



**Parks
Make
Life
Better!**



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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | Activity Schedule |
|-----|---|--|---|---|--|-----|-------------------|
| | | | | | | | |
| 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 | 1 HAPPY New Year | 2 | 3 | |
| 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 11:30-12:30 Art & Craft 12: -1 Bingo | 16 9-10 Coffee/News 10:30-11 Art's & Crafts 11:30-12 :30 Music/Dance 12:30- 2 Movie Friday Night Dance | 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 11:30-12:30 Art & Craft 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 | 28 9 -10 Coffee/News 10 -10:30 Billard's, Cards and Board Games 11:30-12:30 Art & Craft 12: -1 Music/ Dance | 29 Potluck 11:15 @ Pan-Am | 30 | | |
| 31 | | | | | | | |

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.