



# CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR AUGUST 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 August Birthdays 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 6:30pm Bunco	2 8:30am Land Zumba 10:00am Low impact aerobics class 11:00am Senior Walking Program	3 11:00am Senior Walking Program 12:00pm intro to Windows10 w/Rosana	4 5:00pm Paint night with Mara's Christmas Wish
5 6 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking Program 12:00pm intro to Windows10 w/Rosana 2:00pm Beginning Guitar 5:30p-7:30p C.E.R.T	6 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking Program 12:00pm intro to Windows10 w/Rosana 2:00pm Beginning Guitar	7 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30pm-5:00pm Bridge	8 Cindy meeting w/senior groups 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 5pm-7:30pm Morongo Basin Cultural Arts Mtg.	9 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking 11:00am Harmonica 1:00pm Wii Bowling 6:00pm-9:00pm Tupperware	10 11:00am Senior Walking Program 12:00pm intro to Windows10 w/Rosana	11
12 13 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking Program 1:00pm Chaparral Artists	13 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking Program 1:00pm Chaparral Artists	14 8:30am Land Zumba 10:00am Low impact aerobics class 11:30am Basin Wide 12:30pm-5:00pm Bridge	15 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league	16 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking 11:00am Harmonica 1:00pm Wii Bowling 3:30pm Board Meeting 6:00pm MBOCC	17 11:00am Senior Walking Program	18
9 Meditation World Peace Seminar	20 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking Program 12:00pm intro to Windows10 w/Rosana 2:00pm Beginning Guitar	21 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30pm-5:00pm Bridge 6:00pm Town Council	22 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league	23 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Senior Walking 11:00am Harmonica 1:00pm Wii Bowling	24 11:00am Senior Walking Program 12:00pm intro to Windows10 w/Rosana	25
26	27 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Windows10 w/Rosana 2:00pm Beginning Guitar	28 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30pm-5:00pm Bridge	29 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league	30 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling	31 11:00am Senior Walking Program 12:00pm intro to Windows10 w/Rosana	

NOP - Not Open To Public

**Call to schedule Computer Classes**

*Bridge instruction is available*

**silver sneakers is active at The Center For Healthy Generations**

**Email:** [admin@mbchg.org](mailto:admin@mbchg.org)  
**Web Page:** [Mbchg.org](http://Mbchg.org)

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**ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE**