



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

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

MONDAY 3	TUESDAY 4	Wild Card WEDNESDAY 5	THURSDAY 6
10:30 Ukulele Fun 12:45 Dominos 12:45 Bridge 12:45 Pinochle	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 EDUCATION: Q & A BP The Silent Killer ✓ Free Blood Pressure 12:45 Canasta 1:00 Crafter's/Hobbies
10	11	12	13
10:00 Music Makers 11:15 EDUCATION: Task Force Against Senior Abuse (TASA) AZ Attorney 12:45 Dominos 12:45 Bridge	10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge LAST DAY TO SIGN UP FOR CHRISTMAS LUNCH	9:00 Christmas Card Class w/ BJ 10:30 Bible Studies 10:30 FREE BINGO 1:00 Senior Bookworms Book Club	12:45 Canasta 1:00 Crafter's/Hobbies
17	18	19	20
9:00 Candy Making w/ Mary 10:00 Music Makers 12:45 Dominos 12:45 Bridge 12:45 Pinochle	9:00 Legal Assistance 10:30 Anne James & Cinnamon Twist Christmas Carol Sing-Along 12:00 MERRY CHRISTMAS LUNCH 12:45 Canasta	10:30 Bible Studies 10:30 FREE BINGO 12:30 Cell Phone Class 1:30 Alzheimer's/Dementia Care-giver Support Group LAST DAY TO SIGN UP FOR NEW YEAR'S LUNCH	10:30 Music: Take Two Band w/ Jim & Kathleen BIRTHDAY Celebration 12:45 Canasta 1:00 Crafter's/Hobbies
24	25	26	27
Center is Closed 	Center is Closed 	***NO ZUMBA*** 10:30 Bible Studies 10:30 FREE BINGO 11:45 Music: Linkenstine Trio 12:30 Movie & Popcorn "The Santa Clause"	10:30 Music: Anne James & Cinnamon Twist 12:00 HAPPY NEW YEAR LUNCH 12:45 Canasta 1:00 Crafter's/Hobbies
31	January 1	January 2	January 3
Center is Closed Happy New Year 2019	Center is Closed Happy New Year 2019	10:30 Bible Studies 10:30 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	12:45 Canasta 1:00 Crafter's Circle/Hobbies

**EXERCISE**

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

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

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Zumba w/Bernie  
\$3 per class

Mon & Wed @ 9:00  
Tues @ 8:00

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Jill's Yoga & More  
\$3 per class  
\$2 Members

Mon & Wed @ 10:00  
Tues, Thurs & Fri @ 9:00

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Belly Dancing  
\$3 per class  
Members free

Mon @ 2:30

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Qigong for Seniors  
\$3 per class  
\$2 Members

Thurs @ 2:00 p.m.



Volunteer of the Month: Jim Gilbert

PaysonSeniorCenter.org



Facebook.com/PaysonSeniorCenter

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