

PAYSON SENIOR CENTER

(928) 474-4876

M-Th 8:00am-4:00pm; F 8:00am-12:00pm

ACTIVITIES

April 2019

TRINKETS & TREASURES

(928) 474-3205

Open 9:00am-5:00pm, M-S

MONDAY 1	TUESDAY 2	Wild Card WEDNESDAY 3	THURSDAY 4
11:00 Ukulele Fun 12:45 Dominos 12:45 Bridge	10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:30 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ 12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies
8	9	10	11
NO HATHA YOGA w/ a TWIST 10:00 Music Makers 12:45 Dominos 12:45 Bridge	9:00 Legal Assistance 1950's Sock Hop 10:30 Music: Taylor Olsen  12:45 Canasta 12:45 Ladies Bridge	**NO ZUMBA** 10:30 Bible Studies 10:30 FREE BINGO 1:00 Senior Bookworms Book Club 	10:30 Take 2 Band w/ Kathleen & Jim 12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies LAST DAY TO SIGN UP FOR EASTER LUNCH
15	16	17	18
NO ZUMBA 10:00 Music Makers 12:45 Dominos 12:45 Bridge	9:00 Candy Making w/ Mary 10:30 Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 FREE BINGO BIRTHDAY Celebration  12:00  LUNCH 12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies
22	23	24	25
10:30 Music: Trisha Henning 12:45 Dominos 12:45 Bridge	10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:30 FREE BINGO 12:30 Movie & Popcorn Hairspray  	10:30 Karaoke  12:45 Canasta & Dominos 1:00 Crafter's/Hobbies LAST DAY TO SIGN UP FOR CINCO de MAYO LUNCH
29	30	May 1	May 2
NO ZUMBA 10:00 Music: Trisha Henning 11:00 What is Hospice w/ Debbie & Kylee 12:45 Dominos 12:45 Bridge	10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:30 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ 10:30 Music: Anne James & Cinnamon Twist 12:00  LUNCH 12:45 Canasta 12:45 Dominos 1:00 Crafter's Circle/Hobbies

EXERCISE

Strength & Balance
FREE
Sit & Strengthening
Mon & Thurs @ 10:00

Adv. Balance & Strengthen
Mon & Thurs @ 11:00

NEW
Hatha Yoga w/ a Twist Free
Mon @ 1:00

Zumba w/Bernie
\$3 per class
Mon & Wed @ 9:00
Tues @ 8:00

Jill's Yoga & More
\$3 per class
\$2 Members
Mon & Wed @ 10:00
Tues, Thurs & Fri @ 9:00

Belly Dancing
\$3 per class
Members free
Mon @ 2:30



Volunteer of the Month: Melody Neel

PaysonSeniorCenter.org



Facebook.com/PaysonSeniorCenter

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