57090 Twentynine Palms Hwy,
Yucca Valley, CA 92284
(760) 853-0208

MAY

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

Yucca Valley Senior Center Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 11th Happy Mothers Day			National Physical Fitness Month Move in May 30 minutes of activity every day	1 9:00 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 STRETCH CLASS 11:00 Lunch 12:30 Line Dancing	2 10:30 Bread Giveaway 12:30-5:00 Senior Club Bingo BINGO	3 MBHD Health Fair 10am-2pm RUMMAGE SALE 8:30am–1:00pm
4	5 9am-Noon Thrift Store 10:00 Adult Coloring 11:00 Lunch 12:00 Jing's Chair Yoga	6 9:00 Move Well Live Well Balance Class with Joshua 9:30 Healthy Hands 10:00 Posture Class 10:15 ZUMBA 11:00 Lunch 12:15 Pain & Disability Support Group PAIN MANAGEMENT	7 9:30 Joseph w/SCAN 10:00 Office of Aging Bus Passes 10:15 Pilates w/Shawn 11:00 Lunch 12:15 Chair Fitness for STRONGER SENIORS	8 9:00 Coffee/News 9:00 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 STRETCH CLASS 11:00 Lunch 12:30 Line Dancing	9 9:15 Chi Gung 11:00 Lunch 12:30-5:00 Senior Club Bingo BINGO	10
11	12 9:00 Coffee/News 9am-Noon Thrift Store 10-12 Social Worker Assistance for Seniors Make your Appointment TODAY! 10:15 Fit & Firm 11:00 Lunch 12:00 CHAIR YOGA	13 9:00 Move Well Live Well Balance Class with Joshua 9:30 Healthy Hands 10:00 Posture Class 10:15 ZUMBA 11:00 Lunch 12:15 Grieving Hearts Support Group-provided by: SERENITY HOSPICE	14 9:15 Chi Gung Class 9:30 IE❤HP Information / Representative here for Questions 10:15 Pilates w/Shawn 11:00 Lunch 12:15 Adult Coloring 12:15 Senior Chair Fitness	15 9:15 Coffee Time 9:45 Move Well Live Well Balance Class with Joshua 10:00 Posture Class 10:30 STRETCH CLASS 11:00 Lunch 12:30 Line Dancing!	16 9:15 Coffee 11:00 Lunch 12:30-5:00pm Senior Club Bingo Spring BINGO	17
18	19 9:00 Coffee/News 10:00 Craft Time/ Painting and Coloring 9:30-12 TECH TIME 11:00 Lunch 12:15 CHAIR YOGA FOR SENIORS	20 9:00 Move Well Live Well Balance Class with Joshua 9:30 Healthy Hands 10:00 Posture Class 10:15 ZUMBA 11:00 Lunch 12-1pm RCA Mtg 12:00 Pain & Disability Support Group led by Joshua	21 9:15 Chi Gung Class 10-12 ALZHEIMER'S ASSOCIATION Art Making Program 11:00 Lunch Birthday Celebration Sponsored By: SERENITY HOSPICE 12:15 Senior Chair Fitness w/ Joshua	22 9:00 Balance Class 9:15 Coffee & Donuts 10:00 Posture Class 10:30 STRETCH CLASS 11:00 Lunch 12:30 Senior Line Dance Fitness Class	23 9:15 Coffee 11:00 Lunch 12:30-5:00pm Senior Club Bingo BINGO	24
25	26 WE WILL BE Closed ON MEMORIAL DAY	27 9:00 Balance Class Braille- Low Vision Program 9:30 Hands & Posture Class 10:15 Zumba 11:00 Lunch Lecture by: Inland Caregiver Cntr "Is it Normal Aging or Dementia"	28 9:15 Chi Gung Class 9:30 Resources by PR Legal Document Service 11:00 Lunch 12:15 Senior Chair Fitness w/ Joshua	29 9:00 Balance Class 9:30-10:30 Mobile Food Pantry Lunch 10:00 Posture Class 10:30 Floor Confidence Class 12:30 Line Dancing	30 9:00-10:00 New! Cardio Class with Joshua 10:00-11:00 Chi Gung w/ Vicki 11:45-12:45 Chair Yoga W/ Jing 12:30-5:30 BINGO MOVE MORE MONTH	

The Senior Center is operated by the Town of Yucca Valley Recreation Dept. For information about our programming and memberships Contact the Senior Center at (760) 853-0208.