







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



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p>3 MBHS ICE CREAM SOCIAL 1PM</p> <p>4 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p> <p>5 8:30am Land Zumba 10:00am Low Impact stretch aerobics Bridge 12:30pm to 5:00p 6:00pm Town Council meeting at City Hall</p> <p>6 Celebrate Birthdays 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11am Harmonica 1pm Wii Bowling 5pm Humane Society Bd Mtg</p> <p>7 Last day to sign up for Patz quilting class and receive a kit 8:30am Land Zumba 10:00am Low Impact stretch aerobics 12:00p Crochet w/Kathy</p> <p>8 9:00am Retired Teachers Association</p> <p>9 12pm Sewing class with Rita 2pm Be Happy: Basic tips of Quilting</p>	<p></p> <p>11 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 1:00pm Chaparral Artists</p> <p>12 Last day to sign up for Patz quilting class WITHOUT a kit 8:30am Land Zumba 10:00am Low Impact stretch aerobics Bridge 12:30pm to 5:00p</p> <p>13 Cindy meeting with Senior Groups 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11am Harmonica 1pm Wii Bowling 5pm Morongo Basin Cultural Mtg</p> <p>14  FLAG DAY 8:30am Land Zumba 10:00am Low Impact stretch aerobics 12:00p Crochet w/Kathy</p> <p>15 9am Art Class 11:30am Be Happy: Basic tips of Quilting</p> <p>16 12pm Sewing class with Rita 2pm Be Happy: Basic tips of Quilting</p>	<p></p> <p>19 8:30am Land Zumba 10:00am Low Impact stretch aerobics Bridge 12:30pm to 5:00p 6:00pm Town Council meeting at City Hall</p> <p>20 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11am Harmonica 1pm Wii Bowling</p> <p>21 1st day of Summer 8:30am Land Zumba 10:00am Low Impact stretch aerobics 3:30pm BOARD MEETING 6:00pm MB Old Car Club</p> <p>22 9am Art Class</p>	<p>23 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p> <p>24 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p> <p>25 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p> <p>26 8:30am Land Zumba 10:00am Low Impact stretch aerobics Bridge 12:30pm to 5:00p</p> <p>27 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11am Harmonica 1pm Wii Bowling</p> <p>28 8:30am Land Zumba 10:00am Low Impact stretch aerobics 12:00p Crochet w/Kathy</p> <p>29 9am Art Class</p> <p>30</p>	<p>24  DD DOT DAY 10AM—12PM</p> <p>25 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 2:00pm Beginning Guitar</p> <p>26 8:30am Land Zumba 10:00am Low Impact stretch aerobics Bridge 12:30pm to 5:00p</p> <p>27 8:30am Carol Aerobics 9:45am Floor/Chair Yoga 11am Harmonica 1pm Wii Bowling</p> <p>28 8:30am Land Zumba 10:00am Low Impact stretch aerobics 12:00p Crochet w/Kathy</p> <p>29 9am Art Class</p> <p>30</p>	<p>1 YARD SALE 8AM TO 1PM</p> <p>2 No Sewing Today YARD SALE 8AM TO 1PM</p>	<p>2 No Sewing Today YARD SALE 8AM TO 1PM</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>ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE</p> <p>57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661</p> <p>Email: admin@mbchg.org Web Page mbchg.org</p>	<p>NOP - Not Open To Public</p>