




# CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR APRIL 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	<b>Bridge instruction is Available Massage is available by appointment 704-705-6360</b>	Silver Sneakers is active at The Center For Healthy Generations	Email: Director @mbchg.org	<b>All classes and activities are subject to change Call to schedule Computer Classes</b>	57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661	
	<b>1 April Fools Day 8:30am Aerobics 9:45am Floor/Chair Yoga 5:30 CERT NOP</b>	<b>2 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP</b>	<b>3 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00 Wii Bowling</b>	<b>4 8:30am Land Zumba 9:45am Low impact stretch aerobics class 12:00 Set up for yard sale</b>	<b>5 8:00 Garage Sale</b>	<b>6 8:00 Garag Sale</b>
<b>7 1:30 Tupper-ware kids event</b>	<b>8 8:30am Aerobics 9:45am Floor/Chair Yoga 1:00pm Chaparral Artists NOP</b>	<b>9 8:30am Land Zumba 9:45am Low impact aerobics class 11:00 Cindy, Dottie, Lucinda, Deb at Basin-Wide 12:30pm-5:00pm Bridge NOP</b>	<b>10 8:30am Aerobics 9:00 Cindy, Dottie, Lucinda, Deb at Basin-Wide 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00 Wii Bowling</b>	<b>11 8:30am Land Zumba 9:45am Low impact stretch aerobics class</b>	<b>12 9:00am Watercolor Class  2:00 Volunteer Luncheon</b>	<b>13 12:30 Sewing Class</b>
<b>14</b>	<b>15 8:30am Aerobics 9:45am Floor/Chair Yoga</b>	<b>16 8:30am Land Zumba 9:45am Low impact stretch aerobics class 10:00am Dept. of Aging &amp; Adult Serv. (Pool Lobby) 12:30pm-5:00pm Bridge NOP</b>	<b>17 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling</b>	<b>18 8:30am Land Zumba 9:45am Low impact stretch aerobics class 2:00 Rubber ducky mtg 3:00pm Staff Meeting NOP 3:30pm Board Meeting 6:00 pm MBOCC NOP</b>	<b>19 9:00- 11:00 watercolor class</b>	<b>20 Passover</b>
<b>21 Western Easter</b>	<b>22 8:30am Aerobics 9:45am Floor/Chair Yoga</b>	<b>23 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP</b>	<b>24 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling</b>	<b>25 8:30am Land Zumba 9:45am Low impact stretch aerobics class</b>	<b>26 9:00- 11:00 watercolor class</b>	<b>27 12:30 Sewing Class</b>
<b>28 Orthodox Easter</b>	<b>29 8:30am Aerobics 9:45am Floor/Chair Yoga</b>	<b>30 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP 5:30 Tupperware meeting</b>				