



CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR

AUGUST 2021

Web Site: www.mbchg.org

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Yucca Valley, CA . 92284
Phone: (760) 365-9661
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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:45am Floor/Chair Yoga	3 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	4 9:45am Floor/Chair Yoga	5 10:00am Low Impact Stretch Aerobics Class	6 9:00am Watercolor Class	7	
8	9 9:45am Floor/Chair Yoga	10 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP 4:00pm Las Palmas Mexican Cuisine Center Fund Raiser	11 9:45am Floor/Chair Yoga	12 10:00am Low Impact Stretch Aerobics Class 1:00pm Bunco 6:00pm Morongo Basin Cultural Arts NOP	13 9:00am Watercolor Class	14 9:00-3:00 Life Stream Blood Bank by Ap- pointment only	
15	16 9:45am Floor/Chair Yoga	17 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	18 9:45am Floor/Chair Yoga	19 10:00am Low Impact Stretch Aerobics Class 1:00pm Board Meeting 6:00-8:30 MBOCC NOP	20 9:00am Watercolor Class	21	
22	23 9:45am Floor/Chair Yoga	24 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	25 9:45am Floor/Chair Yoga	26 10:00am Low Impact Stretch Aerobics Class	27 9:00am Watercolor Class	28 9:00-3:00 Life Stream Blood Bank by Ap- pointment only	
29	30 9:45am Floor/Chair Yoga	31 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP					
Bridge instruction is Available Massage is available by appointment 704-705-6360		Silver Sneakers, Renew Ac- tive, Silver & Fit and Peerfit are active at The Center For Healthy Generations		All classes and activities are subject to change. Call to schedule Computer Classes			NOP - Not Open To Public