



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR MARCH 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To	Massage is available by appointment	All classes and activities are subject to change	Email: Admin@mbchg.org		57121 Sunny Slope Dr. Yucca Valley, CA 92284 (760) 365-9661	IN GREEN: OPEN TO ALL PLEASE JOIN
Public			1 8:45 am Chair Yoga 10:00 am Stretch & Tone 10:00 am V Desk meeting	2	3 5-9 Tupperware	4 9 am-3 pm Life Stream Blood Bank
5	6 8:45 am Chair Yoga 10:00 am Stretch & Tone 2:30 Pool Inst. Mtg	7	8 8:45 am Chair Yoga 10:00 am Stretch & Tone 1:30-3:30 pm Sportettes NOP	9 1-4:30 pm Bunco 6-8 pm MB Art Council **all NOP	10	11
12	13 8:45 am Chair Yoga 10:00 am Stretch & Tone 11:30-3 pm Chaparral NOP	14	15 8:45 am Chair Yoga 10:00 am Stretch & Tone 6:00 Lincoln Club	16 1:00pm Board Meeting 6- 8 Old Car Club	17	18 9 am-3 pm Life Stream Blood Bank
19	20 8:45 am Chair Yoga 10:00 am Stretch & Tone	21	22 8:45 am Chair Yoga 10:00 am Stretch & Tone	23	24	25
26	27 8:45 am Chair Yoga 10:00 am Stretch & Tone	28				