



Senior Kicks Club

SUMMER 2026 QUARTERLY

YOUR GUIDE TO HEALTH, CONNECTION & COMMUNITY



SUMMER
EDITION
2026

JULY
AUGUST
SEPTEMBER



EVENTS & ACTIVITIES

Fun, fitness & Community
All Summer Long!



HEALTH & WELLNESS

Tips to Stay Cool,
Active & Feeling
Your Best!



CHOICE SPOTLIGHT

Community
Highlights &
Choice News

REAL PEOPLE. REAL SUPPORT. REAL COMMUNITY.

Proudly Supported by



Join Our Free Senior Classes!

STAY CONNECTED | STAY INFORMED | STAY ACTIVE | STAY STRONG



Welcome to

Senior Kicks Club

Social * Active * Healthy



“From 674 members to more than 3,200 seniors strong - together we've built a community that feels like family.”

Katiann - Community Liaison & Fit Lab Admin.
Liz - Marketing Director
Carli - Senior Kicks Club Coordinator

Our Team



OUR STORY

For more than 30 years, Dr. Manmohan Nayyar and Choice Medical Group have helped seniors stay active, social, and connected throughout the High Desert community. What began as small craft classes at Michaels has grown into a thriving community focused on friendship, wellness, education, and support for local seniors.

GROWING TOGETHER

Since COVID, Senior Kicks Club has grown from 674 members to more than 3,200 seniors strong. We are grateful for every member, volunteer, and community partner who has helped us grow. We also partnered with the County of San Bernardino to help provide senior lunches available for a suggested \$5 donation while continuing to expand wellness, educational, and social opportunities.

MORE THAN A CLUB

Senior Kicks Club offers fitness classes, seminars, doctor talks, social events that include bingo, field trips, and wellness programs designed to keep seniors active, informed, and connected. Fit Lab Fitness Center and our VIP Membership Program provide even more opportunities for fitness, and fun throughout the year.

SUPPORTING OUR SENIORS

The Senior Resource Center helps connect seniors with valuable local programs, services, insurance information, Medicare seminars, and community resources throughout the High Desert.



Helping seniors stay active, social, healthy and connected for over 30 years!



COMPLEX CARE MANAGEMENT

Personalized Support

FOR YOUR HEALTH CARE JOURNEY

Managing healthcare can sometimes feel overwhelming - especially when dealing with chronic medical conditions, hospital visits, referrals, medications, or multiple healthcare providers. Choice Medical Group's Complex Care Management Program is designed to help patients feel supported, informed, and connected throughout their healthcare journey.

Our dedicated Case Management team works closely with patients, caregivers, providers, hospitals, clinics, and health plans to help coordinate care and improve overall health and wellness.

WHAT WE DO

The Complex Care Management Program is a free telephonic program available to qualifying senior members with Humana, SCAN, or United Healthcare Insurance.

Patients who may benefit from the program often include those managing diabetes, COPD, asthma, hypertension, coronary artery disease, congestive heart failure, behavioral health conditions, or frequent hospitalizations and readmissions.

24/7 NURSE HELPLINE

The Nurse Help Line can assist patients with symptom guidance, general health questions, recommendations on the appropriate level of care, and helping patients determine when urgent or emergency care may be needed.



Choice Medical Group Case Management Team



Helping patients receive the support, guidance, and care coordination they need throughout their healthcare journey.

CARE COORDINATION & SUPPORT

Case Management services are designed to provide guidance, education, advocacy, and support every step of the way.

Patients may receive assistance coordinating medical care and referrals, understanding treatment plans, communicating with providers, transitioning after hospital stays, and connecting with valuable local programs and community resources.

CONTACT US



760.684.7777

24/7 Nurse HelpLine



CaseManager-Department@choicemg.com



ChoiceMG.com/ccm



19111 Town Center Drive,
Apple Valley, CA 92307



Patients may be referred by their Primary Care Physician or identified by our Case Management team based on healthcare needs.

"Providing guidance, support, and compassionate care every step of the way."



Summer Schedule of Events

**Reservations Required
For all Classes
760.338.0914**

JULY 2026

Thank you to our Sponsors!

7/08 - VVC Tech Support - 11:00am - 1:00pm @ Senior Lounge
7/10 - Birthday Lunch Celebration - 11:30am @ Senior Lounge - **Calstro Hospice**
7/13 - SKC Health Academy: Brain and Memory Health Part 1 - 10:30am @ Fit Lab
7/13 - National Watermelon Month - 11:30am @ Senior Lounge - **Carelife Hospice**
7/14 - Painting with SKC - 1:30pm @ Senior Lounge - **Bellview Hospice**
7/21 - Craft Class - 1:30pm @ Senior Lounge - **Cornerstone Caregiving**
7/22 - National Mango Day - 11:30am @ Senior Lounge - **Cornerstone Caregiving**
7/27 - SKC Health Academy: Brain and Memory Health Part 2 - 10:30am @ Fit Lab
7/28 - Painting with SKC - 1:30pm @ Senior Lounge - **Bellview Hospice**
7/29 - BINGO for Prizes - 2:00pm @ Town Center - **SCAN Health Plan**
7/31 - Fresh Food Friday - 8:30am @ Fit Lab

AUGUST 2026

8/03 - Introduction to Health Heart Seminar - 1:30pm @ Senior Lounge - **IEHP**
8/07 - Birthday Lunch Celebration - 11:30am @ Senior Lounge - **Bellview Hospice**
8/10 - SKC Health Academy: Brain and Memory Health Part 3 - 10:30am @ Fit Lab
8/12 - VVC Tech Support - 11:00am - 1:00pm @ Senior Lounge
8/17 - Heart Health: Control Your Blood Pressure Seminar - 1:30pm @ Senior Lounge - **IEHP**
8/18 - Craft Class - 1:30pm @ Senior Lounge - **Calstro Hospice**
8/19 - Doc Talk w/Dr. Sourav Das - Stronger After 60 - 2:00pm @ Fit Lab
8/21 - National Senior Citizen Day - 11:30am @ Senior Lounge - **Cornerstone Caregiving**
8/24 - SKC Health Academy: Nervous System Reset - 10:30am @ Fit Lab
8/25 - Rock Painting for Hope - 1:30pm @ Senior Lounge - **Bellview Hospice**
8/26 - BINGO for Prizes - 2:00pm @ Town Center - **Cornerstone Caregiving**
8/28 - Fresh Food Friday - 8:30am @ Fit Lab
8/31 - Heart Health: Control Your Cholesterol Seminar- 1:30pm @ Senior Lounge - **IEHP**

SEPTEMBER 2026

9/01 - Painting with SKC - 1:30pm @ Senior Lounge - **Bellview Hospice**
9/04 - Birthday Lunch Celebration - 11:30am @ Senior Lounge - **SCAN Healthplan**
9/08 - Craft Class - 1:30pm @ Senior Lounge - **Bellview Hospice**
9/09 - VVC Tech Support - 11:00am - 1:00pm @ Senior Lounge
9/09 - Protecting Yourself: Living Trusts, Estate Planning & Scam Prevention - 2:00pm @ SL
9/14 - SKC Health Academy: Healthy Blood Sugars & Energy Stability - 10:30am @ Fit Lab
9/15 - Painting with SKC - 1:30pm @ Senior Lounge - **Bellview Hospice**
9/16 - SKC VIP Event
9/23 - Doc Talk w/Dr. Stephen Kolakowski: Understanding Vascular Health - 2:00pm @ SL
9/28 - SKC Health Academy: Silent Driver Behind Aging - 10:30am @ Fit Lab
9/30 - BINGO for Prizes - 2:00pm @ Town Center - **Cornerstone Caregiving**



Painting & Crafts



PAINTING

JULY

CRAFT



LAND OF THE BRAVE

July 14th
@ 1:30pm
or
July 28th
@ 1:30pm

USA Wall Hang

July 21st
@ 1:30pm



SPONSORED BY



PAINTING

AUGUST

CRAFT



Rock Painting

August 25th
@ 1:30pm

Beaded Plant

August 18th
@ 1:30pm



SPONSORED BY



CALSTRO HOSPICE inc.

PAINTING

SEPTEMBER

CRAFT



PUDDLES

September 1st
@ 1:30pm
or
September 15th
@ 1:30pm

Sugar Scrubs

September 8th
@ 1:30pm



SPONSORED BY



Reservations Required
760.338.0914

18564 Hwy 18, #107
Apple Valley

All Aboard the Brain Train!

Challenge your mind. Sharpen your focus. Have some fun!
Every Friday at 11 AM - No Reservation Required

19111 Town Center Drive
Apple Valley, CA 92308



SKC VIP

Senior Kicks Club

SKC VIP is a special program created through Choice Medical Group and Senior Kicks Club to help seniors stay active, connected, informed, and supported while enjoying life to the fullest.

Receiving all the benefits offered to the High Desert senior community...



More Than Healthcare -
A Community That Cares.

plus so much more!

SKC VIP is more than a club... It's An Experience!



SOCIAL EVENTS

Theme Dances,
Special Events,
Social Mixers & More!



SKC HEALTH ACADEMY

Healthy Weight Club, Free
Fit Lab Exercise Classes &
Wellness Way VIP



& INVITATIONS TO...

Exclusive Events,
Special Activities &
Member Experiences!

SKC VIP INCLUDE:

- Theme Dances, Special Events & Social Mixers
- Quarterly VIP Events & Exclusive Invitations
- Healthy Weight Club
- Free Exercise Classes at the Fit Lab
- Wellness Way VIP Club
- Educational Workshops & Wellness Programs
- Fun Outings & Group Activities
- Opportunities to Build Friendships & Stay Connected
- Community Events & Special Member Experiences



ADD'L SUPPORT SERVICES

Case Management Support

Providing support and care coordination for patients managing chronic health conditions..

Prescriptive Fitness Program

Designed to support recovery from surgery or help you get back into fitness while improving strength, mobility, flexibility, and wellness.

Prescriptive Nutrition Program

Nutrition education, wellness coaching, accountability, and healthier lifestyle support.



Joining Choice Medical Group is easy - call for details.
Already a member? Join Senior Kicks Club today!

CALL OR JOIN ONLINE!!

760.338.0914

SENIORKICKSCLUB.COM





Senior Kicks Club

— PRESENTS —

Smart Senior Series

Be Informed. Be Empowered. Be Smart.

Join us for informative presentations designed to help you make informed decisions about your health, finances and future. These **Free** seminars are open to the senior community.

August 19



Stronger After 60: Building Muscle, Boosting Metabolism & Losing Weight Safely

Discover safe and effective ways to stay strong, boost energy, and maintain a healthy weight as you age.

DAS

PRIMARY CARE
& SPORTS MEDICINE

Presenter:

**Sourav Das, MD
Family & Sports Medicine**

2:00 PM

Location:

**Fit Lab Fitness Center
13010 Hesperia Road, #500
Victorville, CA**

September 09



Protecting Yourself: Living Trusts, Estate Planning & Scam Prevention

Gain valuable tips on protecting your finances, planning ahead, and recognizing common scams.



**COLDWELL
BANKER
HOME SOURCE**

APRIL Tuesday
LOVE NICKELS
Customized Real Estate Solutions



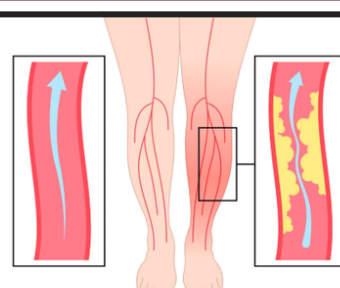
CASECO SERVICES
Fiduciary Services • Legal Document Preparation • Notary

2:00 PM

Location:

**Senior Lounge
18564 Hwy 18, #107
Apple Valley, CA**

September 23



Understanding Vascular Health

Learn about circulation, peripheral artery disease (PAD), warning signs to watch for, and treatment options that can help maintain healthy blood flow and improve quality of life.

*National Vascular Disease
Awareness Month*



Presenter:

**Stephen Kolakowski, MD
Vascular Surgeon**

2:00 PM

Location:

**Senior Lounge
18564 Hwy 18, #107
Apple Valley, CA**

Limited Seating - Registration Required
Call the Senior Resource Center 760.338.0914

BEAT THE HEAT: STAYING COOL, HYDRATED, AND SOCIAL IN THE HIGH DESERT

Summer in the High Desert can bring extreme heat, making it especially important for seniors to take steps to stay safe, hydrated, and cool. As we age, our bodies don't adjust to high temperatures as easily, so prevention is key to avoiding heat-related illness.

✓ Stay Hydrated

Start with hydration - drink water throughout the day, even if you don't feel thirsty. Avoid excess caffeine or alcohol, and include water-rich foods like fruits and vegetables. Signs of dehydration can include dizziness, fatigue, or headache, so don't ignore early symptoms.

✓ Stay Connected

Staying connected with friends, family, and community centers is just as important as staying cool. Check in on others and take advantage of local resources.

✓ Stay Cool

Equally important is staying cool. Try to remain indoors during peak heat hours (10 AM-4 PM), wear light clothing, and use air conditioning or fans when possible. Cool showers or damp cloths on the neck and wrists can also help lower body temperature quickly.

Be aware of warning signs of heat illness such as confusion, nausea, heavy sweating, or rapid heartbeat. If these occur, seek help immediately.

Fortunately, there are many local places to stay cool and connected. The Fit Lab Fitness Center in Victorville is free for seniors 62+ and offers a safe, air-conditioned space to stay active:
13010 Hesperia Rd, Suite 500, Victorville

The S.B. County Nutrition Program offers lunch Monday - Friday at 11:30 AM. These sites provide a cool, welcoming place for seniors to relax, socialize, and enjoy lunch. Suggested donation: \$5.

- Senior Lounge 18564 Hwy 18, Suite 107 Apple Valley
- Barstow Senior Center 555 Melissa Ave
- Helendale Senior Center 26540 Vista Road, Suite C, Helendale
- Percy Bakker Center 9333 E Ave, Hesperia
- Victorville Senior Center 14874 S Mojave Dr, Victorville

YOU DON'T HAVE TO GO HUNGRY

Food Banks & Meal Programs

Contact locations to confirm schedule

APPLE VALLEY

Burning Hearts Ministry
13600 Pawnee Road #7
(760) 493-0435
Every other Thursday, 3:00pm – 7:00pm

Church of the Valley
20700 Standing Rock
(760) 247-6494
Tues. – Thurs, 10:00am – 12:00pm

Church of the Nazarene
12935 Central Rd.
(760) 247-8433
3rd Friday of the month, 10:00am – 12:00pm

First Assembly of God
21811 Ottawa Rd.
(760) 247-6488
Every Friday, 10:00am – 12:00pm

Our Lady of the Desert Ministry
18386 Corwin Rd.
(760) 242-5544
Wednesday & Thursday, 9:00am – 11:30am

New Hope Community Church
12345 Navajo Rd.
(760) 247-2127
Last Sat. of the month, 10:00am – 12:00pm

The Church for Whosoever
18628 Seneca Road
(760) 242-3191
Tue – Thurs., 10:00am – 3:00pm

Redeemer Church
22434 Nisqually Road
(760) 247-5891
2nd & 4th Sunday, following 11:00am service

BARSTOW

enRiched Food Pantry
800 Yucca Ave
(760) 252-2411 ext. 6901
Dates/Time vary – call for schedule

Desert Manna
2410 Armory Rd
(760) 256-7797
3rd Thursday of the month, 9:00am – 2:00pm
Saturday 9:00am – 12:00pm

Barstow Community College Food Pantry
2700 Barstow Road
(760) 252-2411 ext. 6901
Monday – Thursday, 8:00am – 6:00pm
Friday, 8:00am – 12:00pm



HESPERIA

Assembly of God
11616 Hesperia Rd.
(760) 244-3330
Wednesday, 10:00am – 12:00pm

Holy Family Catholic Church
9974 I Ave.
(760) 244-9180
2nd & 3rd Wednesday of the month, 10:00am – 12:00pm

New Life Chapel
10184 Seventh St.
(760) 244-9050
3rd Saturday of the month, 10:00am – 12:00pm

Spirit Filled Family Church – Bags of Food Ministry
9980 Hesperia Road
(760) 956-2501
Saturday, 9:00am – until gone

The Gate Church
11783 Amethyst St.
(760) 949-8979
Monday, 9:00am – 12:00pm

Victor Valley Christian Church
11223 11th St.
(760) 244-4448
Last Friday of the month, 3:00pm – 4:00pm

VICTORVILLE

Feed My Sheep
15260 Nisqually Rd.
(760) 243-4343
Monday, 10:00am – 12:00pm

Burning Bush Church
14849 7th Street
(760) 241-6221
Wednesday, 11:30am – 1:30pm

Emmanuel Temple
17288 Stoddard Wells Road
(760) 245-4973
Friday, 10:00am – until gone

Impact Christian Church of Victorville
17746 George Blvd.
(760) 246-4100
Tuesday, 11:00am – 12:00pm

Holy Innocents Catholic Church
1323 El Evado Road
(760) 955-6010
Tuesday, 9:00am – 10:30am

Ruth & Naomi Project/Choice Medical Group
13010 Hesperia Road, in the back of the building
(760) 338-0914
Fresh Food Friday – Last Friday of the Month
(Spring/Summer) 8:30am – until gone

BARSTOW LUNCH PROGRAM/COUNTY OF SAN BERNARDINO

11:30AM - 12:30PM MONDAY - FRIDAY SUGGESTED \$5. DONATION - 760.256.9111

Apple Valley – Senior Lounge
18564 Hwy 18, Suite 107

Barstow – Senior Center
555 Melissa Avenue

Hesperia – Percy Bakker
9333 E Avenue, Hesperia

Helendale – Senior Center
26540 Vista Road, Suite C

Victorville – Senior Center
14874 S. Mojave Drive



WE'RE HONORED TO BE VOTED BEST WEIGHT LOSS CENTER!



*Thank you for trusting the Fit Lab Fitness Center
to help you reach your health and fitness goals.*

OFFERING ALL LEVELS OF FITNESS TRAINING

SENIOR FITNESS CLASSES

**SKC VIP
MEMBERS
ALL CLASSES
ARE FREE**

MONDAY	TUESDAY	WEDNESDAY
7:30 AM VIP Workout Express	7:30 AM VIP FITJam	7:30 AM VIP Workout Express
8:30 AM VIP RetroStrong	8:30 AM Senior ChairFIT	8:30 AM VIP RetroStrong
8:30 AM VIP Body Balance	10:00 AM Senior RetroFIT	12:15 PM Yoga / Chair Yoga
	11:00 AM Senior ChairFIT	
THURSDAY	FRIDAY	SATURDAY
7:30 AM VIP FIT Jam	7:30 AM VIP Workout Express	9:15 AM Senior FITJam
8:30 AM Senior ChairFIT	12:15 PM Yoga / Chair Yoga	
10:00 AM Senior RetroFIT		
11:00 AM Senior ChairFIT		



GROUP EXERCISE



SENIOR CLASSES



WEIGHT MANAGEMENT



CHAIR FIT & CHAIR YOGA



WELLNESS CLASSES



13010 Hesperia Road, Suite 500, Victorville

760.205.3834

FitLabFitnessCenter.com

Silver Sneakers Facility

Follow us!



No RSVP required – just show up and bring a friend!

SKC HEALTH ACADEMY

REGAIN YOUR HEALTH. RECLAIM YOUR LIFE

Voted
Best Weight Loss Center in
the High Desert!



1

HEALTHY WEIGHT CLUB



Sourav Das, MD provides a personal health goal. Weekly Meetings in six week intervals.



Set goals. Stay on track. Achieve lasting results.
Registration Required
760.338.0914

2

FIT LAB FITNESS CENTER



Fun, effective fitness classes to build strength, improve balance and boost energy.



Classes for all levels of fitness. See schedule online
Join the Fit Lab anytime!
Come On In!

3

WELLNESS WAY CLASSES



Nutrition education classes to help you make healthier choices. Free to the Senior Community!



Katrina Lotts covers many topics. View dates online.
Registration Required
760.338.0914



NEXT HEALTHY WEIGHT CLUB

JULY 8TH • 11AM

FREE 6-WEEK PROGRAM

Every Wednesday for 6 weeks

INCLUDES:

- Healthy Weight Club
- Personalized Health Goal
- Fit Lab Fitness Classes
- Wellness Way Classes
- Nutrition Education
- Accountability & Support

After the 6-week program, continued participation is available through Choice Medical Group Membership

OR

Fit Lab Membership \$20/month or FREE for Choice Medical Group Members

WELLNESS WAY VIP CLUB

Continue Your Wellness Journey:

- Monthly Wellness Challenges
- Online Wellness Resources
- VIP Wellness Binder
- Accountability & Support

ASK HOW TO JOIN!

Continue Your Wellness Journey

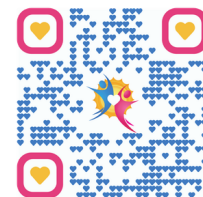
Registration is now open with limited seating available. Please call 760.338.0914 for reservation.



760.205.3834

FitLabFitnessCenter.com

13010 Hesperia Road, Suite 500
Victorville



CHOICE MEDICAL GROUP PROUDLY OFFERS THE HIGH DESERT SENIOR COMMUNITY A VARIETY OF CLASSES, EVENTS, FIELD TRIPS, AND WORKSHOPS – IN COLLABORATION WITH OUR VALUED COMMUNITY PARTNERS.



CHOICE
URGENT CARE

Serving the High Desert community – we accept Medicare plans*

**OPEN DAILY
8AM – 7:30PM**



**X-Ray
Ultrasound**



**Sutures, Stitches
Splinting, Staples**



**IV Fluids
Hydration**



**Minor Surgical
Procedures**



Varun Shahi, M.D.
Urgent Care Director

Walk In. Feel Better.

Common Symptoms We Treat

- ✓ Respiratory & Ear/Nose/Throat
- ✓ Skin & Eye Irritations
- ✓ Digestive & Urinary Issues
- ✓ Musculoskeletal Discomfort

Life Saving Testing



D-Dimer Testing
Protect yourself from blood clots with a simple blood test.



Troponin Testing
Detect protein in your blood which can cause heart muscle damage.

Follow Us



VISIT OUR WEBSITE
CMGUrgentCare.com



760.948.5888



**13010 Hesperia Road, Suite 600
Victorville, CA**
Suite 600 is located in the back of the building