




**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
MAY 2023**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Massage is available by appointment 704-705-6360	All classes and activities are subject to change	Email: Admin@mbchg.org		57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	IN RED: OPEN TO EVERYONE. PLEASE JOIN
	1 9-10 Yoga	2 10:00 am Stretch & Tone	3 9-10 Yoga 2:30 Flower Making	4 10:00 am Stretch & Tone	5 9-11 am Water Color 2:30-5 Cinco de Mayo Pot Luck	6 10-2 Health Fair Y.V. Community Ctr.
7	8 9-10 Yoga 11-3 Chaparral	9 10:00 am Stretch & Tone	10 9-10 Yoga 1:30-3:30 Sportettes	11 10:00 am Stretch & Tone Bunco	12 9-11 am Water Color	13 9 am-3 pm Life Stream Blood Bank
14 	15 9-10 Yoga	16 10:00 am Stretch & Tone	17 9-10 Yoga	18 10:00 am Stretch & Tone 4:00 PM Board Meeting 6:30-8:30 Old Car Club	19 9-11 am Water Color	20 3-10 PRIVATE PARTY
21	22 9-10 Yoga	23 10:00 am Stretch & Tone	24 9-10 Yoga	25 10:00 am Stretch & Tone	26 9-11 am Water Color	27 9 am-3 pm Life Stream Blood Bank
28	29 9-10 Yoga	30 10:00 am Stretch & Tone	31 9-10 Yoga	If there's a class you'd like to teach, please contact Kathy Dougan admin@mbchg.org 760-365-9661		All classes and activities are subject to change