

2025

MAY

EXERCISE

Monday	Tuesday	Wednesday	Thursday
05	06	07	08
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates-video <i>TRIP SIGN UP FOR Woody Mtn Coffee & Wine Tasting</i>	9:00 Dance Fitness 10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates Video 1:00 Beg. Belly Dancing 
12	13	14	15
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates-video	9:00 Dance Fitness 10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	10:00-12:00 
19	20	21	22
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	Welcome Buckeye Senior Center 10:15 Chair Yogalates 1:00 Beg. Belly Dancing
26	27	28	June 01
 <p>CENTER CLOSED</p>	9:00 Feeling Fit Level 3 10:15 Chair Yogalates-video	10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing

Celebrating 40 years
Proudly Serving the Community



Remembering the past, Embracing the Future



SENIOR TRANSPORTATION

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

Trinkets & Treasures
A FINE RESALE SHOP

928-474-3205