




CENTER FOR HEALTHY GENERATIONS

ACTIVITIES ROOM CALENDAR

May 2017



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|---|---|
| | 1 8:30 Land Aerobic 9:30 chair/land Yoga 11:00 Harmonica 6-9pm Tupperware | 2 8:30 Land Zumba 10:00 Land wt Audrie 11:30-5pm Bridge | 3 8:30 Land Aerobic 9:30 Chair/Land Yoga 11 Mobility Challenged 12-1 Dotera (Jody) 3-5 Garment Sewing | 4 8:30 Land Zumba 10:00 Land wt Audrie 4-5 Dog Obed Class | 5 9-11 Water Color Class 10-11 Wills information 11:00 Mobility Challenge | 6 9- 2:00PM CRAFT FAIRE at the Center |
| 7 | 8 8:30 Land Aerobic 9:30 Chari/Land Yoga 11:00 Harmonica 1-3pm Chaparral Artists NOP | 9 8:30 Land Zumba 10:00 Land wt Audrie 11:30-5pm Bridge | 10 8:30 Land Aerobic 9:30 Chair/Land Yoga 11 Mobility Challenged 3-5 Garment Sewing 6-8pm MB Cultural Arts | 11 8:30 Land Zumba 10:00 Land wt Audrie 12:30-1:30 Nurses NOP 4-5 Dog Obed class 5-6:30 Guitar Class | 12 9-11 Water Color Class 11:00 Mobility Challenge 12:30-1:30 Nurses Program NOP | 13 9-2:00PM Quilter's Quest –all welcome 3:30-7:30pm NPRA Meeting NOP |
| 14 MOTHER'S DAY | 15 8:30 Land Aerobic 9:30 Chair/land Yoga 11:00 Harmonica | 16 8:30 Land Zumba 10:00 Land wt Audrie 11:30-5pm Bridge | 17 8:30 Land Aerobic 9:30 Chair/Land Yoga 3-5 Garment Sewing | 18 8:30 Land Zumba 10:00 Land wt Audrie 3:00 Board Meet 4-5 Dog obed. Class 5-6:30 Guitar Class | 19 9-11 Water Color Class 11-12 Mobility Challenge | 20 Armed Forces Day |
| 21 | 22 8:30 Land Aerobic 9:30 Chair/land Yoga 11:00 Harmonica | 23 8:30 Land Zumba 10:00 Land wt Audrie 11:30-5pm Bridge | 24 8:30 Land Aerobic 9:30 Chair/Land Yoga 11:00 Mobility Challenge 3-5 Garment Sewing | 25 8:30 Land Zumba 10:00 Land wt Audrie | 26 9-11 Water Color Class 11:00 Mobility Challenge | 27 |
| 28 | 29 Center Closed Memorial Day | 30 8:30 Land Zumba 10:00 Land wt Audrie 11:30-5PM Bridge | 31 8:30 Land Aerobic 9:30 Chair/Land Yoga 11:00 Mobility Challenge 3-5 Garment Sewing | | | |
|  | Call to Schedule Computer Classes | Bridge Instruction is available | Silver Sneakers is now active at the Center for Healthy Generations | Massages available Call for appointment 760 365-9661 | 57121 Sunny Slope Dr. Yucca Valley CA 92284 760-365-9661 | Email: admin@mbchg.org Web Page mbchg.org |