



*Thank
you!*

WE LOVE OUR PARTICIPANTS!
WE LOVE OUR VOLUNTEERS!

**You ARE our
Center!**



Doing what you
love is the
cornerstone of
having
abundance in
your life.



IT'S ACTIVE AGING WEEK!

October 2nd through October 8th

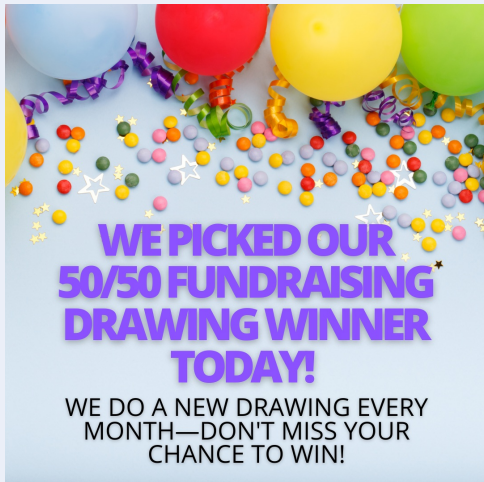
Happy Active Aging Week!
We're so lucky to all be getting older together!



The Hi-Desert Star Best of 2023 voting is open! You can support the Center in these categories:

- Community / Nonprofit
- Health, Beauty & Fitness / Fitness/Yoga

**Cast Your
Vote!**



**Congratulations,
Teresa! Thank you for
supporting the Center!**

Want to give back? Give blood!

BLOOD DRIVE

DONATE TODAY!



PROUDLY HOSTED BY



Saturday, Oct. 14 &
Saturday, Oct. 28
9 AM to 2 PM
57121 Sunnyslope Drive,
Yucca Valley
in the classroom



Donate double red cells and receive a
\$25 e-gift card, while supplies last!

Disclaimer: LifeStream abides by the FDA guidelines on donor incentives.
E-gift card promotions cannot be combined with other gift card
promotions.

For appointments,
call 800.879.4484,
visit lstream.org/chg,
or scan the QR code.

What's a "phish", anyway? Learn how to spot the most common digital scams (including phishing) in our Digital Safety Crash Course.

October is Cybersecurity Awareness Month

TAKE OUR DIGITAL SAFETY CRASH COURSE

1:00pm - 2:00pm

October 10th & October 26th
Activities Room @ The Center



Center for Healthy Generations
57121 Sunnyslope Drive
Yucca Valley, CA 92284
A nonprofit organization

October schedules are available now!
Printed schedules are available at the pool desk.



57121 Sunnyslope Dr., Yucca Valley
(760) 365-9661

POOL SCHEDULE

OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
7 AM Advanced Aerobics Maria Amstutz	7 AM Temporarily cancelled	7 AM Advanced Aerobics Maria Amstutz	7 AM Temporarily cancelled	7 AM Advanced Aerobics Maria Amstutz	
8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Kathy Dougan	
9 AM Yoga in the Water Kathy Dougan	9 AM Aerobics for All Kari Smith	9 AM Active Warm Water Scot McKone	9 AM Active Warm Water Kathy Dougan	9 AM Yoga in the Water Kathy Dougan	
10 AM No class	10 AM Intermediate Aerobics Eve Vykydal	10 AM Basic Warm Water Patz Corey	10 AM Intermediate Aerobics Eve Vykydal	10 AM Intro to Warm Water Various	
11 AM Aerobics Tommy Dodson	11 AM Walkie-Talkie Joyce Johnson	11 AM Freestyle Shanta Reed	11 AM Walkie-Talkie Joyce Johnson	11 AM Freestyle Shanta Reed	
12 PM Liquid Dance Neysa Griffith	12 PM Basic Warm Water Joyce Johnson	12 PM In the Flow Yoga Neysa Griffith	12 PM Basic Warm Water Joyce Johnson	12 PM Aqua Yogix Neysa Griffith	
1 PM Active Warm Water Terri Medford	1 PM Aerobics for All Kari Smith	1 PM Intro to Aerobics Donna Tomlinson	1 PM No class	1 PM Active Warm Water Terri Medford	
6:00-7:00 PM Intermediate Aerobics Tommy Dodson	6:00-8:00 PM Adult Water Volleyball Anita/Michal Brock			5:30-7:30 PM Adult Water Volleyball Tim Taylor	
					
<div>OUR HOURS ARE MON-FRI 8am to 2:30pm</div>					

****Schedule is subject to change****



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR OCTOBER 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Message is available by appointment 704-705-6360	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 ORANGE: OPEN TO EVERY- ONE. PLEASE JOIN
1	2 9-10 Yoga	3 10:00 am Stretch & Tone	4 9-10 Yoga	5 10:00 am Stretch & Tone	6	7
8	9 9-10 Yoga Chaparral 11-3	10 10:00 am Stretch & Tone	11 9-10 Yoga Sportlettes 1:30-3:30	12 10:00 am Stretch & Tone Bunco	13 9-11 am Watercolor Class	14 9 am-2 pm Life Stream Blood Bank
15	16 9-10 Yoga	17 10:00 am Stretch & Tone	18 9-10 Yoga Lincoln Club 6-8	19 10:00 am Stretch & Tone	20 9-11 am Watercolor Class TUPPERWARE PARTY 6pm	21
22 	23 9-10 Yoga	24 10:00 am Stretch & Tone	25 9-10 Yoga	26 10:00 am Stretch & Tone **Board Mtng 4 pm** Old Car Club 6:30-8:30	27 9-11 am Watercolor Class	28 9 am-2pm Life Stream Blood Bank
29 	30 9-10 Yoga	31 10:00 am Stretch & Tone				

NOTE: All classes and activities are subject to change.

Please note the posted class times. Not all class times are currently covered. We'll keep you updated as instructors return from vacation and return after medical necessities!

Reminder: Kathy Breslin is not instructing for the next few months. Patz Corey is covering the 10:00am class on Wednesdays. The Friday class will have a mix of instructors. Thank you to our substitute instructors! And thank YOU for your flexibility!

We have a place for you!

We are always welcoming new volunteers! Join our fantastic team of pool and land instructors, front desk greeters, and computer whizzes. Have a special talent or unique hobby? We'd love to have you host a class!



We want to hear from you!

This newsletter is for YOU. Do you have announcement? A special thank you? A story about how The Center has impacted your life? We want to hear it! Click the button below to write us an email (please put ATTN: Newsletter in the subject line).

What's new?

Center for Healthy Generations
57121 Sunnyslope Dr., Yucca Valley, CA 92284
(760) 365-9661
admin@mbchg.org | www.mbchg.org

Connect with us



The Center for Healthy Generations | 57121 Sunnyslope Dr., Yucca Valley, CA 92284

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