


PAYSON SENIOR CENTER
 (928) 474-4876
 Open: 8:00am-4:00pm, M-F

ACTIVITIES
 August 2018

TRINKETS & TREASURES
 (928) 474-3205
 Open 9:00am-5:00pm, M-S

MONDAY	TUESDAY	Wild Card WEDNESDAY 1	THURSDAY 2	EXERCISE
 Volunteer of the Month Diane Reese		10:30 Bible Studies 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ 12:45 Canasta 1:00 Crafter's/Hobbies	Strength & Balance FREE Sit & Strengthening Monday & Thursday @ 10:00
6	7	8	9	Adv. Balance & Strengthen Monday & Thursday @11:00
10:30 Ukulele Fun 11:30 Education: Heat & Beverage Choices 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Cinnamon Twist w/ Anne & Jennifer 12:45 Canasta 12:45 Ladies Bridge	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 LAST DAY TO SIGN UP FOR RODEO LUNCH	Strength with Friends (work the Core) Monday @ 1:00 FREE
13	14	15	16	Zumba w/Bernie \$3 per class Monday & Wednesday @ 9:00 Tuesday @ 8:00
10:00 Music Makers 12:45 Dominos 12:45 Bridge 1:00 Pinochle	9:00 Legal Assistance 10:30 Music: Cinnamon Twist w/ Anne & Jennifer 12:45 Canasta 12:45 Ladies Bridge	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 RODEO LUNCH & BIRTHDAY Celebration  12:45 Canasta 1:00 Crafter's/Hobbies	Jill's Yoga & More \$3 per class/\$2 members Monday & Wednesday @ 9:00 Tuesday @ 8:00
20	21	22	23	\$3 per class/\$2 members Monday & Wednesday @ 10:00 Tuesday, Thursday & Friday @ 9:00
10:00 Music Makers 10:45 Free Blood Sugar & Blood Pressure ✓ 11:30 Education: Choosing Healthy Meals 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Cinnamon Twist w/ Anne & Jennifer 12:45 Ladies Bridge 12:45 Canasta	9:30 Card Making w/ BJ Thinking of You Cards 10:30 Bible Studies 10:45 FREE BINGO 12:30 Movie & Popcorn TBD 	10:30 Music: BALLA-DEARS w/ Wes & Wanda 12:45 Canasta 1:00 Crafter's Circle/Hobbies	Belly Dancing \$3 per class/MEMBERS FREE Mondays @ 2:30
27	28	29	30	Hatha Yoga w/Juliet \$3 per class/MEMBERS FREE Tuesday @ 2:00
10:30 Tapestry w/ Gary & Bette 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Cinnamon Twist w/ Anne & Jennifer 12:45 Ladies Bridge & Canasta	10:30 Bible Studies 10:45 FREE BINGO	12:45 Canasta 1:00 Crafter's Circle/Hobbies	

Visit our web site @ PaysonSeniorCenter.org

Breakfast Bar



Like us on Face Book Facebook.com/PaysonSeniorCenter

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