




CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR MARCH 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 Daylight Savings Time | 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 | 1 9:00am Watercolor Class | 2 |
| 10 St. Patrick's Dinner 5:30—7:30 | 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 | 8 9:00am Watercolor Class | 9 |
| 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 | 15 9:00— 11:00 watercolor class | 16 |
| 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 | 22 9:00— 11:00 watercolor class | 23 |
| | | | | | 29 9:00— 11:00 watercolor or class | 30 |
| | | | | | | 31 |