
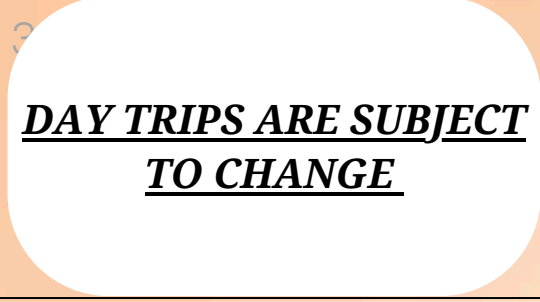
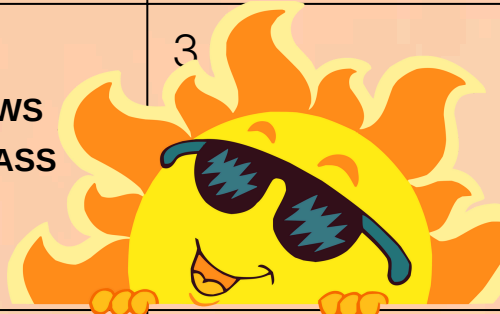





EXERCISE CLASSES
PAN-AM CENTER
M/W BAILOTERAPIA
9:00-10:00
M/W YOGA 10:00-
11:00

PAN-AM M/W/F
FRANK BERGON
T/W/TH
9:00AM-2:00PM
PAC(559)675-2095
FAB(559)673-4293

AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 	3  <u>DAY TRIPS ARE SUBJECT TO CHANGE</u>			1 9:00-10:00 COFFEE/ NEWS 9:30-10:30 BRAIN TEASERS 10:00-10:45 CHAIR YOGA 12:15-1:00 ENGLISH CLASS 12-1:30 BINGO	2 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:00-2:00 KARAOKE 	3
4	5 9:00-10:00 COFFEE/ NEWS 10:00-1:00 KARAOKE 9:30-10:00 CHAIR YOGA 10:45-11:15 TAI CHI 11:00-11:45 TECH CLASS 11:30-1:00 PICKLEBALL	6 9-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10-12:30 NAIL SALON 10-1:00 ROSS SHOPPING DAY 12:00-1:30 MOVIE DAY (FAB)	7 9:00-10:00 COFFEE/ NEWS 10:00-10:45 CHAIR YOGA 10:45-11:15 TAI CHI (PAM-AM) 11:00-11:45 TECH CLASS (FAB) 11:30-1:00 PICKLEBALL (PAN-AM) 12:00-1:30 CROCHET	8 9:00-10:00 COFFEE/ NEWS 9:30-10:30 BRAIN TEASERS 10:00-10:45 CHAIR YOGA 12:15-1:00 ARTS & CRAFTS 12-1:30 BINGO	9 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:00-2:00 KARAOKE	10
11	12 9:00-10:00 COFFEE/ NEWS 10:00-1:00 KARAOKE 9:30-10:00 CHAIR YOGA 10:45-11:15 TAI CHI 11:00-11:45 TECH CLASS 11:30-1:00 PICKLEBALL	13 9-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10-1:00 ARTS & CRAFTS 9-11:30 BILLIARDS 12:00-1:30 MOVIE DAY (FAB)	14 9:00-10:00 COFFEE/ NEWS 10:00-10:45 CHAIR YOGA 10:45-11:15 TAI CHI (PAN-AM) 11:00-11:45 TECH CLASS (FAB) 11:30-1:00 PICKLEBALL (PAN-AM) 12:00-1:30 CROCHET	15 9:00-10:00 COFFEE/ NEWS 9:30-10:30 BRAIN TEASERS 10:00-10:45 CHAIR YOGA 12:15-1:00 ENGLISH CLASS 12-1:30 BINGO	16 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:00-2:00 KARAOKE <i>FRIDAY NITE DANCE 5:30-8:30</i>	17
18	19 SPLASH BASH 	20 9-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10-12:30 HERNDON SHOPPING 9-11:30 BILLIARDS 12:30-1:30 MOVIE DAY (FAB)	21 9:00-10:00 COFFEE/ NEWS 10:00-10:45 CHAIR YOGA 10:45-11:15 TAI CHI (PAN-AM) 11:00-11:45 TECH CLASS (FAB) 11:30-1:00 PICKLEBALL (PAN-AM) 12:00-1:30 CROCHET	22 9:00-10:00 COFFEE/ NEWS 9:30-10:30 BRAIN TEASERS 10:00-10:45 CHAIR YOGA 12:15-1:00 ARTS & CRATS 12-1:30 BINGO	23 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:00-2:00 KARAOKE	24
25 	26 9:00-10:00 COFFEE/ NEWS 10:00-1:00 KARAOKE 9:3--10:00 CHAIR YOGA 10:45-11:15 TAI CHI 11:00-11:45 TECH CLASS 11:30-1:00 PICKLEBALL	26 9-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10-12:30 ARTS & CRAFTS 9-11:30 BILLIARDS 12:00-1:30 MOVIE DAY (FAB)	30 9:00-10:00 COFFEE/ NEWS 10:00-10:45 CHAIR YOGA 10:45-11:15 TAI CHI (PAN-AM) 11:00-11:45 TECH CLASS (FAB) 11:30-1:00 PICKLEBALL (PAN-AM) 12:00-1:30 CROCHET	31 9:00-10:00 COFFEE/ NEWS 9:30-10:30 BRAIN TEASERS 10:00-10:45 CHAIR YOGA 12:15-1:00 ENGLISH CLASS 12-1:30 BINGO	 Parks Make Life Better!	