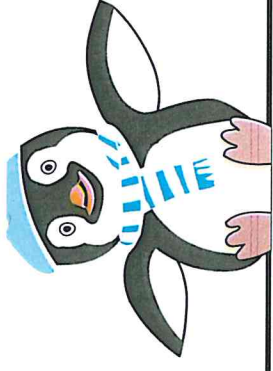





CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR JANUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Bridge instruction is Available Massage is available by appointment	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	 5 Strategic Planning 9:00—3:30 NOP
6	7 8:30am Aerobics 9:45am Floor/Chair Yoga 5:30 CERT	1 Renovations	2	3	45:00 Tupperware meeting NOP	
	8 8:30am Landi Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	8	9 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00 Wii Bowling 2:00 Beginning Guitar 5pm-7:30pm Morongo Basin Cultural Arts Mtg. NOP	108:30am Landi Zumba 9:45am Low impact stretch aerobics class.	11 9:00am Art Class	121:00 Baby Shower NOP
13	148:30am Aerobics 9:45am Floor/Chair Yoga 11:00 State of Education luncheon at CMC Cindy and Dottie 1:00pm Chaparral Artists NOP	158:30am Landi Zumba 9:45am Low impact stretch aerobics class 10:00am Dept. of Aging & Adult Serv. (Pool Lobby) 12:30pm-5:00pm Bridge NOP	16 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar	178:30am Landi Zumba 9:45am Low impact stretch aerobics class 2:30pm Staff Meeting NOP 3:30pm Board Meeting 6:00 pm MBOCC	18 9:00-11:00 watercolor class	194:30 Party NOP
205:00 Transitions J.T. NOP	218:30am Aerobics 9:45am Floor/Chair Yoga	22 8:30am Landi Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	238:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar	248:30am Landi Zumba 9:45am Low impact stretch aerobics class.	25 9:00-11:00 watercolor class	2612:00 Baby Shower NOP
27	288:30am Aerobics 9:45am Floor/Chair Yoga	298:30am Landi Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	308:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar	318:30am Landi Zumba 9:45am Low impact stretch aerobics class.	1 9:00-11:00 watercolor class	2