HELLO January 2026

Yucca Valley Senior Center Activity Calendar

Su	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

Welcome to Wellness
for Seniors at the
Yucca Valley Senior Center

Check out our Exercise Programs

1

Closed in celebration of the New Year!

Hello 2026!

2
9:00-11:00 Coffee & Social Time
11:00 Lunch
No Activities Today!

3

4

5
9-12 Senior Club Thrift Shop Pop-Up
11:00 Lunch
12:15

6
9:00 Move Well Live Well Balance Class with Joshua
10:00 Healthy Hands
10:15 ZUMBA Time
10:30 Posture Class
11:00 Lunch
11:45 Pain Management Support Group w/ Joshua

7
9:00 Coffee Break
10:00 Bus Passes
Office on Aging (age 60+)
9:30 Joseph w/SCAN
10:15 Pilates with Shawn
(At the YV Community Center)
11:00 Lunch
12:15 Chair Fitness with Shawn

8
9:00 Move Well Live Well Balance Class with Joshua
9-11 Coffee & Social Time
10:00 Healthy Hands
10:30 Peppy Posture Class
11:00 Lunch
12:00 LINE DANCING with Janie

9
9:00 Senior Cardio Fitness Class
10:15 FREE BREAD
11:00 Lunch
12:00-4:00
Senior Center BINGO

10

11

12
9-12 POP-UP THRIFT SHOP
10-12 Social Worker Assistance for Senior
10:15 Fit & Firm
9:30-Noon Jeremy's Tech time

11:00 Lunch
12:15 Chair Yoga

13
9:00 Balance Class
10:15 ZUMBA
10:00 Posture Class
10:30 Floor Confidence Class HOW TO GET UP OFF THE FLOOR
11:00 Lunch
11:30-1:30pm VIRTUAL BOWLING with Jeremy

14
9:15 CHI GUNG
10:15 Pilates with Shawn
11:00 Lunch
BIRTHDAY

Sponsored and celebrated by:
Yucca Valley Senior Club
12:15 Chair Fitness Entertainment

11:45 HandPan by: Ryan

15
9:00 Move Well Live Well Balance Class with Joshua
9-1:00pm BOOK SALE
10:00 Healthy Hands
10:30 Stretch Class
11:00 Lunch
12:00 Line Dancing

16
9:15 Social Time
11:00 Lunch
12:00-4:00
Senior Club BINGO

17

18

19
Senior Center Closed
Remembering the Dream

20
9:00 Move Well Live Well Balance Class with Joshua
10:00 Healthy Hands
10:15 ZUMBA
10:30 Posture Class
11:00 Lunch
11:45 Pain Management Support Group

11-1:00pm Adult Coloring Class and FUN!

21
9:15 CHI GUNG
10-1:30pm

Ask for Details!
Sign Up for :
Potholder Making
Wood Painting
Reverse Glass Painting

11:00 Lunch

22
9:00 Move Well Live Well Balance Class with Joshua
9-11 Coffee & Social Time
10:00 Stretch Class
10:30 Peppy Posture Class
11:00 Lunch
12:30– 2pm LINE DANCING w/Janie

23
9:00 Senior Cardio Fitness Class
10:15 Bread Giveaway
11:00 Lunch
12:00-4:00
Senior Club BINGO

24

25

26
9:00-Noon Thrift Shop day
10:15 Fit & Firm
11:00 Lunch
12:15 CHAIR YOGA

27
9:00 Move Well Live Well Balance Class with Joshua
10:00 Healthy Hands
10:15 ZUMBA
10:30 Posture Class
11:00 Lunch
12:00 Regional Council on Aging Meeting

28
9:15 CHI GUNG
10:15 Pilates with Shawn
9-1:00pm Tech time
Appointment Needed with Jeremy
11:00 Lunch
12:15 Senior Chair Fitness with Shawn

29
9:00 Balance Class

9:00-Noon Puzzle Sale
10:00 Healthy Hands
10:30 Peppy Posture Class
11:00 Lunch
12:30 Line Dance with Janie

30
9:15 Coffee Time
11:00 Lunch
12:00-4:00
Senior Club BINGO

31

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 11am-Noon