




CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR MAY 2019



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	
	Preschool Swim Safety classes begin May 6th— Aug 23rd. Call 365-9661 for details and to schedule your child.		1 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica	2 8:30am Land Zumba 9:45am Low impact stretch aerobics class 1:00 Rubber ducky mtg 5:30 Morongo Basin Art	3 9:00am Watercolor Class	4 8:00 Deb Bolton's Mak Market
5	6 8:30am Aerobics 9:45am Floor/Chair Yoga 1:00—3:00 "Stop the Bleed" Traumatic injury prevention and assistance 5:30 CERT NOP	7 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	8 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica	9 8:30am Land Zumba 9:45am Low impact stretch aerobics class	10 9:00am Watercolor Class	11 10:00 Community Health Care 12:30 Sewing Class
12	13 8:30am Aerobics 9:45am Floor/Chair Yoga 1:00pm Chaparral Artists NOP	14 8:30am Land Zumba 9:45am Low impact stretch aerobics class 12:30pm-5:00pm Bridge NOP	15 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica	16 8:30am Land Zumba 9:45am Low impact stretch aerobics class 1:00 Rubber ducky mtg 3:30pm Board Meeting 6:00 pm MBOCC NOP	17 9:00am watercolor class	18
19	20 8:30am Aerobics 9:45am Floor/Chair Yoga	21 8:30am Land Zumba 9:45am Low impact aerobics class 10:00am Dept. of Aging & Adult Serv. (Pool Lobby) 12:30pm-5:00pm Bridge NOP Our fundraiser at Las Palmas 4:00—8:00	22 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica	23 8:30am Land Zumba 9:45am Low impact stretch aerobics class	24 9:00am watercolor class	25 12:30 Sewing Class
26	27 8:30am Aerobics 9:45am Floor/Chair Yoga	28 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	29 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica	30 8:30am Land Zumba 9:45am Low impact stretch aerobics class	31 9:00am Watercolor Class	