




**CENTER FOR HEALTHY GENERATIONS
ACTIVITIES ROOM CALENDAR
MAY 2023**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Massage with Neysa is available by appointment 760-288-1949	All classes and activities are subject to change	Email: Admin@mbchg.org	Kiniseology with Will Tues 11-2 by appt Individual sessions available 808=333-1001	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	IN RED: OPEN TO EVERYONE. PLEASE JOIN
			1 9-10am Yoga 1pm-Rubber Ducky Meeting	2 10-11 am Stretch & Tone	3 5-9 Tupperware Party	4 9-2 Craft Faire
5 3-5 Artists	6 9-10am Yoga	7 10-11 am Stretch & Tone 11-2 Kiniseology	8 9-10am Yoga 1:30-3:30 Sportettes	9 10-11 am Stretch & Tone Bunco	10 9-11 am Water Color	11 9 am-3 pm Life Stream Blood Bank
12 	13 9-10am Yoga 11-3 Chaparral	14 10-11 am Stretch & Tone 11-2 Kiniseology	15 9-10am Yoga 6-8 Lincoln Club	16 10-11am Stretch & Tone 4:00 PM Board Meeting 6:30-8:30 Old Car Club	17 9-11 am Water Color	18 9 am-3 pm Life Stream Blood Bank
19 9-7 Pvt Party	20 9-10am Yoga	21 10-11 am Stretch & Tone 11-2 Kiniseology	22 9-10am Yoga	23 10-11 am Stretch & Tone	24 9-11 am Water Color	25 4-6 Mexican Fiesta
26 3-5 Artists	27 9-10am Yoga	28 10-11 am Stretch & Tone 11-2 Kiniseology	29 9-10am Yoga	30 10-11 am Stretch & Tone	31 9-11 am Water Color	All classes and activities are subject to change