


**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
FEBRUARY 2019**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Bridge instruction is Available Massage is available by appointment	Silver Sneakers is active at The Center For Healthy Generations	Email: Director @mbchg.org	All classes and activities are subject to change Call to schedule Computer Classes	57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661	
3	4 8:30am Aerobics 9:45am Floor/Chair Yoga 5:30 CERT NOP	5 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	6 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00 Wii Bowling	7 8:30am Land Zumba 9:45am Low impact stretch aerobics class 5:30 Morongo Basin Cultural Arts Bd Mtg NOP	8 9:00am Watercolor Class	9 8:00 AM Party NOP
10	11 8:30am Aerobics 9:45am Floor/Chair Yoga 1:00pm Chaparral Artists NOP	12 8:30am Land Zumba 9:45am Low impact stretch aerobics class 12:30pm-5:00pm Bridge NOP	13 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league	14 8:30am Land Zumba 9:45am Low impact stretch aerobics class 10:00am Valentine desserts	15 9:00- 11:00 watercolor class	16
17	18 8:30am Aerobics 9:45am Floor/Chair Yoga	19 8:30am Land Zumba 9:45am Low impact aerobics class 10:00am Dept. of Aging & Adult Serv. (Pool Lobby) 11:00 Basin Wide 12:30pm-5:00pm Bridge NOP	20 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league	21 8:30am Land Zumba 9:45am Low impact stretch aerobics class 2:30pm Staff Meeting NOP 3:30pm Board Meeting 6:00 pm MBOCC NOP	22 9:00- 11:00 watercolor class	23
24	25 8:30am Aerobics 9:45am Floor/Chair Yoga	26 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	27 8:30am Aerobics 9:45am Floor/Chair Yoga 11:00am Harmonica 1:00pm Wii Bowling league	28 8:30am Land Zumba 9:45am Low impact stretch aerobics class 5:00 pm Morongo Basin Cultural Arts mtg	1 9:00- 11:00 watercolor class	2