



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR JUNE 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	1
2	3 8:30am Aerobics 9:45am Floor/Chair Yoga 5:30 CERT NOP	4 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	5 8:30am Aerobics 9:45am Floor/Chair Yoga \	6 8:30am Land Zumba 9:45am Low impact stretch aerobics class 1:00 Rubber ducky mtg 5:30 Morongo Basin Art	7 9:00am Watercolor Class	8 1:30 Baby Shower
9	10 8:30am Aerobics 9:45am Floor/Chair Yoga 1:00pm Chaparral Artists NOP	11 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	12 8:30am Aerobics 9:45am Floor/Chair Yoga \	13 8:30am Land Zumba 9:45am Low impact stretch aerobics class	14 9:00am Watercolor Class	15
16	17 8:30am Aerobics 9:45am Floor/Chair Yoga	18 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 NOP	19 8:30am Aerobics 9:45am Floor/Chair Yoga \ 6:00-8:30 Mojave Chpt Cal Native Plant Society	20 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	21 9:00am watercolor class	22
23	24 8:30am Aerobics 9:45am Floor/Chair Yoga	25 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	26 8:30am Aerobics 9:45am Floor/Chair Yoga \	27 8:30am Land Zumba 9:45am Low impact stretch aerobics class	28 9:00am watercolor class	29
30	Preschool Swim Safety classes begin May 6th— Aug 23rd. Call 365-9661 for details and to schedule your child.					