



MONDAY 2	TUESDAY 3	Wild Card WEDNESDAY 4	THURSDAY 5	EXERCISE
10:30 Ukulele Fun 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Anything Goes Band w/ Anne James 12:45 Canasta 12:45 Ladies Bridge 1:00 WISE Class: Wellness Initiative for Senior Edu.	***NO ZUMBA*** 10:30 Bible Studies 10:45 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ 11:15 FREE LUNCH AND LEARN Hospice Gives Hope (Clarifying the Myths of Hospice) 12:45 Canasta 1:00 Crafter's Circle	<div style="border: 2px solid black; padding: 5px; text-align: center;"> KEEP FIT AT THE CENTER </div> <p>Belly Dancing \$3 per class/members free Monday @ 2:30</p>
9	10	11	12	UPSTAIRS
NO ZUMBA 10:00 Music Makers 12:45 Dominos 12:45 Bridge 1:00 Pinochle	9:00 Legal Assistance 10:30 Music: Anything Goes Band w/ Anne James 12:45 Canasta 12:45 Ladies Bridge 1:00 WISE Class: Wellness Initiative for Senior Edu.	10:30 Bible Studies 10:45 FREE BINGO 1:00 Senior Bookworms Book Club	10:30 Take 2 Band w/ Kathleen & Jim 12:45 Canasta 1:00 Crafter's/Hobbies	<p>Zumba w/Bernie \$3 per class Monday & Wednesday @ 9:00 Tuesday @ 8:00</p>
16	17	18	19	UPSTAIRS
10:00 Music Makers 10:45 Free Blood Sugar & Blood Pressure ✓ 11:30 FREE LUNCH AND LEARN Survival Strategies for Seniors 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Anything Goes Band w/ Anne James 12:45 Canasta 12:45 Ladies Bridge 1:00 WISE Class: Wellness Initiative for Senior Edu.	10:30 Bible Studies 12:30 Cell Phone/ Tablet Class 1:30 Alzheimer's/Dementia Care-giver Support Group	10:45 Birthday BINGO 12:00 BIRTHDAY Celebration CENTER CLOSED THURS. P.M. & FRI. A.M. OFFSITE STAFF TRAINING YOGA CANCELLED ON FRIDAY	<p>Jill's Yoga & More \$3 per class/\$2 members Monday & Wednesday @ 10:00 Tuesday, Thursday & Friday @ 9:00</p>
23	24	25	26	UPSTAIRS
NO ZUMBA 10:30 Music: Tapestry w/ Gary & Bette 12:45 Dominos 12:45 Bridge 1:00 Pinochle	***NO ZUMBA*** 10:30 Music: Anything Goes Band w/ Anne James 12:45 Ladies Bridge 12:45 Canasta 1:00 WISE Class: Wellness Initiative for Senior Edu.	***NO ZUMBA*** 10:30 Bible Studies 10:45 FREE BINGO 12:30 Movie & Popcorn SINGING IN THE RAIN Starring Gene Kelly & Debbie Reynolds	10:00 Color Tyme- Color to Relax 12:45 Canasta 1:00 Crafter's Circle/Hobbies LAST DAY TO SIGN UP FOR CINCO de MAYO LUNCH	<p>Strength w/ Friends (work the Core) Monday @ 1:00</p> <p>Hatha Yoga w/Juliet \$3 per class/members free Tuesdays @ 2:00</p>
30	May 3		May 3	DOWNSTAIRS
10:00 Music Makers 12:45 Dominos 12:45 Bridge 1:00 Pinochle	<p>Volunteer of the Month Don Kasl</p>		10:30 Free Blood Pressure ✓ CINCO de MAYO CELEBRATION 10:30 MUSIC: Anne James & The Anything Goes Band 12:45 Canasta 1:00 Crafter's Circle/Hobbies	<p>STRENGTHEN & BALANCE (Free) Sit & Strengthening Monday & Thursday @ 10:00 Adv. Balance & Strengthen Monday & Thursday @ 11:00</p>

Visit our web site @ PaysonSeniorCenter.org

Breakfast Bar



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YOGA: Mon: Traditional Yoga; Tues. & Thurs.: Toning w/ Weights; Wed.: Stretching; Friday: Core*Yoga Class \$3/\$2 to Members**