



**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
SEPTEMBER 2019**

57121 Sunny Slope Dr.
Yucca Valley, CA . 92284
Phone: (760) 365-9661
Email: Activities@mbchg.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10-2 YV Airport, Family Fun Day	2 8:30am Aerobics 9:45am Floor/Chair Yoga 5:30 CERT NOP	3 8:30am Land Zumba 9:45am Low Impact Aerobics Class 12:30pm-5:00pm Bridge NOP 4:00-8:00 Las Palmas Fund Raiser	4 8:30am Aerobics 9:45am Floor/Chair Yoga 5:00-7:00 Highway 62 Art Tours NOP	5 8:30am Land Zumba 9:45am Low impact stretch class 6:00-8:00 Morongo Basin Art NOP	6 9:00am Watercolor Class	7
8	9 8:30am Aerobics 9:45am Floor/Chair Yoga 12:00-2:00 Chaparral Artists	10 8:30am Land Zumba 9:45am Low impact aerobics class 12:30pm-5:00pm Bridge NOP	11 8:30am Aerobics 9:45am Floor/Chair Yoga 2:00-3:30 Science Class	12 8:30am Land Zumba 9:45am Low impact stretch aerobics class	13 9:00am Watercolor Class	14
15	16 8:30am Aerobics 9:45am Floor/Chair Yoga	17 8:30am Land Zumba 9:45am Low impact aerobics class 11:00 Basinwide, Dottie 12:30pm-5:00pm Bridge NOP	18 8:30am Aerobics 9:45am Floor/Chair Yoga 3:30pm Board Meeting 6:00 pm MBOCC NOP	19 8:30am Land Zumba 9:45am Low impact stretch aerobics class 1:00 Rubber Ducky Mtg. 5:00-7:00 Chamber Mixer	20 9:00am Watercolor Class <i>Rubber Ducky</i>	21
22	23 8:30am Aerobics 9:45am Floor/Chair Yoga	24 8:30am Land Zumba 9:45am Low impact stretch aerobics class 10:00am Dept. of Aging & Adult Serv. (Pool Lobby) 12:30pm-5:00pm Bridge NOP	25 8:30am Aerobics 9:45am Floor/Chair Yoga <i>Aly Kenner</i>	26 8:30am Land Zumba 9:45am Low impact stretch aerobics class	27 9:00am Watercolor Class	28
29	30 8:30am Aerobics 9:45am Floor/Chair Yoga					
NOP - Not Open To Public	Bridge instruction is Available Massage is available by appointment 704-705-6360	Silver Sneakers, Renue Active and Silver & Fit are active at The Center For Healthy Gen- erations	All classes and activities are subject to change. Call to schedule Computer Classes			