






















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

ACTIVITIES
 December 2017

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



|  MONDAY | TUESDAY | Wild Card WEDNESDAY | THURSDAY | FRIDAY 1 |
|---|--|--|--|--|
| Like us on Face Book Facebook.com/PaysonSeniorCenter See what's new! Visit our web site @ PaysonSeniorCenter.org |  | Volunteer of the Month  Diana Chaffee |  | 9:00 Jill's Yoga & More Cash Prize BINGO  12:30 |
| 4 | 5 | 6 | 7 | 8 |
| 9:00 Zumba with Bernie 10:30 Music: Ukulele Fun 10:00 Jill's Yoga & More 10:00 **Sit & Strengthening 11:00 **Adv Bal & Strengthen 12:00 Happiness is Good for You 12:45 Dominos & Bridge 2:30 Tribal Belly Dancing | 8:00 Zumba with Bernie 9:00 Jill's Yoga & More 10:30 Music: Anne James 12:45 Canasta 12:45 Ladies Bridge | 9:00 Zumba with Bernie 10:00 Jill's Yoga & More 10:00 Card Making w/ BJ 10:30 Bible Studies 10:45 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group | 9:00 Jill's Yoga & More 10:00 **Sit & Strengthening 11:00 **Adv Bal & Strengthen 10:30 Free Blood Pressure ✓ 10:30 Payson Strummers CENTER CLOSED FOR AFTERNOON ACTIVITIES | 9:00 Jill's Yoga & More Cash Prize BINGO  12:30 |
| 11 | 12 | 13 | 14 | 15 |
| 9:00 Zumba with Bernie 10:00 Music Makers 10:00 Jill's Yoga & More 10:00 **Sit & Strengthening 11:00 **Adv Bal & Strengthen 12:45 Dominos & Bridge 2:30 Tribal Belly Dancing | 8:00 Zumba with Bernie 9:00 Jill's Yoga & More 9:00 Legal Assistance 10:30 Music: Anne James 12:45 Canasta 12:45 NO LADIES BRIDGE | 9:00 Zumba with Bernie 10:00 Jill's Yoga & More 10:30 Bible Studies 10:45 FREE BINGO 1:00 Senior Bookworms Book Club  | 9:00 Jill's Yoga & More 10:00 **Sit & Strengthening 10:30 Take 2 Band w/ Kathleen & Jim 11:00 **Adv Bal & Strengthen 12:45 Canasta 1:00 Crafter's/Hobbies 2:00 Payson's Grand 'Ole Opry | 9:00 Jill's Yoga & More Cash Prize BINGO  12:30 |
| 18 | 19 | 20 | 21 | 22 |
| 9:00 Zumba with Bernie 10:00 Jill's Yoga & More 10:00 Music Makers 10:00 **Sit & Strengthening 10:45 Free Blood Sugar & Pressure ✓ 11:00 **Adv Bal & Strengthen 12:45 Dominos & Bridge 2:30 Tribal Belly Dancing | 8:00 Zumba w/Bernie 9:00 Jill's Yoga & More 10:30 Music: Anne James 12:45 Canasta 12:45 Ladies Bridge  | 9:00 Zumba with Bernie 10:00 Jill's Yoga & More 10:00 Movie & Muffins "Elf"  10:30 Bible Studies 12:30 Cell Phone/Tablet Class 1:30 Alzheimer's/Dementia Care-giver Support Group | 9:00 Jill's Yoga & More 10:00 **Sit & Strengthening 10:45 Birthday/Christmas BINGO 11:00 **Adv Bal & Strengthen 12:00 BIRTHDAY Celebration  12:00 CHRISTMAS Dinner  12:45 Canasta 1:00 Crafter's Circle/Hobbies | 9:00 Jill's Yoga & More NO BINGO  |
| 25 | 26 | 27 | 28 | 29 |
|  | 8:00 NO ZUMBA! 9:00 Jill's Yoga & More 10:30 Music 12:45 Canasta 12:45 NO LADIES BRIDGE  | 9:00 Zumba with Bernie 10:00 Jill's Yoga & More 10:30 Bible Studies 10:45 FREE BINGO 12:30 Movie & Popcorn "Miracle on 34 th Street"  | 9:00 Jill's Yoga & More NO BALANCE CLASSES 10:30 MUSIC: Anne James 11:45 NEW YEAR'S TOAST  12:00 NEW YEAR'S Celebration 12:45 Canasta 1:00 Crafter's 2:00 Singing with Jinx | 9:00 Jill's Yoga & More NO BINGO  |

 **BREAKFAST BAR 8:00-10:00**   **10:00 Sit & Strengthening Class; 11:00 Advanced Balance & Strengthening Class (Free)**

YOGA: Mon: Traditional Yoga; Tues. & Thurs.: Toning w/ Weights; Wed.: Stretching; Friday: Core*Yoga Class \$3/\$2 to Members**
ZUMBA Class \$3 **TRIBAL BELLY DANCING: Free to Members; \$3 for non-members**