



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR APRIL 2018



Sun Mon Tue Wed Thu Fri Sat

1	HAPPY EASTER	<p>8:30am Aerobics 9:45am Yoga Floor/Chair 2pm Beginning Guitar</p> <p>5:30pm CERT (NOP)</p>	<p>8:30am Land Zumba 10:00am Low impact stretch Aerobics 12:30pm - 5:00pm Bridge 6:00pm Town Con mtg. @ City</p>	<p>4 Celebrate Birthdays 8:30am Aerobics 9:45am Yoga Floor/Chair 11:00am Harmonica 1:00pm Wii Bowling 5:00pm Humane Soc. Bd. Mtg.</p>	<p>8:30am Land Zumba 10:00am Low impact aerobics 12:00pm Crochet with Kathy</p>	<p>6 9am Art Class</p>	<p>7 2pm-8pm Birthday in Activity Room</p>
8	<p>8:30am Aerobics 9:45am Yoga Floor/Chair 1:00pm Chaparral Artist (NOP)</p>	<p>10 8:30am Land Zumba 10:00am Low impact stretch Aerobics 12:30pm - 5:00pm Bridge</p>	<p>11 8:30am Aerobics 9:45am Yoga Floor/Chair 11:00am Harmonica 1:00pm Wii Bowling</p>	<p>12 8:30am Land Zumba 10:00am Low impact aerobics 12:00pm Crochet with Kathy</p>	<p>13 9am Art Class</p>	<p>14 11:00am Sewing Class</p>	
15	<p>8:30am Aerobics 9:45am Yoga Floor/Chair 2:00pm Beginning Guitar</p>	<p>17 8:30am Land Zumba 10:00am Low impact stretch Aerobics 12:30pm - 5:00pm Bridge</p>	<p>18 8:30am Aerobics 9:45am Yoga Floor/Chair 11:00am Harmonica 1:00pm Wii Bowling</p>	<p>19 8:30am Land Zumba 10:00am Low impact aerobics 3:30pm Board Meeting 6:00pm Old Car Club</p>	<p>20 9am Art Class</p>	<p>21</p>	
22	 <p>8:30am Aerobics 9:45am Yoga Floor/Chair 2:00pm Beginning Guitar</p>	<p>24 8:30am Land Zumba 10:00am Low impact stretch Aerobics 12:30pm - 5:00pm Bridge</p>	<p>25 8:30am Aerobics 9:45am Yoga Floor/Chair 11:00am Harmonica 1:00pm Wii Bowling</p>	<p>26 8:30am Land Zumba 10:00am Low impact aerobics 12:00pm Crochet with Kathy</p>	<p>27 9am Art Class 2:00pm Volunteer Tea</p>	<p>28 11:00am Sewing Class</p>	
29	<p>8:30am Aerobics 9:45am Yoga Floor/Chair 2:00pm Beginning Guitar</p>						
NOP - Not Open To Public	<p>Call to schedule Computer Classes</p>	<p><i>Bridge instruction is available</i></p>	<p>Silver Sneakers is active at The Center For Healthy Generations</p>	<p><u>ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE</u></p>	<p>57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661</p> 	<p>Email: admin@mbchg.org Web Page mbchg.org</p> 