



JANUARY



Frank Bergon Senior Center
238 S. D Street
Monday - Friday 9am - 2pm
(559) 673-4293

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HAPPY New Year	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 10-10:30 Chair Yoga 10:30 -11 Nail Salon 11 -11:45 Tech Class 12 -1 Fuze Bead Keychains	7 9 -10 Coffee/News 10:30 - 11:00 Weight Training 11 -11:45 Tech Class 11:30-12:30 Art & Craft 12: -1 Music/ Dance	8 9-10 Coffee/News 10 -10:30 Billard's, Cards and Board Games 10:30 - 11 Weight Training 12 -1 Bingo	9 9-10 Coffee/News 10:30-11 Art's & Crafts 11:30-12 :30 Music/Dance 12:30- 2 Movie Friday Night Dance	10
11	12 9-10 Coffee/News 10:30-1:00 Karaoke 11:30-12:30 Movie 12:30-1:00 Arts & Crafts	13 9 -10 Coffee/News 10-10:30 Chair Yoga 10:30 -11 Nail Salon 11 -11:45 Tech Class 12 -1 Watercolor Painting	14 9 -10 Coffee/News 10:30 - 11:00 Weight Training 11 -11:45 Tech Class 11:30-12:30 Art & Craft 12: -1 Music/ Dance	15 9-10 Coffee/News 10 -10:30 Billard's, Cards and Board Games 10:30 - 11 Weight Training 12 -1 Bingo	16 9-10 Coffee/News 10:30-11 Art's & Crafts 11:30-12 :30 Music/Dance 12:30- 2 Movie	17
18	19 9-10 Coffee/News 10:30-1:00 Karaoke 11:30-12:30 Movie 12:30-1:00 Arts & Crafts	20 9 -10 Coffee/News 10-10:30 Chair Yoga 10:30 -11 Nail Salon 11 -11:45 Tech Class 12 -1 Picture Frame	21 9 -10 Coffee/News 10:30 - 11:00 Weight Training 11 -11:45 Tech Class 11:30-12:30 Art & Craft 12: -1 Music/ Dance	22 9-10 Coffee/News 10 -10:30 Billard's, Cards and Board Games 10:30 - 11 Weight Training 12 -1 Bingo	23 9-10 Coffee/News 10:30-11 Art's & Crafts 11:30-12 :30 Music/Dance 12:30- 2 Movie	24
25	26 9-10 Coffee/News 10:30-1:00 Karaoke 11:30-12:30 Movie 12:30-1:00 Arts & Crafts	27 9 -10 Coffee/News 10-10:30 Chair Yoga 10:30 -11 Nail Salon 11 -11:45 Tech Class 12 -1 Paper Flowers	9 -10 Coffee/News 10:30 - 11:00 Weight Training 11 -11:45 Tech Class 11:30-12:30 Art & Craft 12: -1 Music/ Dance	28 9-10 Coffee/News 10 -10:30 Billard's, Cards and Board Games 10:30 - 11 Weight Training 12 -1 Bingo	29 Potluck 11:15 @ Pan-Am 	30
31						

Activity Schedule

Tuesdays
Chair Yoga



10-1030 AM

Tech Class

11-11:45 AM

Walking Class

12-12:30 PM

Thursdays

10-10:30 AM

Weight Training

W & TH

10:30-11 AM

Dinner Dance

1/9 @ 5:00 PM - 8:00 PM

(Potluck Style)

LUNCH IS SERVED

M-F @ 11:30 a.m.

****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, 1/29 @ PAC Bring a
delicious dish to share.**