> <p>9-12 <b>Senior Club</b></p> <p><b>Thrift Shop</b> Reopens</p> <p><b>11:00 Lunch</b></p> <p>12:15 Chair Yoga with Jing <i>Namaste</i></p> <p>1:15 <b>FIT &amp; FIRM</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p><b>11:00 Lunch</b></p> <p>11:45 Pain Management Support Group</p> <p>1:00 <b>Serenity Hospice</b> Grief Support Group</p>	<p>9:00 <b>Zumba</b></p> <p>10:00 <b>Bus Passes</b></p> <p><b>Office on Aging</b> (age 60+)</p> <p>9:30 <b>Joseph w/SCAN</b></p> <p>10:15 <b>Pilates with Shawn</b> (At the YV Community Center)</p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>Chair Fitness</b> with Shawn</p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30 <b>LINE DANCING</b> with Janie</p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Center BINGO</b></p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Floor Confidence Class</b> <b>HOW TO GET UP OFF THE FLOOR</b></p> <p><b>11:00 Lunch</b></p> <p>11:30-1pm <b>CRAFT CLASS</b></p>	<p>9:00 <b>Zumba</b></p> <p>10:15 <b>Pilates with Shawn</b> (At the YV Community Center)</p> <p><b>11:00 Lunch</b></p> <p><b>Karr Insurance BIRTH-DAY CELEBRATION SPONSOR</b></p> <p>11:45-1pm <b>Entertainment</b> by Paul Gerkin</p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-10:30 <b>MOBILE FOOD PANTRY</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30 <b>Line Dancing</b></p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>2:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>9:15 <b>CHI GUNG</b></p> <p>10-12 <b>Social Worker Assistance for Senior Benefits</b> Appointment Needed</p> <p>9:30-noon <b>Jeremy's Tech time</b></p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>Chair Yoga</b></p> <p>1:15 <b>FIT &amp; FIRM</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>10-12 <b>Thrift Store</b></p> <p>10:00 <b>Healthy Hands</b></p> <p><b>11:00 Lunch</b></p> <p>11:45 Pain Management Support Group</p> <p>1:00 <b>Serenity Hospice</b> Grief Support Group</p>	<p>9:00 <b>Zumba</b></p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>9:45 <b>Pilates with Shawn</b> (At the YV Community Center)</p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>CHAIR EXERCISES FOR SENIORS</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30- 2pm <b>LINE DANCING</b> w/Janie</p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-12 <b>Thrift Store</b></p> <p>10:00 <b>Healthy Hands</b></p> <p><b>11:00 Lunch</b></p> <p>11:45 <b>Braille Institute</b> Presentation / Bingo Game</p> <p>12:00 <b>Regional Council on Aging Meeting</b></p>	<p>9:00 <b>Zumba</b></p> <p>9-12 <b>Thrift Store</b></p> <p>9:11 <b>Coffee &amp; Social Time</b></p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>Chair Fitness</b> with Shawn</p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30 <b>Pine Dance</b> with Janie</p>	<p>9:15 Coffee Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30 <b>Pine Dance</b> with Janie</p>
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<p><b>Senior Center Closed</b></p> <p><i>Remembering the Dream</i></p> <p><b>Martin Luther King Jr. Day</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-12 <b>Thrift Store</b></p> <p>10:00 <b>Healthy Hands</b></p> <p><b>11:00 Lunch</b></p> <p>11:45 Pain Management Support Group</p> <p>1:00 <b>Serenity Hospice</b> Grief Support Group</p>	<p>9:00 <b>Zumba</b></p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>9:45 <b>Pilates with Shawn</b> (At the YV Community Center)</p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>CHAIR EXERCISES FOR SENIORS</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30- 2pm <b>LINE DANCING</b> w/Janie</p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:15 Coffee &amp; News Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-12 <b>Thrift Store</b></p> <p>10:00 <b>Healthy Hands</b></p> <p><b>11:00 Lunch</b></p> <p>11:45 <b>Braille Institute</b> Presentation / Bingo Game</p> <p>12:00 <b>Regional Council on Aging Meeting</b></p>	<p>9:00 <b>Zumba</b></p> <p>9-12 <b>Thrift Store</b></p> <p>9:11 <b>Coffee &amp; Social Time</b></p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>Chair Fitness</b> with Shawn</p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30 <b>Pine Dance</b> with Janie</p>	<p>9:15 Coffee Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30 <b>Pine Dance</b> with Janie</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>					
<p>Need Help Applying for Medi-Cal</p> <p><b>National Chocolate Cake Day</b></p> <p>9:15 <b>CHI GUNG</b></p> <p>10-12 <b>Senior Assistance</b></p> <p>10:00 <b>Bread Giveaway</b></p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>Chair Yoga</b></p> <p>1:15 <b>Fit &amp; Firm</b></p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>10:00 <b>Healthy Hands</b></p> <p><b>11:00 Lunch</b></p> <p>11:45 <b>Braille Institute</b> Presentation / Bingo Game</p> <p>12:00 <b>Regional Council on Aging Meeting</b></p>	<p>9:00 <b>Zumba</b></p> <p>9-12 <b>Thrift Store</b></p> <p>9:11 <b>Coffee &amp; Social Time</b></p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>Chair Fitness</b> with Shawn</p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-12 <b>Thrift Store</b></p> <p>9:11 <b>Coffee &amp; Social Time</b></p> <p><b>11:00 Lunch</b></p> <p>12:15 <b>Chair Fitness</b> with Shawn</p>	<p>9:00 <b>Move Well Live Well</b> Balance Class with Joshua</p> <p>9-11 <b>Coffee &amp; Social Time</b></p> <p>10:00 <b>Healthy Hands</b></p> <p>10:30 <b>Peppy Posture Class</b></p> <p><b>11:00 Lunch</b></p> <p>12:30 <b>Pine Dance</b> with Janie</p>	<p>9:15 Coffee Time</p> <p><b>11:00 Lunch</b></p> <p>12:30-5:00 <b>Senior Club BINGO</b></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 + voluntary donations are accepted for lunch- Lunch participants' age 59 and under will be charged \$9.75 per meal.