




**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR**

JULY 2021

Web Site: www.mbcng.org

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