



**CENTER FOR HEALTHY GENERATIONS  
ACTIVITIES ROOM CALENDAR**

**MAY 2021**

Web Site: [www.ambchg.org](http://www.ambchg.org)

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Phone: (760) 365-9661  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:00-3:00 Plant Sale
2	3 9:45am Floor/Chair Yoga	4 10:00am Low Impact Stretch Aerobics Class	5 9:45am Floor/Chair Yoga	6 10:00am Low Impact Stretch Aerobics Class	7 9:00am Watercolor Class NOP	8 10:00-3:00 Life Stream Blood Bank by Ap- pointment only
9	10 9:45am Floor/Chair Yoga	11 10:00am Low Impact Stretch Aerobics Class	12 9:45am Floor/Chair Yoga	13 10:00am Low Impact Stretch Aerobics Class	14 9:00am Watercolor Class NOP	15
16	17 9:45am Floor/Chair Yoga	18 10:00am Low Impact Stretch Aerobics Class	19 9:45am Floor/Chair Yoga 1:00pm Board Meeting	20 10:00am Low Impact Stretch Aerobics Class 12:00-4:00 Yard Sale Setup 6:30-8:00 MB OCC NOP	21 9:00am Watercolor Class NOP 8:00-2:00 Yard Sale	22 8:00-2:00 Yard Sale
23	24 9:45am Floor/Chair Yoga	25 10:00am Low Impact Stretch Aerobics Class	26 9:45am Floor/Chair Yoga	27 10:00am Low Impact Stretch Aerobics Class	28 9:00am Watercolor Class NOP	29
30	Bridge instruction is Available Massage is available by appointment 704-705-6360		All classes and activities are subject to change. Call to schedule Computer Classes		NOP - Not Open To Public	

