



**Parks
Make
Life
Better!**



SEPTEMBER 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
	1 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	2 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	3 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	4 9 -10 Coffee & News 10:30-11 Weight Training 11:15-11:45 Nail Salon 11:30-1 Movie 12:30-1:00 Bingo	5 9 -10 Coffee & News 9:15-10:15 Walking Class (Gym) 10:30-1:30 Karaoke	6
7	8 9-10 Coffee & News 9:30 -11:00 HICAP Presentation 11-11:45 Tech Class 11:30-1 Pickleball 12-1 Movie	9 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	10 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	11 9 -10 Coffee & News 10:30-11 Weight Training 11:15-11:45 Nail Salon 11:30-1 Movie 12:30-1:00 Bingo	12 9 -10 Coffee & News 9:15-10:15 Walking Class (Gym) 10:30-1:30 Karaoke	13
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21	22 9-10 Coffee & News 9:30 -11:00 HICAP Presentation 11-11:45 Tech Class 11:30-1 Pickleball 12-1 Movie	23 9 -10 Coffee & News 9:15 -10:15 Walking Class 10:15-10:45 Chair Yoga 11 -11:45 Tech Class 12 -1 Movie	24 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	25 9 -10 Coffee & News 10:30-11 Weight Training 11:15-11:45 Nail Salon 11:30-1 Movie 12:30-1:00 Bingo	26 9 -10 Coffee & News 9:15-10:15 Walking Class (Gym) 10:30-1:30 Karaoke POT LUCK!!	27
28	29 9-10 Coffee & News 9:30 -11:00 HICAP Presentation 11-11:45 Tech Class 11:30-1 Pickleball 12-1 Movie	30 9 -10 Coffee & News 9:15 -10:15 Walking Class 10:15-10:45 Chair Yoga 11 -11:45 Tech Class 12 -1 Movie				

Activity Schedule

Bailoterapia
M, W, & F
9 -10 am



Walking Class
Tuesdays & Friday's
9:15-10:15 AM

Chair Yoga
Tuesdays
10:15-10:45 AM

Weight Training
W & TH
10:30-11 AM

**Health Insurance Counseling &
Advocacy Program**
Every Monday | 9:30 Am- 11:30 Am

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 Monthly Potluck Every
last Friday of the month. Bring your
most delicious homemade dishes or
treats.**

*Fall
is in the
air*

