

# MARCH 2025

## Pan-American Community Center

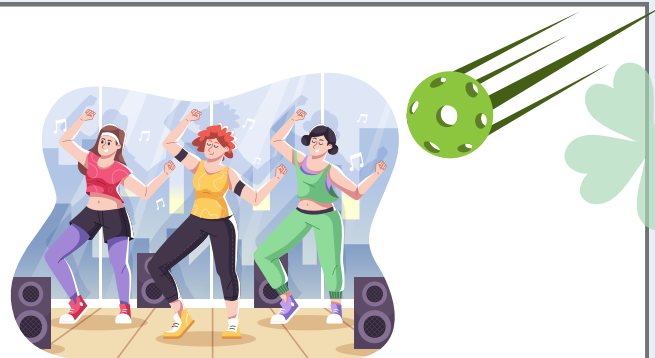
703 Sherwood Way - Madera, CA

Monday-Friday 9 am - 2pm

(559) 675-2095



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>DAY TRIPS ARE SUBJECT TO CHANGE (MUST RSVP)</b></p>						1
	2	3 9-10 Coffee/News 9:15-10:15 Walking Class 10-10:30 Chair Yoga 11-11:45 Tech Class 11:30-1 Pickleball	4 9-10 Coffee/News 10-10:30 Chair Yoga 11-12 Movie 12-1 Weight Training	5 9-10 Coffee/News 11:15-11:45 Nail Salon 11:30-1 Pickleball 12:30-1:30 Knit 'N' Knots	6 9-10 Coffee/News 10-10:30 Weight Training 11:15-12:15 Bingo	7 9-10 Coffee/News 9:15-10:15 Walking Class 10:15-11:15 Tai-Chi 10:30-1:30 Karaoke
9	10 9-10 Coffee/News 9:15-10:15 Walking Class 10-10:30 Chair Yoga 11-11:45 Tech Class 11:30-1 Pickleball	11 9-10 Coffee/News 10-10:30 Chair Yoga 11-12:30 Movie 12-1 Weight Training	12 9-10 Coffee/News 11:15-11:45 Nail Salon 11:30-1:00 Pickleball 12:30-1:30 Knit 'N' Knots	13 9-10 Coffee/News 10-10:30 Weight Training 9 AM - 1:30 PM Day Trip <b>Chaffee Zoo</b> 11:15-12:15 Bingo	14 9-10 Coffee/News 9:15-10:15 Walking Class 10:15-11:15 Tai-Chi 10:30-1:30 Karaoke	15
16	17  ST. PATRICK'S DAY Party	18 9-10 Coffee/News 10-10:30 Chair Yoga 11-12:30 Movie 12-1 Weight Training	19 9-10 Coffee/News 11:15-11:45 Nail Salon 11:30-1 Pickleball 12:30-1:30 Knit 'N' Knots	20 9-10 Coffee/News 10-10:30 Weight Training 11:15-12:15 Bingo	21 9-10 Coffee/News 9:15-10:15 Walking Class 10:15-11:15 Tai-Chi 10:30-1:30 Karaoke	22
23	24 9-10 Coffee/News 9:15-10:15 Walking Class 10-10:30 Chair Yoga 11-11:45 Tech Class 11:30-1:00 Pickleball	25 9-10 Coffee/News 10-10:30 Chair Yoga 11-12:30 Movie 12-1 Weight Training	26 9-10 Coffee/News 11:15-11:45 Nail Salon 11:30-1 Pickleball 12:30-1:30 Knit 'N' Knots	27 9-10 Coffee/News 10-10:30 Weight Training 9 AM-1:30 PM Day Trip <b>Japanese Garden</b> 11:15-12:15 Bingo	28 9-10 Coffee/News 9:15-10:15 Walking Class 10:15-11:15 Tai-Chi 10:30-1:30 Karaoke	29
30	31 9-10 Coffee/News 9:15-10:15 Walking Class 10:00-10:30 Chair Yoga 11-11:45 Tech Class 11:30-1 Pickleball					



### Fitness Classes

**Bailoterapia**  
M, W, & F  
9-10 am

**Walking Class**  
M & F  
9:15-10:15 am

**Chair Yoga**  
M & W  
10-10:30 am

**Pickleball**  
M & W  
11 am-1 pm

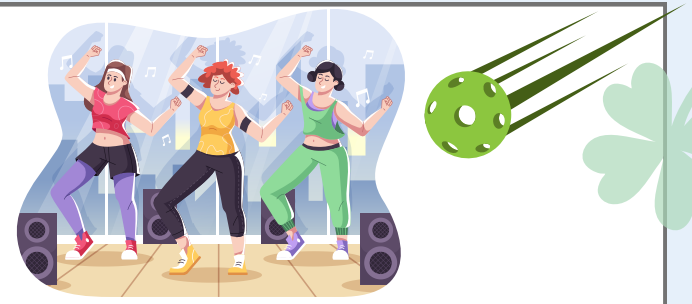


# March 2025

## Frank A. Bergon Senior Center

238 S. D Street - Madera, CA  
 Tues., Weds., & Thurs., 9 am - 2 pm  
 (559) 673-4293

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DAY TRIPS ARE SUBJECT TO CHANGE (MUST R.S.V.P)						1
2	3	4 9-10 Coffee/News 10-10:30 Chair Yoga 11-1 Karaoke 12-12:30 Walking Class	5 9-10 Coffee/News 10:30-11 Weight Training 11-11:45 Tech Class 12-12:45 Arts & Crafts	6 9-10 Coffee/News 10-1 Billard's, Cards and Board Games 10:30-11 Weight Training 12-1 Bingo	7	8
9	10	11 9-10 Coffee/News 10-10:30 Chair Yoga 11-1 Karaoke 12-12:30 Walking Class	12 9-10 Coffee/News 10:30-11 Weight Training 11-11:45 Tech Class 12-12:45 Arts & Crafts	13 9-10 Coffee/News 9-1:30 Day Trip <b>Fresno Chaffee Zoo</b> 10:30-11 Weight Training 12-1 Bingo	14 Friday Night Dinner Dance 5-8 pm	15
16	17 	18 9-10 Coffee/News 10-10:30 Chair Yoga 11-1 Karaoke 12-12:30 Walking Class	19 9-10 Coffee/News 10:30-11 Weight Training 11-11:45 Tech Class 12-12:45 Arts & Crafts	20 9-10 Coffee/News 10-1 Billard's, Cards and Board Games 10:30-11 Weight Training 12-1 Bingo	21	22
23	24	25 9-10 Coffee/News 10-10:30 Chair Yoga 11-1 Karaoke 12-12:30 Walking Class	26 9-10 Coffee/News 10:30-11 Weight Training 11-11:45 Tech Class 12-12:45 Arts & Crafts	27 9-10- Coffee/News 9:30-1:30 Day Trip <b>Japanese Garden</b> 10:30-11 Weight Training 12-1 Bingo	28	29
30	31					



### Fitness Class Schedule

#### Walking Class

Tuesdays  
12-12:30 PM

#### Chair Yoga

Tuesdays  
10-10:30 AM

#### Weight Training

W & TH  
10:30-11 AM

