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

September 2025

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

Yucca Valley Senior Center Activity Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 We will be CLOSED on LABOR DAY	**2** 9:00 Move Well Live Well Balance Class with Joshua 10:00 Hand Exercise Class 10:15 ZUMBA 10:30 Improve Your Posture Class 11:00 Lunch 12:15 TAI CHI	**3** 9:30 Joesph with SCAN 10:00 Office of Aging Bus Passes 10:15 Pilates w/ Shawn 11:00 Lunch 12:15 Shawn's Chair Fitness	**4** 9:00 Move Well Live Well Balance Class with Joshua 10:00 Hand Exercise Class 9-11 Office of Aging Farmers Market Cards 10:30 Stretch Class 11:00 Lunch 12:00 Line Dancing	**5** 9:15 Chi Gung 9-11 Coffee Time 11:00 Lunch 12:30-5:00pm Senior Club Bingo	**6**
7	**8** 9-12 Thrift Shop day 10-12 SENIOR BENEFIT ASSISTANCE w/ Dena Appointment Needed 9-11 Membership Update 11:00 Lunch 12:15 CHAIR YOGA	**9** 9-4 Braille Institute Low Vision Program 9:00 Balance Class 9-11 Arcade Games 10:15 ZUMBA 10:00 Pain & Disability Support Group w/Joshua 11:00 Lunch 12:15 Tai Chi	**10** 9:15 Chi Gung 9-12 Tech Time w/ Jeremy 9:30 Maxim Caregiving Resource Information 10:15 Pilates w/ Shawn 11:00 Lunch 11:45 Adult Coloring with Sonja 12:15 Chair Fitness	**11** PATRIOT DAY WE WILL NEVER FORGET 9:00 Balance Class 10:00 Hand Exercise Class 10:30 STRETCH CLASS 11:00 Lunch 12:00– Line Dancing 6:30 Sound Bath RSVP Required Hosted at the Community Center	**12** Two Sessions Joshua's Senior Fitness 8:30 and 9:00am 10:15 Bread Giveaway 11:00 Lunch 12:30-5:00 pm Senior Club Bingo	**13**
14	**15** 9-12 THRIFT STORE FINDS 9-11 Membership Update 9-11 Arcade Games 11:00 Lunch 12:15 Chair Yoga w/Jing	**16** 9:15 Coffee Break 9:00 Move Well Live Well Balance Class with Joshua 10:00 Hand Exercise Class 10:15 ZUMBA 10:30 Posture Class 11:00 Lunch 12:15 TAI CHI	**17** 9:15 Chi Gung 10:15 Pilates w/ Lara *Hosted at the Community Center* 11:00 Lunch 11:30 Fall Prevention Health Talk by: MORONGO BASIN HEALTHCARE 11:45 Adult Coloring with Sonja	**18** 9:15 Coffee Break 9:00 Move Well Live Well Balance Class with Joshua 10:00 Hand Exercise Class 10:30 STRETCH CLASS for building strength and endurance 11:00 Lunch 12:00 Line Dancing	**19** 9:15 Chi Gung 9:15 Coffee Time 11:00 Lunch 12:30-5:00pm Senior Club BINGO	**20** End of Summer Dinner & Dance Spaghetti Dinner Starts at 5:30pm Music by: "On Tapp" Tickets $5.00 Community Center 5:30pm-8:00pm
21	**22** FIRST DAY OF FALL! 10-1 Autumn Wreath Making! RSVP Required 9-1pm BOOK SALE 11:00 Lunch 12:15 Chair Yoga w/Jing	**23** 9:00 Balance Class 10:00 Joshua's Fall Prevention Talk 10:15 Zumba Dance 11:00 Lunch 12:00 Regional Council on Aging Meeting Everyone Welcome 12:15 TAI CHI	**24** 9:15 Chi Gung / Outside 10:15 Pilates w/ Lara 11:00 BIRTHDAY LUNCH Sponsored and celebrated by Angela celebrating 80 years! Music by: THE WILDCATS HAPPY Birthday	**25** 9:00 Move Well Live Well Balance Class with Joshua 10:00 Floor Confidence Exercise Class with Joshua 10:30 Hand Exercise Class 11:00 Lunch 12:00 Line Dancing	**26** Two Sessions Joshua's Senior Fitness 8:30 and 9:00am 10:15 Free Bread Day! 11:00 Lunch 12:30-5:00pm Senior Club BINGO	**27**
28	**29** 9-12 Thrift Shop day Winter Clothing Sale 10-1 SENIOR BENEFIT ASSISTANCE w/ Dena Appointment Needed 11:00 Lunch 12:15 Jing's CHAIR YOGA	**30** 9:00 Balance Class 9:30-11:30 SUNCREST HEALTHCARE Health/Vital Sign screening 10:00 Pain & Disability Support Group w/Joshua 10:15 ZUMBA 11:00 Lunch 12:15 Tai Chi	RUMMAGE SALE	Save the Date! Our next Sale October 25th	SEPTEMBER NATIONAL SENIOR CENTER MONTH ACL	

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 am - Noon