



Su Mon Tue Wed Thu Fri Sat

**Yucca Valley Senior Center
Activity Calendar**

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

57088 Twentynine Palms Hwy,
Yucca Valley, CA 92284

Currently operating in our **TEMPORARY** location in the Town Hall building
(former library space across the parking lot from the Senior Center)

A Variety of our Senior Classes will be held in the Community Center (Yucca Room.) Classes will be marked **CCYR**.

	<p>2 9:00 Coffee Break 3 9-12 Thrift Store Day 11:00 Lunch 12:15 Chair Yoga</p> 	<p>9:00 Move Well Live Well 4 Balance Class with Joshua 10-10:30 Posture Class 10:15 ZUMBA CCYR 10:00-2:00 Free Income Tax Service by Peggy APPOINTMENT NEEDED 11:45 Pain & Disability Support Group with Joshua</p>	<p>9:15 Chi Gung 5 9:30-12 SCAN 10:00 Office of Aging Free Bus Passes 10:15 Pilates w/Shawn 11:00 Lunch 12:15 Chair Fitness w/ Shawn CCYR</p> 	<p>9:00 Coffee Break 6 9:00 Move Well Live Well Balance Class with Joshua 10-10:30 Stretch Class 11:00 Lunch 12:30 Line Dancing with Janie CCYR</p> 	<p>9:15 Coffee & News 7 11:00 Lunch 12:30-5:00 pm Senior Club Bingo</p> <p align="center">CCYR</p> 	1
SPRING AHEAD	<p>9 10:00 2024-2028 10 Area Plan Presentation provided by: Dept. of Adult & Aging Services 10:00 Fit & Firm with Shawn CCYR 11:00 Lunch 12:15 Jing's CHAIR YOGA</p>	<p>9:00 Move Well Live Well 11 Balance Class with Joshua 10:00 Posture Class 10-2pm Braille Institute Low Vision Resources 10:15 Zumba CCYR 11:00 Lunch 12:15 Serenity Hospice Grief Support Group</p>	<p>9:15 Chi Gung 12 9:30-11:30 IEHP 10:15 Pilates w/Shawn 11:00 Lunch CCYR 12:15 Chair Fitness 11:30-1pm National Plant a Flower Day Let's Plant a Flower Today!</p> 	<p>9:00 Coffee & News 13 9:00 Move Well Live Well Balance Class with Joshua 9:30-11:30 Senior Center Membership Renewal Day! 10-10:30 Stretch Class 10:30 Posture Class 11:00 Lunch 12:30 Line Dancing-CCYR</p>	<p>9:15 Coffee Break 14 10:30 FREE Bread 12:30-5:00 pm Senior Club Bingo</p> <p align="center">CCYR</p> 	15
	<p>16 9-12 Thrift Store Day 17 10-1pm SENIOR BENEFIT ASSISTANCE 10:00 Fit & Firm with Shawn CCYR 11:00 St. Patrick's Day Lunch 12:15 Chair Yoga w/ Jing</p> 	<p>9:00-10am Soda with Mayor Jeff Drozd 18 10:00 Balance Class 10-2 Free Income Tax Service 10:15 ZUMBA CCYR 11:00 Lunch 11:45 Pain Support Group 11:45 Craft Day! Art Expressions Program</p>	<p>9:15 Chi Gung 19 9:30-12 TECHTIME 10:15 Pilates w/Shawn CCYR Bilhartz Insurance Sponsor HAPPY BIRTHDAY 11:00 Lunch 12:15 Chair Fitness CCYR</p> 	<p>9:30-10:30 mobile food pantry 20 9:00 Balance Class 10-10:30 Stretch Class 11:00 Lunch 12:30 Line Dancing CCYR</p>  	<p>9:15 Coffee Time 21 11:00 Lunch 12:30-5:00 pm Senior Club Bingo</p> <p align="center">CCYR</p> 	22 Senior Spring Fling Dance 6pm to 8pm CCYR
<p>23 9:00 Coffee & News 24 9-12 Thrift Store Day & 10:00 Fit & Firm with Shawn CCYR 31 11:00 Lunch 12:15 Chair Yoga YOGA</p>	<p>9:00 Move Well Live Well 25 Balance Class with Joshua 10-10:30 Posture Class 10:15 Zumba Dance CCYR 11:00 Lunch 11:45 Pain Support Group 12-1 Regional Council of Aging Meeting</p>	<p>9:15 Chi Gung 26 9:30 MORONGO BASIN Healthcare District 10:15 Pilates w/Shawn 11:00 Lunch 12:15 Chair Fitness w/ Shawn CCYR</p> 	<p>9:00 Coffee Break 27 9:00 Move Well Live Well Balance Class with Joshua 10:30 Stretch Class 11:00 Lunch 12:30 LINE DANCE Addiction CCYR</p> 	<p>9:15 Coffee Break 28 11:00 Lunch 10:30 FREE Bread 12:30-5:00 pm Senior Club Bingo</p> <p align="center">CCYR</p> 	29	

The Senior Center is operated by the Town of Yucca Valley Recreation Dept. For info contact Nena McOullough 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