



**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR**

JULY 2020

Web Site: www.mbcng.org

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:45am Floor/Chair Yoga	2 10:00am Low Impact Stretch Aerobics Class	3 10:00am Watercolor Class NOP	4 11
5 9:45am Floor/Chair Yoga	6 9:45am Floor/Chair Yoga	7 10:00am Low Impact Stretch Aerobics Class	8 9:45am Floor/Chair Yoga	9 10:00am Low Impact Stretch Aerobics Class	10 9:00am Watercolor Class NOP	11
12 9:45am Floor/Chair Yoga	13 9:45am Floor/Chair Yoga	14 10:00am Low Impact Stretch Aerobics Class	15 9:45am Floor/Chair Yoga	16 10:00am Low Impact Stretch Aerobics Class 1:00pm Board Meeting 6:30-8:00 MBOCC	17 9:00am Watercolor Class NOP	18 10:00-2:00 Life Stream Blood Bank by Appointment only
19	20 9:45am Floor/Chair Yoga	21 10:00am Low Impact Stretch Aerobics Class	22 9:45am Floor/Chair Yoga	23 10:00am Low Impact Stretch Aerobics Class	24 9:00am Watercolor Class NOP	25
26	27 9:45am Floor/Chair Yoga	28 10:00am Low Impact Stretch Aerobics Class	29 9:45AM Floor/Chair Yoga	30 10:00am Low Impact Stretch Aerobics Class	31 9:00am Watercolor Class NOP	
NOP - Not Open To Public	Bridge instruction is Available Massage is available by appointment 704-705-6360	Silver Sneakers, Renew Active, 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			