



# CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR SEPTEMBER 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	<b>Massage is available by appointment 704-705-6360</b>	All classes and activities are subject to change	Email: <a href="mailto:Admin@mbchg.org">Admin@mbchg.org</a>	If there's a class you'd like to teach, please contact Kathy Dougan <a href="mailto:admin@mbchg.org">admin@mbchg.org</a>	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	<b>IN ORANGE: OPEN TO EVERYONE. PLEASE JOIN</b>
	All classes and activities are subject to				1 9-11 am Water Color	2 9 am-3 pm Life Stream Blood Bank
3	4 Labor Day closed	5 10:00 am Stretch & Tone	6 9-10 Yoga	7 10:00 am Stretch & Tone	8 9-11 am Water Color Tupperware 5-9	9
10	11 9-10 Yoga Chapparal 11:30-3:00 pm	12 10:00 am Stretch & Tone Sportettes 1:30-3:30	13 9-10 Yoga	14 10:00 am Stretch & Tone Bunco	15 9-11 am Water Color	16 9 am-3 pm Life Stream Blood Bank
17	18 9-10 Yoga	19 10:00 am Stretch & Tone	20 9-10 Yoga 6-8 Lincoln Club	21 10:00 am Stretch & Tone 4:00 PM Board Meeting 6:30-8:30 Old Car Club	22 9-11 am Water Color	23 PLANT SALE 9-5 
24 Private 5-7	25 9-10 Yoga	26 10:00 am Stretch & Tone	27 9-10 Yoga	28 10:00 am Stretch & Tone	29	30 9 am-3 pm Life Stream Blood Bank