



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR NOVEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30am Land Zumba 9:45am Low impact stretch aerobics class 2:00pm Pool Instructors	2 9:00– 11:00 watercolor 2:00pm Pool Instructors	3
4	5 8:30am Aerobics 9:45am Floor/Chair Yoga 5:30p-7:30p C.E.R.T	6 8:30am Land Zumba 9:45am Low impact stretch aerobics class 12:30pm-5:00pm Bridge 5:30pm Town Council	7 Celebrate November birthdays 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar	8 8:30am Land Zumba 9:45am Low impact stretch aerobics class 12:30pm Set up for the yard sale	9 Yard Sale	10 Yard Sale
11 10:00am Birthday party	12 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00pm intro to Windows 10 w/Rosana 1:00pm Chaparral Artists	13 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge	14 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar 5pm-7:30pm Morongo Basin Cultural Arts Mtg.	15 8:30am Land Zumba 9:45am Low impact stretch aerobics class 2:30pm Staff Meeting 3:30pm Board Meeting 6:00-8:00pm MBOCC 6:00pm MBOCC	16 9:00am Art Class 12:00pm Intro to Windows 10 with Rosana	17 1:00pm CERT Presentation about Earthquake Preparedness Class
18	19 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Excel w/Rosana 2:00pm CERT presentation About Earthquake Preparedness Class	20 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	21 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar	22 Closed for Thanksgiving	23 9:00– 11:00 watercolor class 12:00pm intro to Windows 10 with Rosana	24 11:00am Decorate for Christmas
25	26 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Windows 10 w/Rosana	27 8:30am Land Zumba 9:45am Low impact stretch 12:30pm-5:00pm Bridge	28 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar	29 8:30am Land Zumba 9:45am Low impact stretch aerobics class 6:00pm Guitar and Harmonica Concert	30 9:00– 11:00 watercolor class 12:00pm intro to Windows 10 w/Rosana	
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	