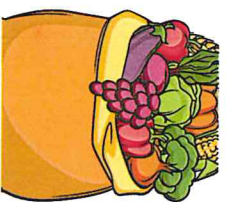


# CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR SEPTEMBER 2018



| Sun                      | Mon  | Tue  | Wed  | Thu  | Fri   | Sat   |
|--------------------------|--|--|--|--|---|---|
|                          |  |  |  |  |   | 1   |
| 2                        | 3 8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>12:00pm intro to Word w/Rosana<br>5:30p-7:30p C.E.R.T          | 4<br>8:30am Land Zumba<br>10:00am Low impact stretch<br>aerobics class<br>12:30pm-5:00pm Bridge<br>6:00pm Town Council | 5 Celebrate September birthdays<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>11:00am Harmonica<br>1:00pm Wii Bowling league<br>2:00 Beginning Guitar<br>6:30 Bunco     | 6 Cindy meeting w/senior groups<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>3:30 Rubber Ducky meeting | 7<br>9:00- 11:00 watercolor class<br>12:00pm intro to Word w/Rosana   | 8<br>MB Roadrunners Club at the show in the Town Center across from Applebee's<br>8-3 |
| 9                        | 10<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>12:00pm intro to Word w/Rosana<br>1:00pm Chaparral Artists | 11<br>8:30am Land Zumba<br>10:00am Low impact aerobics class<br>11:30am Basin Wide<br>12:30pm-5:00pm Bridge            | 12<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>11:00am Harmonica<br>1:00pm Wii Bowling league<br>2:00 Beginning Guitar<br>5pm-7:30pm Morongo Basin Cultural Arts Mtg. | 13 8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>3:30 Rubber Ducky meeting                                 | 14<br>9:00- 11:00 watercolor class<br>12:00pm intro to Word w/Rosana<br>Tupperware Fundraiser closes today. Get those orders in!! | 15  |
| 16                       | 17 8:30am Aerobics<br>9:45am Floor/Chair Yoga  | 18<br>8:30am Land Zumba<br>10:00am Low impact stretch aerobics class<br>12:30pm-5:00pm Bridge<br>6:00pm Town Council   | 19<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>11:00am Harmonica<br>1:00pm Wii Bowling league<br>2:00 Beginning Guitar  | 20<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>3:30 Board meeting<br>6:00pm MBOCC                     | 21<br>9:00- 11:00 watercolor class  | 22  |
| 23                       | 24<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>12:00pm intro to Excel w/Rosana                            | 25<br>8:30am Land Zumba<br>10:00am Low impact stretch aerobics class<br>12:30pm-5:00pm Bridge                          | 26 8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>11:00am Harmonica<br>1:00pm Wii Bowling league<br>2:00 Beginning Guitar   | 27<br>8:30am Aerobics<br>9:45am Floor/Chair Yoga<br>3:30 Rubber Ducky meeting                              | 28<br>9:00- 11:00 watercolor class<br>12:00pm intro to Excel w/Rosana   | 29  |
| NOP - Not Open To Public | <b>Call to schedule Computer Classes</b>   | <i>Bridge instruction is available</i>   | <b>Silver Sneakers is active at The Center For Healthy Generations</b>   | <b><u>ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE</u></b>  | 57121 Sunny Slope Dr.<br>Yucca Valley,<br>CA 92284<br>(760) 365-9661  | Email:<br>Director<br>@mbchg.org  |