



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR FEBRUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Massage is available by appointment: Neysa 760-288-1949	All classes and activities are subject to change	Email: Admin@mbchg.org		57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661	IN RED: OPEN TO ALL PLEASE JOIN
				1 10:00 am Stretch & Tone	2 Watercolor 9-11	3
4	5 9-10 am Chair Yoga	6 10-11am Stretch & Tone	7 9:00 am Chair Yoga	8 10-11am Stretch & Tone Bunco 1-4:30 pm NOP Outreach Committee 2:30	9 Watercolor 9-11	10 "Say it with Chocolate" 2-4pm
11	12 9-10 am Chair Yoga Chaparral NOP	13 10-11am Stretch & Tone	14 9:00 am Chair Yoga Sportettes NOP	15 10-11am Stretch & Tone 4:00pm Board Meeting Old Car Club 6:30 NOP	16 Watercolor 9-11	17 Life Stream Blood Bank 9-3 Mary Kay 3:30-5:30
18	19 9-10 am Chair Yoga	20 10-11am Stretch & Tone	21 9:00 am Chair Yoga GAME DAY 12-2pm Lincoln Club 6pm	22 10-11am Stretch & Tone Sound Bath 5:30-7:30	23 Watercolor 9-11	24 11am-4pm
25	26 9-10 am Chair Yoga	28 10-11am Stretch & Tone	29 9:00 am Chair Yoga 2-3 In meeting room "Touch for Health"			