



CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
FEBRUARY 2018

Happy Valentine's Day

Sun Mon Tue Wed Thu Fri Sat

4	<p>5 8:30 Aerobics 9:45 Yoga Floor/Chair 2pm Beginning Guitar 5:30 CERT NOP 7pm Des Aquatics NOP</p>	<p>6 8:30 Zumba 10:00 Low Impact Aerobics 12:30-5pm Bridge</p>	<p>7 8am Celebrate Birthdays 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling League 5pm MBHS Bd Mt NOP</p>	<p>1 8:30 Zumba 10am Low Impact Aerobics 12pm Crochet with Kathy</p>	<p>2 9am Art Class</p>	<p>3 CPR TRAINING NOP 9am-3pm</p>	
11	<p>12 8:30 Aerobics 9:45 Yoga 1:00 Chaparral Art NOP</p>	<p>13 8:30 Zumba 10:00 Low Impact Aerobics 12:30-5pm Bridge 6pm Tupperware</p>	<p>14 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling 2pm Sweetheart Day party</p>	<p>15 8:30 Zumba 10:00 Low Impact Aerobics 12pm Crochet with Kathy 1pm Recycle Presentation 3:30 CHG Board Meeting 6:00 MB Old Car Club NOP</p>	<p>16 9:00 Art Class</p>	<p>17 11am-1pm Sewing Class, bring a lunch 2pm Guitar</p>	
18	<p>19 8:30 Aerobics 9:45 Yoga 2pm Beginning Guitar</p>	<p>20 8:30 Zumba 10:00 Low Impact Aerobics 12:30-5pm Bridge</p>	<p>21 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling League 6pm MB Cultural Arts NOP</p>	<p>22 8:30 Zumba 10:00 Low Impact Aerobics 12pm Crochet with Kathy 7pm MB Old Car Club NOP</p>	<p>23 9:00 Art Class</p>	<p>24 11am-1pm Sewing Class, bring a lunch 2pm Guitar</p>	
25	<p>26 8:30 Aerobics 9:45 Yoga 2pm Beginning Guitar</p>	<p>27 8:30 Zumba 10:00 Low Impact Aerobics 12:30-5pm Bridge</p>	<p>28 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling League</p>		<p>57121 Sunny Slope Dr. Yucca Valley CA 92284 760-365-9661</p>	<p>NOP=Not Open to the Public</p>	
		<p>Bridge Instruction is available Call to Schedule Computer Classes</p>		<p>Messages available Call for appointment 704 705-6360</p>		<p>Email: admin@mbchg.org Web Page mbchg.org</p>	
<p>ALL CLASSES & TIMES ARE SUBJECT TO CHANGE</p>							