








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

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

MONDAY 4	TUESDAY 5	Wild Card WEDNESDAY 6	THURSDAY 7	EXERCISE
10:00 Card Making w/ BJ  11:00 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  Chinese New Year	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 <div style="border: 1px solid black; padding: 2px; text-align: center;"> LAST DAY TO SIGN UP FOR VALENTINE'S DAY LUNCH </div>	<div style="border: 2px solid black; padding: 5px;"> <p><u>Strength & Balance</u> FREE <u>Sit & Strengthening</u> Mon & Thurs @ 10:00</p> <p><u>Adv. Balance & Strengthen</u> Mon & Thurs @ 11:00</p> <p>----- <u>Zumba w/Bernie</u> \$3 per class</p> <p>Mon & Wed @ 9:00 Tues @ 8:00</p> <p>----- <u>Jill's Yoga & More</u> \$3 per class \$2 Members</p> <p>Mon & Wed @ 10:00 Tues, Thurs & Fri @ 9:00</p> <p>----- <u>Belly Dancing</u> \$3 per class Members free</p> <p>Mon @ 2:30</p> <p>----- <u>Qigong for Seniors</u> \$3 per class \$2 Members</p> <p>Thurs @ 2:00 p.m.</p> </div>
11	12	13	14	
10:00 Music Makers <div style="background-color: yellow; padding: 2px;"> 11:15 Payson Fire/EMT Heart Attack vs Stroke Men vs Women </div> 12:45 Dominos 12:45 Bridge 12:45 Pinochle	9:00 Legal Assistance 9:00 Pretzel Roses with Mary  10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies  10:30 FREE BINGO 1:00 Senior Bookworms Book Club	10:30 Take 2 Band w/ Kathleen & Jim <div style="text-align: center;">  LUNCH </div> 12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies	
18	19	20	21	
10:00 Music Makers 12:45 Dominos 12:45 Bridge 12:45 Pinochle	10:30 Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies <div style="background-color: yellow; padding: 2px;"> 11:55 Education: Leftover Safety </div> Care-giver Support Group	10:30 FREE BINGO  BIRTHDAY Celebration AFTERNOON ACTIVITIES CANCELLED	
25	26	27	28	
10:00 Music: Trisha Henning 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 12:30 Movie & Popcorn Mama Mia 2 	10:45 Karaoke 12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies	
March 4	March 5	March 6	March 7	
11:00 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	12:45 Canasta 12:45 Dominos 1:00 Crafter's Circle/Hobbies	



Volunteer of the Month: Terri Poland

PaysonSeniorCenter.org



Facebook.com/PaysonSeniorCenter

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