Yucca Valley Senior Center

Sun	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

4th of July Celebration Concert & Fireworks
Yucca Valley High School Stadium
Gates Open 6 pm

1
9:00 Move Well Live Well Balance Class with Joshua
10:00 Healthy Hands
10:00 ZUMBA
10:30 **Posture Class**
11:00 Lunch
12:00 Pain & Disability Support Group

2
NO Bus Passes for July
9:15 Chi Gung
9-12 Scan Representative
10:15 Pilates w/ Shawn
11:00 Lunch
No Afternoon Classes Today!
STAY COOL
12-2 TV Time

3
9:15 Coffee & Snacks
4TH OF JULY Celebration
Music by: "ON TAPP"
Lunch and Games

4

Closed

5

6

7
9:15 Coffee Break
9-Noon
Thrift Store Day
10-12 Social Worker Assistance for Seniors
11:00 Lunch
12:15

8
9:00 Move Well Live Well Balance Class with Joshua
9-4 BRAILLE institute
Low Vision Program
10:00 Healthy Hands
10:30 **Posture Class**
11:00 Lunch
12:15 Grief Support with Serenity Hospice

9
9-12 maxim healthcare services
Resource information
9:15 Chi Gung
9-12 TECH TIME!
Appointments Required
10:15 Pilates w/ Shawn
11:00 Lunch
12:15 Chair Fitness

10
9:00 Balance Class
9:30 Posture Class
10:00 Healthy Hands
11:00 Lunch
12:30pm
STOMP IT OUT LINE DANCING
6:30pm
Sound Bath
RSVP Required

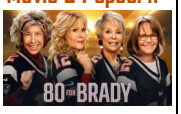
11
9:15-10:30
Coffee & Social Time
10:15 Free Bread
11:00 Lunch
12:30-5:00
Senior Club BINGO

12
Concert in the Park
Monsters of Rock
80s Rock
7-9 pm

13

14
9:15 Coffee Time
9:00– Noon
Thrift Store Day !
10:15 Fit & Firm with Shawn
11:00 Lunch
12:15 Chair Yoga
The Prayer Twist

15
Free HAIR CUTS
Make your Appointment!
9-1 Space is Limited
9:00 Balance Class
9:30 Healthy Hands
10:00 **Posture Class**
10:00 Zumba
11:00 Lunch
Finish Birdhouse Painting

16
9:15 Chi Gung
10:15 Pilates w/ Shawn
11:00 Lunch
11:45 Movie & Popcorn
Feel-good, comfort movie & a laugh-out loud comedy


12:15 Shawn's CHAIR FITNESS

17
9:00 Coffee/Snacks
9:00 Move Well Live Well Balance Class with Joshua
9:30 **Posture Class**
10:00 Healthy Hands
11:00 Lunch
12:30
Line Dancing

18
9:15-10:30
Coffee & Social Time
11:00 Lunch
12:30-5:00
Senior Club BINGO

19
Concert in the Park
Stone Soul
Soul / Motown
7-9 pm

20
National Ice Cream Day!

21
9:00– Noon
Thrift Store Day!
10:15 **Fit & Firm**
11:00 Lunch
11:45
Talk presented by:
INLAND CAREGIVER RESOURCE CENTER
"Is it Normal Aging or Dementia"

22
9:00 Move Well Live Well Balance Class with Joshua
10:00 Healthy Hands
10:30 **Posture Class**
10:00 ZUMBA
11:00 Lunch
12:00 Pain & Disability Support Group
12:00 Monthly Meeting
Regional Council on Aging

23
9:15 Chi Gung
10:15 Pilates w/ Shawn

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BIRTHDAY CELEBRATION SPONSOR
11:00 Lunch
12:15 Chair Fitness

24
9:00 Move Well Live Well Balance Class with Joshua
9:30 **Posture Class**
10:00 Floor Confidence
Learn how to get up off the Floor when fallen
11:00 Lunch
12:30 *Janie's* It's Line Dance Time

25
9:15 –10:30
Coffee & SOCIAL TIME
10:15 Free Bread
11:00 Lunch
12:30-5:00
Senior Club BINGO

26
Concert in the Park
Sangria Band
Latin / Salsa
7-9 pm

27

28
10-12 Social Worker Assistance for Seniors
10:15

11:00 Lunch
12:15 Chair YOGA

29
9:00 Balance Class
10:00 Healthy Hands
10:30 Posture Class
10:00 ZUMBA
11:00 Lunch
11:45 Craft Day

30
9:15 Coffee Break
9:15 Chi Gung
10:15 Pilates w/ Shawn
11:00 Lunch
12:15 Shawn's Chair Fitness
Summer BOOK SALE!

31
9:00 Coffee/News
9:00 Balance Class
9:30 **Posture Class**
10:00 Healthy Hands
11:00 Lunch
12:30 Line Dancing

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