

2025 April

Yucca Valley Senior Center Activity Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sat
Yucca Valley Senior Center 57090 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	
April 20th Happy Easter!  May this day be as special and beautiful as you.	9:00 Balance Class 1 10:00 Posture Class 10:15 Zumba 10:30 Healthy Hands 11:00 Lunch 11:45 Pain & Disability Support Group 	9:30 Joseph w/SCAN 2 10:00 Office on Aging Bus Passes 10:15  12:15 Chair Fitness	9:00 Move Well Live Well 3 Balance Class with Joshua 10:00 Posture Class 10:30 Stretch Class 11:00 Lunch 12:30 Line Dancing 	9:00 Chi Gung 4 11:00 Lunch 12:30-5:00 Senior Club BINGO 	5	
6  WORLD HEALTH DAY 9-12 Thrift Store Open 10-11 Puzzles and Adult Coloring 10:00 Fit & Firm 11:00 Lunch 12:00 Chair Yoga	7 9:00 Balance Class 8 10:00 Posture Class 10:15 Zumba 10:30 Healthy Hands 11:00 Lunch 9-2pm Braille Institute Low Vision Resources 12:15 Serenity Hospice Grief Support Group	8 9:15 Chi Gung 9 10:15 Pilates w/ Shawn 11:00 Lunch 11:45 Morongo Basin Healthcare District Wellness Lecture Allergies/ Better Breathing  12:15 Chair Fitness	9 9:00 Move Well Live Well 10 Balance Class with Joshua 10:00 Posture Class 10:30 Stretch Class 11:00 Lunch 12:30 Line DANCING with my PEEPS 	11  NATIONAL PET DAY 10:15 Bread Giveaway 11:00 Lunch 12:30-5:00 Senior Club BINGO 	12	
13 9-12 Thrift Store 14 10-12 Social Worker Assistance for Seniors Apply for Medi-Cal and other services! 9:30 FND Food Outreach 10:00 Fit & Firm 11:00 Lunch 12:00 Chair Yoga	14 9:00 Balance Class 15 10:00 Posture Class 10:15 Zumba 10:30 Healthy Hands 11:00 Lunch 12-1pm Visit High Desert Museum FROM WASTE TO WONDER RECYCLED ART EXHIBITION	15 9:00 Chi Gung 16 9-12 IEHP 9-12 Tech time Make Appointment Today! 10:15 Pilates w/ Shawn 11:00 Lunch 12:15 Chair Fitness w/Shawn 	16 9:00 Move Well Live Well 17 Balance Class with Joshua 9:30-11 MOBILE FOOD PANTRY  10:00 Posture Class 10:30 Stretch Class 11:00 Lunch 1230 Line Dancing	18 9-12 Thrift Store Open 11-12 easter bunny lunch  12:30-5:00 Senior Club BINGO Good Friday!	19 Bring the Grand Kids Easter Egg Hunt 9:30 Sharp WCC Soccer Field	
20 EASTER 9-12 Desert Oasis Mobile Health Clinic Health Screenings, Blood Pressure & Glucose Checks, Body Mass Index, and Health Education Lecture DESERT OASIS HEALTHCARE 10:00 Fit & Firm 11:00 Lunch 12:15 Chair Yoga	21 9:00 Balance Class 22 10:00 Posture Class 10:15 ZUMBA 10:30 Healthy Hands 11:00 Lunch 12:00 RCA Meeting 11:45 Special Craft 	22 9:00 Chi Gung 23 10:15 Pilates w/ Shawn 11:00 Lunch Lisa w/ Karr Insurance BIRTHDAY CELEBRATION SPONSOR HAPPY BIRTHDAY! 12:15 Senior Chair Fitness with Shawn	23 9:00 Coffee Break 24 9:00 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 Stretch Class 11:00 Lunch 12:30 Janie's Line Dancing 	24 9-12 Coffee Break 25 10:15 Bread Giveaway 11:00 Lunch 12:30-5:00 Senior Club BINGO 	26	
27 9-12 Thrift Store Open 28 10-11 Puzzles and Adult Coloring 10:00 Fit & Firm 11:00 Lunch 12:00 Chair Yoga 	28 9:00 Balance Class 29 10:00 Posture Class 10:15 Zumba 10:30 Healthy Hands 11:45 Pain Support Group 11:45 SING-ALONG with Cat Cohen	29 9:00 Chi Gung 30 9-11 Puzzles and Adult Coloring 10:15 Pilates w/ Shawn 11:00 Lunch 12:15 Chair Fitness with Shawn 	 SAVE THE DATE May 3rd Reserve your Space Today! Spring RUMMAGE SALE 			

The Senior Center is operated by the Town of Yucca Valley Recreation Dept. For more information about our programming and memberships contact Nena McCullough at (760) 853-0208. San Bernardino County Senior Nutrition Program Lunch provided by Family Services Association