

Spring is Coming!




**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
MARCH 2018**



Everyone's Irish
On March 17th.

Sun Mon Tue Wed Thu Fri Sat

							
4	5 8:30 Aerobics 9:45 Yoga Floor/Chair 2pm Beginning Guitar 5:30 CERT NOP 7pm Des Aquatics NOP	6 8:30 Zumba 10:00 Low Impact Aerobics 11-12 CMC Nurse Train NOP 12:30-5pm Bridge	7 8-2 Celebrate Birthdays 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling League 5pm MIBHS NOP	8 8:30 Zumba 10:00 Low Impact Aerobics 12pm Crochet with Kathy 5:30 Mary Kay Cosmetics Presentation	9 9:00 Art Class	10 11-2pm Sewing Class, Bring a lunch	
11	12 8:30 Aerobics 9:45 Yoga 1:00 Chaparral Art NOP	13 8:30 Zumba 10:00 Low Impact Aerobics 12:30-5pm Bridge 6pm CNPS (NOP)	14 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling 6pm MIB Cultural Arts NOP	15 8:30 Zumba 10:00 Low Impact Aerobics 12pm Crochet with Kathy 3:30 CHG Board Meeting 6:00 MIB Old Car Club NOP	16 9:00 Art Class	17 4-7pm IRISH FEST St Patrick's Day	
18	19 8:30 Aerobics 9:45 Yoga 2pm Beginning Guitar	20 8:30 Zumba 10:00 Low Impact Aerobics 12:30-5pm Bridge Spring Begins	21 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling League	22 8:30 Zumba 10:00 Low Impact Aerobics 12pm Crochet with Kathy 7pm MIB Old Car Club NOP	23 9:00 Art Class	24 11-2pm Sewing Class, bring a lunch	
25	26 8:30 Aerobics 9:45 Yoga 2pm Beginning Guitar	27 8:30 Zumba 10:00 Low Impact Aerobics 12:30-5pm Bridge	28 8:30 Aerobics 9:45 Yoga Floor/Chair 11am Harmonica 1pm Wii Bowling League	29 8:30 Zumba 10:00 Low Impact Aerobics 12pm Crochet with Kathy	30 9:00 Art Class 1pm CNPS (NOP) Good Friday	31 Full Moon	
Palm Sunday							
Call to Schedule Computer Classes	ALL CLASSES & SUBJECT TO CHANGE	Bridge Instruction is available	Silver Sneakers is active at the Center for Healthy Genera- tions	Massages available Call for appointment 704 705-6360	57121 Sunny Slope Dr. Yuca Valley CA 92284 760-365-9661	Email: admin@mbchg.org Web Page mbchg.org	