

**HOURS OF OPERATION**  
 Monday–Thursday 9am–2 pm  
 Friday 9am–12:30pm



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

Sun      Mon      Tue      Wea      Thu      Fri      Sat

# Yucca Valley Senior Center Activity Calendar



October 15th  
 Your Health Needs Your Attention!



<p>October 15th Your Health Needs Your Attention!</p>		<p>9:30 Joseph w/SCAN          10:00 <b>Bus Passes</b>          Office of Aging          10:15 Pilates w/ Shawn          11:00 Lunch          11:45 FALL Adult Coloring Class          12:15 Chair Fitness</p>	<p>9:00 Move Well Live Well          Balance Class w/ Joshua          10:00 Healthy Hands          10:30 STRETCH CLASS          11:00 Lunch          12:00 Line Dancing</p>	<p>9:15 Chi Gung          11:00 Lunch          12:30-5:00pm Senior Club Bingo</p>	<p>4</p>
<p>5</p> <p>9-12 <b>Thrift Shop day</b>          10-12 Senior Assistance          Make your appointment          11:00 Lunch          12:15 Chair Yoga</p>	<p>9:00 Balance          10:00 Healthy Hands          10:30 Posture Class          10:15 ZUMBA          10-1pm Pet Adoptions          Cuisine, Companions and Connections          Resource Fair</p>	<p>9:15 Chi Gung          9-12 Tech Time          10:15 Pilates w/ Shawn          11:00 Lunch          11:45-1:15 Cat Cohen A Keyboard Wizard          Playing those Spooky sing-a-long tunes          12:15 Chair Fitness with Shawn</p>	<p>9:00 Move Well Live Well          Balance Class with Joshua          9:30 Maxim Caregiving Resource Information          10:00 Healthy Hands          10:30 STRETCH CLASS          11:00 Lunch          12:00 Line Dancing</p>	<p>OCT. 10 <b>World MENTAL HEALTH DAY</b>          Two Sessions:          Joshua's Senior Fitness          8:30am and 9:00am          10:15 Bread Giveaway          11:00 Lunch          12:30-5:00pm BINGO</p>	<p>11</p>
<p>12</p> <p>9-12 <b>Thrift Shop day</b>          It's Back!          10:15 Fit &amp; Firm with Shawn          11:00 Lunch          12:15 CHAIR YOGA</p>	<p>9:00 Balance Class          9-4pm BRAILLE institute          Low Vision Program          10:00 Pain &amp; Disability Support Group          10:15 ZUMBA          11:00 Lunch          12:15 TAI CHI</p>	<p>9-11 Senior Scam Awareness Seminar          Presented by: Assembly member Greg Wallis          Hosted in the Community Center          10:45 Senior Center Opens          11:00 Lunch          11:45 Movie Day</p>	<p>Let's Wear Pink Today to Support!          OCTOBER Breast Cancer awareness month          9:00 Move Well Live Well          Balance Class with Joshua          10:00 Healthy Hands          10:30 STRETCH CLASS          11:00 Lunch          12:00 Janie Line Dancing</p>	<p>9:15 Open the Energy Gates of your Body!          Try Chi Gung          11:00 Lunch          12:30-5:00pm Senior Club BINGO</p>	<p>18</p>
<p>19</p> <p>DESERT OASIS HEALTHCARE          Medicare Seminar          10am and 2pm          2026 MEDICARE IMPORTANT CHANGES          10:15 Fit &amp; Firm          11:00 Lunch          12:15 Chair Yoga</p>	<p>9:00 Balance Class          10:00 Healthy Hands          10:15 Zumba w/Dennis          10:30 Posture Class          10:30 scan Medicare Educational Talk          11:00 Lunch          12:15 TAI CHI</p>	<p>9:15 Chi Gung          10:15 Pilates w/ Shawn          Sponsored by: Reach Out Birthdays This Month          11:45 Adult Coloring Class          12:15 Chair Fitness          6:30pm Sound Bath with Petra          RSVP Required</p>	<p>9:00 Balance Class          10:00 Healthy Hands          10:30 Floor Confidence Exercise Class          11:00 Lunch          11:45 Craft Day          Pumpkin Painting          12:00 Line Dancing</p>	<p>Two Sessions          Joshua's Senior Fitness          8:30am and 9:00am          10:15 Bread Giveaway          11:00 Lunch          BINGO</p>	<p>25</p> <p>Senior Center's RUMMAGE SALE          8:30 - 1:00pm</p>
<p>26</p> <p>9-12 <b>Thrift Shop day</b>          10-12 Senior Assistance          Make your appointment          10:15 Fit &amp; Firm          11:00 Lunch          12:15 Chair Yoga</p>	<p>9:00 Balance Class          10:00 Healthy Hands          10:15 ZUMBA          10:30 Posture Class          11:45 Pain &amp; Disability Support Group          12:00 Regional Council</p>	<p>9:15 Chi Gung          10:15 Pilates w/ Shawn          11:00 Lunch          11:45 Halloween Craft          MASON JAR MUMMY LANTERN          12:15 Chair Fitness</p>	<p>9:00 Balance Class          10:00 Healthy Hands          10:30 STRETCH CLASS          11:00 Lunch          11:45 Candy Corn Surprises          12:00 Line Dancing</p>	<p>HALLOWEEN PARTY          Music By: Troy Hoglund          Fun Afternoon Events</p>	<p>FUN          10:30-1:30pm          Costume Contest</p>

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 p.m.