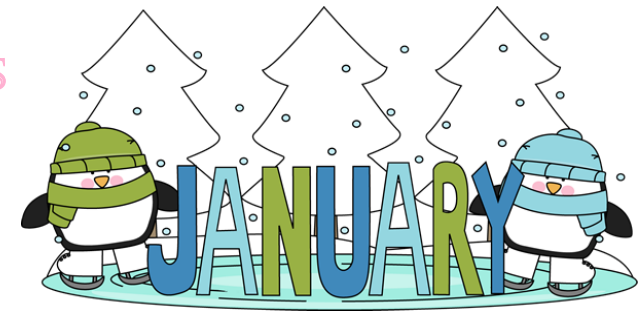





# CENTER FOR HEALTHY GENERATIONS

## ACTIVITIES ROOM CALENDAR

# January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Center Closed</b>  <i>Happy New Year</i>  Full Moon	<b>2</b> 8:30 Zumba 10:00 Low impact Aerobics 12:30-5 Bridge 6:30 Hi Desert Aquatics	<b>3</b> 8:30 Aerobics 9:45 Yoga Floor/Chair 11:00 Harmonica  <b>5:00-6:30 MBHS NOP</b> <b>6:30-9pm Bunco NOP</b>	<b>4</b> 8:30 Zumba 10:00 Low impact Aerobics	<b>5</b> <b>8-4 Celebrate January Birthdays</b> <b>9:00 Art Class</b>	<b>6</b>
<b>7</b>	<b>8</b> 8:30 Aerobics 9:45 Yoga 11:00 United Health Care Presentation 2:00 Beginning Guitar <b>5:30 CERT NOP</b>	<b>9</b> 8:30 Zumba 10:00 Low impact Aerobics 12:30-5 Bridge	<b>10</b> 8:30 Aerobics 9:45 Yoga Floor/Chair 11:00 Harmonica  <b>5:00 Morongo Basin Cultural Arts NOP</b>	<b>11</b> 8:30 Zumba 10:00 Low impact Aerobics	<b>12</b> <b>9:00 Art Class</b>	<b>13</b> <b>11:00 Sewing Class and bring a lunch</b>
<b>14</b>	<b>15</b> 8:30 Aerobics 9:45 Yoga 2:00 Beginning Guitar  <b>Martin Luther King Jr Day</b>	<b>16</b> 8:30 Zumba 10:00 Low impact Aerobics 12:30-5 Bridge  <b>4:00 City Council Meeting</b>	<b>17</b> 8:30 Aerobics 9:45 Yoga Floor/Chair 11:00 Harmonica  <b>6:00 Tupperware</b>	<b>18</b> 8:30 Zumba 10:00 Low impact Aerobics <b>3:30 Board Meeting</b> <b>6:00 MB Old Car Club NOP</b>	<b>19</b> <b>9:00 Art Class</b>	<b>20</b>
<b>21</b>	<b>22</b> 8:30 Aerobics 9:45 Yoga <b>1:00 Chaparral Artists NOP</b> 2:00 Beginning Guitar	<b>23</b> 8:30 Zumba 10:00 Low impact Aerobics 12:30-5 Bridge	<b>24</b> 8:30 Aerobics 9:45 Yoga Floor/Chair 11:00 Harmonica	<b>25</b> 8:30 Zumba 10:00 Low impact Aerobics	<b>26</b> <b>9:00 Art Class</b>	<b>27</b> <b>11:00 Sewing Class &amp; bring a lunch</b>
<b>28</b>	<b>29</b> 8:30 Aerobics 9:45 Yoga 2:00 Beginning Guitar	<b>30</b> 8:30 Zumba 10:00 Low impact Aerobics 12:30-5 Bridge	<b>31</b> 8:30 Aerobics 9:45 Yoga Floor/Chair 11:00 Harmonica			
	<b>ALL CLASSES &amp; TIMES ARE SUBJECT TO CHANGE</b>	<b>Bridge Instruction is available</b>  <i>Call to Schedule Computer Classes</i>	<b>Silver Sneakers is now active at the Center for Healthy Generations</b>	<b>Massages available</b> <b>Call for appointment</b> <b>704 705-6360</b>	<b>57121 Sunny Slope</b> <b>Dr. Yucca Valley</b> <b>CA 92284</b> <b>760-365-9661</b>	<b>Email: admin@mbchg.org</b> <b>Web Page mbchg.org</b>