



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR OCTOBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	<p>Call to schedule Computer Classes</p> <p>1 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Excel w/Rosana 5:30p-7:30p C.E.R.T</p>	<p><i>Bridge instruction is available</i></p> <p>2 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30pm-5:00pm Bridge 6:00pm Town Council</p>	<p>Silver Sneakers is active at The Center For Healthy Generations</p> <p>3 Celebrate October birthdays 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar 6:30 Bunco</p>	<p><u>ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE</u></p> <p>4 Cindy meeting w/senior groups 8:30am Land Zumba 10:00am Low impact stretch aerobics class 3:30 Rubber Ducky meeting</p>	<p>57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661</p>	<p>Email: Director @mbchg.org</p>
7	<p>8 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Excel w/Rosana 1:00pm Chaparral Artists</p>	<p>9 8:30am Land Zumba 10:00am Low impact aerobics class 11:30am Basin Wide 12:30pm-5:00pm Bridge</p>	<p>10 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar 5pm-7:30pm Morongo Basin Cultural Arts Mtg.</p>	<p>11 No classes in the Activity room today. Set up for Rubber Ducky Rubber Ducky 5:30</p>	13	6
14 Celebration of Life Neely family 2:00-6:00	<p>15 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Excel w/Rosana</p>	<p>16 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30pm-5:00pm Bridge 6:00pm Town Council</p>	<p>17 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar</p>	<p>18 8:30am Land Zumba 10:00am Low impact stretch aerobics class 2:30 staff Meeting 3:30 Board meeting 6:00pm MBOCC</p>	19	20 12:00 meeting to Permaculture set u
21 6:00 Transition JT Permaculture Group	<p>22 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Excel w/Rosana</p>	<p>23 8:30am Land Zumba 10:00am Low impact stretch aerobics class 12:30pm-5:00pm Bridge</p>	<p>24 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar</p>	<p>25 8:30am Land Zumba 10:00am Low impact stretch aerobics class</p>	26	27
28 10:00 Baptism with the Calvary Christian Fellowship	<p>29 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00pm intro to Excel w/Rosana</p>	<p>30 8:30am Land Zumba 10:00am Low impact stretch aerobics class 11:00 Tai Chi with the county 12:30pm-5:00pm Bridge</p>	<p>31 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league 2:00 Beginning Guitar</p>	<p>1 Cindy meeting w/senior groups 8:30am Land Zumba 10:00am Low impact stretch aerobics class</p>	2 9:00- 11:00 watercolor class 12:00pm intro to Excel w/Rosana 7:00 All About Wine	