

Yucca Valley Senior Center Activity Calendar



Sun Mon Tue Wed Thu Fri Sat

57090 Twentynine Palms Hwy, Yucca Valley, CA 92284 (760) 853-0208 Monday-Thursday 9 am-2pm
Friday 9am-12:30pm

<p>10:00 and 2:00pm 1</p> <p>Medicare Workshops 11:00 Lunch 9-1pm Tech Time with Jeremy</p>	<p>9:00 Balance Class 2</p> <p>9:00 Maxim Healthcare</p> <p>10:00 HEALTHY HANDS</p> <p>10:15 ZUMBA</p> <p>10:30 Posture Class</p> <p>11:00 Lunch</p> <p>11:45 Adult Coloring Class</p>	<p>10:00 Office of Aging 3</p> <p>60(+) FREE BUS PASSES</p> <p>10:15 Pilates w/ Shawn</p> <p>11:00 Lunch</p> <p>12:15 Chair Fitness</p> <p>Ugly Sweater Contest</p>	<p>9:00 Move Well Live Well 4</p> <p>Balance Class with Joshua</p> <p>10:00 HEALTHY HANDS</p> <p>10:30 Floor Confidence Exercise Class</p> <p>11:00 Lunch</p> <p>12:00-4pm Senior Club</p>	<p>9:15 Chi Gung 5</p> <p>10:15 FREE BREW</p> <p>11:00 Lunch</p> <p>No Bingo Today</p>	<p>Town of Yucca Valley 6</p> <p>Community Center 10am-3pm</p>
<p>7</p> <p>9:15 Hot Cocoa Bar</p> <p>9-Noon Susan's 8</p> <p>Sweater Sale</p> <p>10-12 Senior Benefit Assistance Program</p> <p>10:15 Fit & Firm</p> <p>11:00 Lunch</p> <p>12:15 Chair Yoga</p>	<p>9:00 Move Well Live Well 9</p> <p>Balance Class with Joshua</p> <p>10:15 Zumba</p> <p>11:00 Lunch</p> <p>10-1pm RSVP</p> <p>Today is a Crafting day</p> <p>Tin Can Snowman Hat</p>	<p>10:00 NAVY FEDERAL 10</p> <p>Bank Fraud Prevention Talk</p> <p>10:15 Pilates w/ Shawn</p> <p>11:00 Lunch</p> <p>12:15 Chair Fitness</p> <p>Birthday Celebration sponsored by KARR INSURANCE</p>	<p>9:15 Hot Cocoa Bar 11</p> <p>9:00 Move Well Live Well</p> <p>Balance Class with Joshua</p> <p>10:00 HEALTHY HANDS</p> <p>10:30 Stretch Class</p> <p>11:00 Lunch</p> <p>12:00 LINE DANCING</p>	<p>9:00 Senior Cardio Fitness 12</p> <p>10:00 Chi Gung</p> <p>11:00 Lunch</p> <p>12:30-5pm Senior Club</p>	<p>13</p> <p>Our Christmas Dinner & Music Featuring The Band "Velvet Love"</p> <p>5:30-8:00pm Community Center</p>
<p>14</p> <p>9:00- Noon 15</p> <p>POP UP THRIFT SHOP</p> <p>10:15 Fit & Firm</p> <p>11:00 Lunch</p> <p>12:15 Chair Yoga w/ Jing</p>	<p>9:00 Move Well Live Well 16</p> <p>Balance Class with Joshua</p> <p>10:00 HEALTHY HANDS</p> <p>10:15 Zumba</p> <p>10:30 Posture Class</p> <p>11:00 Lunch</p> <p>12:00 Line Dancing</p>	<p>9:15 Chi Gung 17</p> <p>10:15 Pilates w/ Shawn</p> <p>11:00 Lunch</p> <p>12:15 Chair Fitness</p> <p>11:45 Christmas Movie Afternoon</p>	<p>9:15 Coffee & Treats 18</p> <p>11:00 FSA Christmas Lunch and Entertainment</p>	<p>9:00 Senior Cardio Fitness 19</p> <p>11:00 Lunch</p> <p>12:30-5pm Senior Club</p>	<p>20</p>
<p>21</p> <p>9-1pm TECH TIME 22</p> <p>10:00 Talk on the Aging Brain vs Dementia</p> <p>10:15 Fit & Firm</p> <p>11:00 Lunch</p> <p>12:00 Chair Yoga w/ Jing</p>	<p>9:00 Balance Class 23</p> <p>10:00 Pain & Disability Support Group</p> <p>10:15 ZUMBA</p> <p>11:00 Lunch</p> <p>12:00 RCA Meeting</p> <p>Everyone Welcome!</p>	<p>Senior Center Closed 24</p> <p>Time to Finish your Shopping</p>	<p>25</p>	<p>26</p> <p>Senior Center Open 10:30am - 12pm</p> <p>FSA Lunch Program Only</p>	<p>27</p>
<p>28</p> <p>29</p> <p>Senior Center Open 10:30am - 12pm</p> <p>FSA Lunch Program Only</p>	<p>30</p> <p>Senior Center Open 10:30am - 12pm</p> <p>FSA Lunch Program Only</p>	<p>31</p> <p>Senior Center Closed</p>	<p>HAPPY NEW YEAR 2026</p>	<p>9:15 Coffee</p> <p>11:00 Lunch</p> <p>Activities will restart on January 5th.</p> <p>CHEERS To A New Chapter</p>	<p>3</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 Lunch Program provided by Family Services Association. Monday - Friday 11:00 a.m - 12:00 p.m