



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR DECEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Bridge instruction is Available Massage is available by appointment 704-705-6360	Silver Sneakers is active at The Center For Healthy Generations	Email: Director @mbchg.org	All classes and activities are subject to change Call to schedule Computer Classes	57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661	1
2	3 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm Intro to Windows 10 with Rosana 5:30p-7:30p C.E.R.T NOP	4 8:30am Land Zumba 9:45am Low impact stretch aerobics class 12:30pm-5:00pm Bridge NOP	5 Celebrate December birthdays 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 2:00 Beginning Guitar 5:30—8:00 For Life Oils— Doterra	6 8:30am Land Zumba 9:45am Low impact stretch aerobics class	7 9:00—11:00 watercolor 12:00pm Intro to Windows 10 with Rosana	8
9 2:00 Divita paint and sip	10 New air conditioner installed 8:30am Aerobics 9:45am Floor/Chair Yoga 1:00pm Chaparral Artists 3:00 Children's Swim classes	11 8:30am Land Zumba 9:45am Low impact aerobics class 3:00 Children's Swim classes 12:30pm-5:00pm Bridge NOP	12 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:30 pm Cookie Exchange 3:00 Children's Swim classes 5pm-7:30pm Morongo Basin Cultural Arts Mtg.	13 8:30am Land Zumba 9:45am Low impact stretch aerobics class 3:00 Children's Swim classes	14 9:00am Art Class 3:00 Children's Swim classes	15 12:00 chair and table rentals
16	17 8:30am Aerobics 9:45am Floor/Chair Yoga	18 8:30am Land Zumba 9:45am Low impact stretch aerobics class 10:00am Dept. of Aging & Adult Serv. (Pool Lobby) 12:30pm-5:00pm Bridge NOP	19 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar	20 8:30am Land Zumba 9:45am Low impact stretch aerobics class 2:30pm Staff Meeting NOP 3:30pm Board Meeting	21 9:00—11:00 watercolor class	22
23	24	25 Merry Christmas! Christmas Dinner at the Center. Listen to announcements for details	26	27	28	29 12:00 Tale down the Christmas decorations
30	31 Closed for the Holidays and Center maintenance	1 Happy New Year!				

