



**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
MARCH 2020**

Web Site: www.mbchng.org

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:45am Floor/Chair Yoga	3 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class 12:30pm-5:00pm Bridge NO	4 9:45am Floor/Chair Yoga 2:30-5:30 Craft Group	5 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class	6 9:00am Watercolor Class NOP	7
8	9 9:45am Floor/Chair Yoga 1:00-3:00 Chaparral Artists NOP	10 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class 12:30pm-5:00pm Bridge NOP	11 9:45am Floor/Chair Yoga	12 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class 2:00-4:00 Bunko NOP	13 9:00am Watercolor Class NOP	14
15	16 9:45am Floor/Chair Yoga	17 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class 11:30pm-5:00pm Bridge NOP	18 9:45am Floor/Chair Yoga 1100-2:00 Soroptimists 2:30-5:30 Craft Group	19 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class 1:30pm Board Meeting 6:30-8:30 MBOCC NOP	20 9:00am Watercolor Class NOP 5:00-7:00 St. Patrick's Day Dinner	21 CPR/First Aid/ AED Class NOP
22	23 9:45am Floor/Chair Yoga	24 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class 12:30pm-5:00pm Bridge NOP	25 9:45am Floor/Chair Yoga 1:00-4:00 Retired Teachers Driving School	26 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class	27 9:00am Watercolor Class NOP 2:30-6:00 Chaparral	28 7:30-3:30 Life Stream
29	30 9:45am Floor/Chair Yoga	31 8:30am Land Zumba 9:45am Low Impact Stretch Aerobics Class 12:30pm-5:00pm Bridge NOP			9:00am Watercolor Class NOP	
NOP - Not Open To Public	Bridge instruction is Available Massage is available by appointment 704-705-6360	Silver Sneakers, Renue Active and Silver & Fit are active at The Center For Healthy Generations	All classes and activities are subject to change. Call to schedule Computer Classes			

