


2024

NOVEMBER

EXERCISE

Monday	Tuesday	Wednesday	Thursday
04	05	06	07
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Tai Chi Boot Scootin' Seniors Line Dance Classes 1:30 Ultra Beginner 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	9:00 Dance Fitness Boot Scootin' Seniors Line Dance Classes 1:30 Ultra Beginner 2:00 Beginner 2:40 Higher Level	9:00 Yogalates 10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing
11	12	13	14
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Tai Chi Boot Scootin' Seniors Line Dance Classes 1:30 Ultra Beginner 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	9:00 Dance Fitness 10:00 Boot Scootin' Seniors Line Dance Classes 1:30 Ultra Beginner 2:00 Beginner 2:40 Higher Level	9:00 Yogalates 10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing
18	19	20	21
SIGN UP FOR PAINTING CLASSES & BARLEENS 9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Tai Chi Boot Scootin' Seniors Line Dance Classes 1:30 Ultra Beginner 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	9:00 Dance Fitness Boot Scootin' Seniors Line Dance Classes 1:30 Ultra Beginner 2:00 Beginner 2:40 Higher Level	BIRTHDAY 🎂 9:00 Yogalates 10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing
25	26	27	28
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Tai Chi NO LINE DANCE CLASS THIS WEEK-SEE YOU NEXT WEEK	9:00 Feeling Fit Level 3 10:15 Chair Yogalates	AFTERNOON CLASSES ARE CANCELLED... CLOSING EARLY FOR THANKSGIVING	



SENIOR TRANSPORTATION

Trinkets & Treasures

A FINE RESALE SHOP

Payson Senior Center 514 W Main Street 928-474-4876
M-Th 8:00am-4:00pm (Activities Subject to Change)