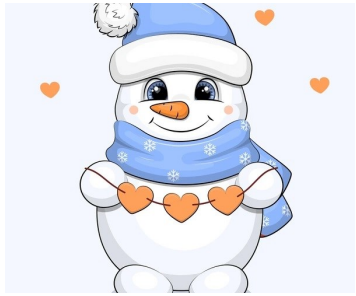




CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR JANUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public <i>Welcome Back</i>		All classes and activities are subject to change	Email: Admin@mbchg.org	If there's a class you'd like to teach, please contact Kathy Dougan admin@mbchg.org	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	IN BLUE: OPEN TO EVERY-ONE. PLEASE JOIN
	1 <i>Yoga 9-10am</i>	2 <i>Stretch & Tone 10-11</i>	3 <i>Yoga 9-10am</i>	4 <i>Stretch & Tone 10-11</i>	5	6
7 Art Mtng 3-5	8 <i>Yoga 9-10am</i>	9 <i>Stretch & Tone 10-11</i> <i>Chapparal 11-3</i>	10 <i>Yoga 9-10am</i> <i>Sportettes 1:30-3:30</i>	11 <i>Stretch & Tone 10-11</i> Bunco	12 Tupperware 5-9	13 <i>Lifestream Blood Drive 9-3</i>
14	15 <i>Yoga 9-10am</i>	16 <i>Stretch & Tone 10-11</i> Brd Mtng 3-6	17 <i>Yoga 9-10am</i> Lincoln Club 6-8	18 <i>Stretch & Tone 10-11</i> Board Mtng 4-6 Old Car Club 6:30-8:30	19	20 Prv Party 12:30-4:30
21	22 <i>Yoga 9-10am</i>	23 <i>Stretch & Tone 10-11</i>	24 <i>Yoga 9-10am</i>	25 <i>Stretch & Tone 10-11</i>	26 <i>Please note*** There are no watercolor classes in January</i>	27
28	29 <i>Yoga 9-10am</i>	30 <i>Stretch & Tone 10-11</i>	31 <i>Yoga 9-10am</i>		<i>Watercolor classes will resume in February— Fridays 9-11 am</i>	