



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30 pm-5:00 pm Bridge</p>	<p>2 Celebrate May Birthdays 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling League 5:00pm MBHS Bd. Meeting</p>	<p>3 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:00pm Crochet with Kathy</p>	<p>4 9:00am Art class 2pm to 3:30pm Divita Kidney Education 6:00pm Tupperware</p>	<p>5 12:00pm Sewing class 4:00pm Cinco de Mayo dinner Fund-raiser</p>
	<p>7 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p>	<p>8 8:30am Land Zumba 10:00am Low impact stretch aerobics class 11:00am CMC Nurses in training (Activity Room) 12:30 pm-5:00 pm Bridge</p>	<p>9 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling League 2:00pm Word Curriculum Test Run</p>	<p>10 8:30am Land Zumba 10:00am Low impact stretch aerobics 12:00pm Crochet with Kathy 2:00 pm Excel Curriculum Test run</p>	<p>11 9:00am Art Class</p>	<p>12</p>
<p>6 13 Mothers Day</p>	<p>14 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 1:00pm Chaparral Artists</p>	<p>15 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30 pm-5:00 pm Bridge 5:00pm Las Palmas Dinner to support the Center 6:00pm Town Council Meeting</p>	<p>16 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling League</p>	<p>17 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:00pm Crochet with Kathy 6:00pm MB Old Car Club</p>	<p>18 9:00am Art Class</p>	<p>19 12:00pm Sewing Class</p>
	<p>20 21 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p>	<p>22 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30 pm-5:00 pm Bridge</p>	<p>23 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling League</p>	<p>24 8:30am Land Zumba 10:00am Low impact stretch aerobics class 3:30pm Board Meeting 4:00pm work on the float</p>	<p>25 9:00am Art class 4:00pm Work on float</p>	<p>26 Grubstakes Day Parade</p>
	<p>27 28 MEMORIAL DAY 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p>	<p>29 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30 pm-5:00 pm Bridge</p>	<p>30 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling League</p>	<p>31 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:00pm Crochet with Kathy</p>		
<p>NOP - Not Open To Public</p>	<p>Call to schedule Computer Classes</p>	<p><i>Bridge instruction is available</i></p>	<p>Silver Sneakers is active at The Center For Healthy Generations</p>	<p><u>ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE</u></p>	<p>57121 Sunny Slope Dr. Yuca Valley, CA 92284 (760) 365-9661</p>	<p>Email: admin@mbchg.org Web Page mbchg.org</p>