

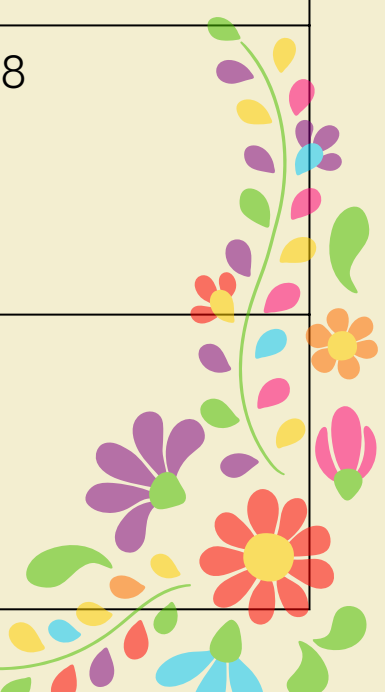
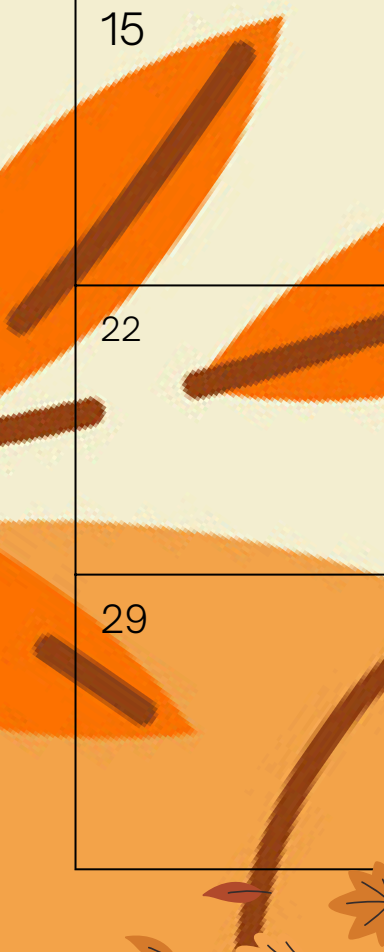
FRANK BERGON  
T/W/TH  
9:00AM-1:30PM  
FAB(559)673-4293



DAY TRIPS ARE SUBJECT TO CHANGE  
(MUST R.S.V.P)

# SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>LABOR DAY!</b> 	3 9:00-10:00 COFFEE/ NEWS 10:00-10:30 GENTLE YOGA 11:00-11:45 TECH CLASS 11:00-1:00 KARAOKE	4 9:00-10:00 COFFEE/ NEWS 10:00-1:00 LUNCH AT WOODWARD-PARK 11:00-11:45 NAIL SALON (FAB) 11:30-1:00 MOVIE DAY (FAB) 12:00-1:00 ARTS & CRAFTS	5 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:00-10:45 PASSPORT TRAVELS 12:15-1:00 BINGO	6 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 11:00-11:45 TECH CLASS 12:00-1:00 MOVIE DAY (FAB) 12:15-1:00 BRAIN TEASERS	7
8	9 9:00-10:00 COFFEE/ NEWS 9:15-10:15 COLOR MEDITATION 10:00-10:30 CHAIR YOGA 11:00-11:45 TECH CLASS 12:00-1:00 ARTS & CRAFTS	10 9:00-10:00 COFFEE/ NEWS 10:00-10:30 GENTLE YOGA 11:00-11:45 TECH CLASS 11:00-1:00 KARAOKE	11 9:00-10:00 COFFEE/ NEWS 11:00-11:45 NAIL SALON (FAB) 11:30-1:00 MOVIE DAY (FAB) 12:00-1:00 ARTS & CRAFTS	12 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:00-10:45 PASSPORT TRAVELS 12:15-1:00 BINGO	13 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 11:00-11:45 TECH CLASS 12:00-1:00 MOVIE DAY (FAB) 12:15-1:00 COLOR BY NUMBERS FRIDAY NIGHT DANCE !!! 	14 
15	16 <b>POTLUCK MEXICAN INDEPENDENCE DAY!!</b> 	17 9:00-10:00 COFFEE/ NEWS 10:00-10:30 GENTLE YOGA 11:00-11:45 TECH CLASS 11:00-1:00 KARAOKE	18 9:00-10:00 COFFEE/ NEWS 11:00-11:45 NAIL SALON (FAB) 11:30-1:00 MOVIE DAY (FAB) 12:00-1:00 ARTS & CRAFTS	19 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:00-10:45 PASSPORT TRAVELS 12:15-1:00 BINGO	20 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 11:00-11:45 TECH CLASS 12:00-1:00 MOVIE DAY (FAB) 12:15-1:00 BUNCO	21
22	23 9:00-10:00 COFFEE/ NEWS 9:15-10:15 COLOR MEDITATION 10:00-10:30 CHAIR YOGA 11:00-11:45 TECH CLASS 12:00-1:00 ARTS & CRAFTS	24 9:00-10:00 COFFEE/ NEWS 10:00-10:30 GENTLE YOGA 11:00-11:45 TECH CLASS 11:00-1:00 KARAOKE	25 9:00-10:00 COFFEE/ NEWS 10:00-1:00 KERMAN WALMART 11:00-11:45 NAIL SALON 12:00-1:00 MOVIE DAY (FAB)	26 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:00-10:45 PASSPORT TRAVELS 12:15-1:00 BINGO	27 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 11:00-11:45 TECH CLASS 12:00-1:00 MOVIE DAY (FAB) 12:15-1:00 WORD SEARCH	28
29	30 9:00-10:00 COFFEE/ NEWS 9:15-10:15 COLOR MEDITATION 10:00-10:30 CHAIR YOGA 11:00-11:45 TECH CLASS 12:00- 1:00 ARTS & CRAFTS					



**DAY TRIPS ARE SUBJECT TO CHANGE**  
**(MUST R.S.V.P)**



# SEPTEMBER 2024

PAN- AM  
MONDAY-FRIDAY  
9:00 AM-2 PM  
PAC- 559-675-2095



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>LABOR DAY!</b> 	3 9:00-10:00 COFFEE/ NEWS 10:00-10:30 DRUMMING TO THE BEAT 11:00-11:45 TECH CLASS 11:00-1:00 MOVIE DAY (PAC)	4 9:00-10:00 COFFEE/ NEWS 10:00-1:00 LUNCH AT WOODWARD-PARK 11:00-11:45 NAIL SALON (PAC) 11:30-1:00 PICKLEBALL 12:30-1:30 KNIT 'N' KNOTS	5 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:15-11:15 TAI-CHI 12:15-1:00 BINGO	6 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:30-1:30 KARAOKE	7
8	9 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:00-10:30 CHAIR YOGA 11:00-11:45 TECH CLASS 11:30-1:00 PICKLEBALL 12:00-1:00 ARTS & CRAFTS	10 9:00-10:00 COFFEE/ NEWS 10:00-10:30 DRUMMING TO THE BEAT 11:00-11:45 TECH CLASS 11:00-1:00 MOVIE DAY (PAC)	11 9:00-10:00 COFFEE/ NEWS 11:00-11:45 NAIL SALON (PAC) 11:30-1:00 PICKLEBALL 12:30- 1:30 KNIT 'N' KNOTS	12 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:15-11:15 TAI-CHI 12:15-1:00 BINGO	13 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:30-1:30 KARAOKE 	14 
15	16 <b>MEXICAN INDEPENDENCE DAY!!</b> 	17 9:00-10:00 COFFEE/ NEWS 10:00-10:30 DRUMMING TO THE BEAT 11:00-11:45 TECH CLASS 11:00-1:00 MOVIE DAY (PAC)	18 9:00-10:00 COFFEE/ NEWS 11:00-11:45 NAIL SALON (PAC) 11:30-1:00 PICKLEBALL 12:30-1:30 KNIT 'N' KNOTS	19 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:15-11:15 TAI-CHI 12:15-1:00 BINGO	20 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:30-1:30 KARAOKE	21
22	23 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:00-10:30 CHAIR YOGA 11:00-11:45 TECH CLASS 11:30-1:00 PICKLEBALL 12:00-1:00 ARTS & CRAFTS	24 9:00-10:00 COFFEE/ NEWS 10:00-10:30 DRUMMING TO THE BEAT 11:00-11:45 TECH CLASS 11:00-1:00 MOVIE DAY (PAC)	25 9:00-10:00 COFFEE/ NEWS 10:00-1:00 KERMAN WALMART 11:00-11:45 NAIL SALON (PAC) 11:30-1:00 PICKLEBALL 12:30-1:30 KNIT 'N' KNOTS	26 9:00-10:00 COFFEE/ NEWS 9:30-10:30 WEIGHT TRAINING 10:15-11:15 TAI-CHI 12:15-1:00 BINGO	27 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:30-1:30 KARAOKE	28
29	30 9:00-10:00 COFFEE/ NEWS 9:15-10:15 WALKING CLASS 10:00-10:30 CHAIR YOGA 11:00-11:45 TECH CLASS 11:30-1:00 PICKLEBALL 12:00-1:00 ARTS & CRAFTS					

