



*Thank
you!*

WE LOVE OUR PARTICIPANTS!
WE LOVE OUR VOLUNTEERS!

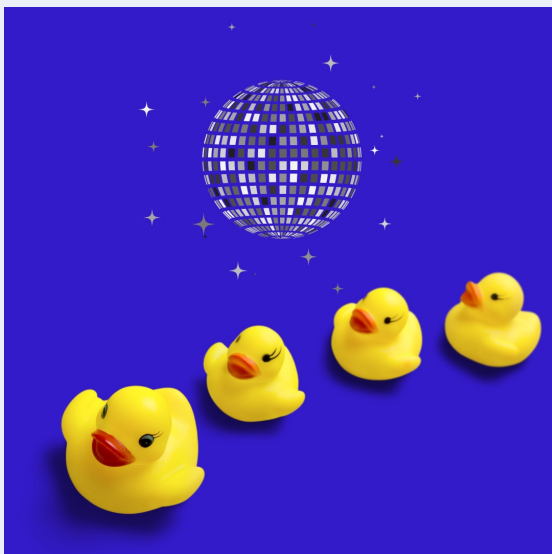
**You ARE our
Center!**



"Don't use your energy
to worry. Spend your
energy on things that
will improve your life."

— Estelle Darcy

The 20th Annual Rubber Ducky Went Swimmingly!



Thank you to all of our participants and
attendees!

Duck pluck winners:

\$500 grand prize goes to Leen
Hoogstad

Shirly H.
Gerrilyn M.
Jackie B.
Gary K.

Congratulations!

Mondays

11:00 AM - 1:00 PM
Kinesiology 1-on-1 Sessions
(Sign up required)

Tuesday

11:30 AM - 1:30 PM
Tech 1-on-1 Sessions
(Sign up required)

Friday

No Water Color Class this week. Will be held as normal on Fridays through October.

Saturday

10:00 AM - 5:00 PM
Booth at Gubler's Orchid Festival
Want to help out? Sign up at the pool desk!

Booth at Elk's Lodge Craft Fair
Want to help out? Sign up at the pool desk!

Sunday

10:00 AM - 3:00 PM
Booth at Gubler's Orchid Festival
Want to help out? Sign up at the pool desk!



Trunk or Treat

Join us at the Boy & Girls Club on Halloween for Trunk or Treat!



We are accepting candy donations throughout October. Thank you for contributing to this fun tradition!

Here Are Your October Schedules!

Printed schedules are available at the pool desk

POOL SCHEDULE

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
7AM Advanced Aerobics Wanda Stadum	7AM Advanced Aerobics Wanda Stadum	7AM No class	7AM Advanced Aerobics Wanda Stadum	7AM Advanced Aerobics Wanda Stadum
8 AM Intermediate Aerobics Kathy Dougan	8 AM Intermediate Aerobics Kathy D/Cec Neale	8 AM Intermediate Aerobics Kathy D/Cec Neale	8 AM Intermediate Aerobics Kathy D/Cec Neale	8 AM Intermediate Aerobics Kathy Dougan
9 AM Yoga in the Water Kathy Dougan	9 AM Mind & Body Beginner Aerobics Sunny Evans	9 AM Active Warm Water Scot McKone	9 AM Mind & Body Beginner Aerobics Sunny Evans	9 AM Yoga in the Water Kathy Dougan
10 AM Rockin' & Rollin' Aerobics Kathryn Hilton	10 AM Intermediate Aerobics Eve Vykdyal	10 AM Basic Warm Water Kathy Breslin	10 AM Intermediate Aerobics Eve Vykdyal	10 AM Intro to Warm Water Kathy Breslin
11 AM Aerobics Tommy Dodson	11 AM Walkie-Talkie Joyce Johnson	11 AM Intro to Aerobics Donna Tomlinson	11 AM Walkie-Talkie Joyce Johnson	11 AM No class
12 PM Eclectic Aerobics Megan Close	12 PM Basic Warm Water Joyce Johnson	12 PM No class	12 PM Basic Warm Water Joyce Johnson	12 PM Fluid Qi Gong Megan Close
1 PM Active Warm Water Terri Medford	1 PM Freestyle Karen Ford	1 PM Freestyle Teresa Birch	1 PM Disco Aerobics Tommy Dodson	1 PM Active Warm Water Terri Medford
	6:00-8:00 PM Adult Water Volleyball Michal Brock			6:00-8:00 PM Adult Water Volleyball Michal Brock
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Schedule is subject to change Please check the schedule on the easel at the pool desk for changes.				



AquaFit ACTIVITIES ROOM CALENDAR OCTOBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	Kiniseology available by appointment 808-333-1001	All classes and activities are subject to change	Email: Admin@mbchg.org	If there's a class you'd like to teach, please contact Kathy Dougan admin@mbchg.org	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	IN ORANGE: OPEN TO EVERY- ONE. PLEASE JOIN
		1 10:00 am Stretch & Tone Tech Class 11:30-1:30 appt.	2 9-10 Yoga	3 10:00 am Stretch & Tone	4 Rubber Ducky Mtg 2:30	5
6 Private 12-3	7 9-10 Yoga Kiniseology 11-1 Appt Chaparral 11:30-3:00 pm	8 10:00 am Stretch & Tone Tech Class 11:30-1:30 appt. Vol Mtg 2:30	9 9-10 Yoga Sportettes 1:30-3:30	10 10:00 am Stretch & Tone Bunco 1-4	11 9-11 am Water Color	12 9 am-2pm Life Stream Blood Bank
13	14 9-10 Yoga Kiniseology 11-1 Appt	15 10:00 am Stretch & Tone Tech Class 11:30- 1:30 appt.	16 9-10 Yoga Pvt Party 6-9	17 10:00 am Stretch & Tone Memory Class 1-2 Board Meeting 4 Pvt Party 6:30-8:30	18 9-11 am Water Color TUPPERWARE 5-9 PM	19
20	21 9-10 Yoga Kiniseology 11-1 Appt	22 10:00 am Stretch & Tone Tech Class 11:30-1:30 appt. Pvt 5-8	23 9-10 Yoga	24 10:00 am Stretch & Tone	25 9-11 am Water Color	26 9 am-2pm Life Stream Blood Bank
27 Private 3:30-5:30	28 9-10 Yoga Kiniseology 11-1 Appt	29 10:00 am Stretch & Tone Tech Class 11:30-1:30	30 9-10 Yoga	31 10:00 am Stretch & Tone		

*REVOCALE LIVING TRUSTS

*created by an elder-law attorney with over 30 years experience

Do your assets exceed \$150K including the market value of your house? You need a LIVING TRUST. Without one, your estate will most likely go to probate costing a minimum of 3% of your total estate & all decisions will be made by the court, **NOT** you!

FOR EXAMPLE: **Probate** **My Trust Cost** **Savings**

\$250K would cost	\$ 7,500	\$1,795	\$ 5,705
\$500K would cost	\$15,000	\$1,795	\$13,205
\$900K would cost	\$27,000	\$1,795	\$25,205

Probate can take 6 to 30 months, and usually paid prior to access

Call 800-767-7486 or eMail: PofMRP@gmail.com

Visit PEACEofMINDRetirementPlanning.com

We have a place for you!

We are always welcoming new volunteers! Join our fantastic team of pool and land instructors, front desk greeters, and computer whizzes. Have a special talent or unique hobby? We'd love to have you host a class!



We want to hear from you!

This newsletter is for YOU. Do you have announcement? A special thank you? A story about how the Center has impacted your life? We want to hear it! Email us at admin@mbchg.org (please put ATTN: Newsletter in the subject line).



Center for Healthy Generations
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