



JANUARY



Pan-American Community Center
703 Sherwood Way - Madera, CA
Monday-Friday 9 am - 2pm
(559) 675-2095

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HAPPY <i>New Year</i>	2	3
4	5 9-10 Coffee & News 9:15-10:15 Walking Class (Gym) 10:15 -10:45 Board Games 11-11:45 Tech Class 11:30-1 Pickleball 12-1 Movie	6 9 -10 Coffee & News 9:15 -10:15 Walking Class (Gym) 10:15-10:45 Chair Yoga 11 - 11:45 Tech Class 12 -1 Movie	7 9 -10 Coffee & News 10:30-11 Weight Training 11:15-11:45 Nail Salon 11:30-1 Pickleball 12:30-1:30 Art Craft	8 9 -10 Coffee & News 10:30-11 Weight Training 11:15-11:45 Nail Salon 11:30-1 Movie 12:30-1:00 Bingo	9 9 -10 Coffee & News 9:15-10:15 Walking Class (Gym) 10:30-1:30 Karaoke Dinner Dance @ 5:00 PM	10
11	12 9-10 Coffee & News 9:15-10:15 Walking Class (Gym) 10:15 -10:45 Board Games 11-11:45 Tech Class 11:30-1 Pickleball 12-1 Movie	13 9 -10 Coffee & News 9:15 -10:15 Walking Class (Gym) 10:15-10:45 Chair Yoga 11 - 11:45 Tech Class 12 -1 Movie	14 9 -10 Coffee & News 10:30-11 Weight Training 11:15-11:45 Nail Salon 11:30-1 Pickleball 12:30-1:30 Art Craft	15 9 -10 Coffee & News 10:30-11 Weight Training 11:15-11:45 Nail Salon 11:30-1 Movie 12:30-1:00 Bingo	16 9 -10 Coffee & News 9:15-10:15 Walking Class (Gym) 10:30-1:30 Karaoke	17
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Activity Schedule

Bailoterapia
M, W, & F
9 -10 am



Walking Class
Tuesdays & Fridays
9:15-10:15 AM

Chair Yoga
Tuesdays
10:15-10:45 AM

Weight Training
W & TH
10:30-11 AM

1/7 Nutrition Workshop 10:00 AM

Dinner Dance at FAB
1/9 @ 5:00 PM - 8:00 PM

LUNCH IS SERVED
M-F @ 11:30 AM

***Participants must be at least 60 years old and must reserve lunch by 10:30 a.m. the day prior**

Join us for our Potluck on Friday, January 29th. Bring a delicious dessert to share.