







MONDAY	TUESDAY	Wild Card WEDNESDAY	THURSDAY
1	2	3	4
	Center is Closed 	***NO ZUMBA*** 10:30 Bible Studies 10:30 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure 10:30 Music: Anne James & Cinnamon Twist ✓ 12:45 Canasta 1:00 Crafter's/Hobbies
7	8	9	10
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  1:00 Senior Bookworms Book Club	10:30 Take 2 Band w/ Kathleen & Jim 12:45 Canasta 1:00 Crafter's/Hobbies
14	15	16	17
10:00 Music Makers 11:00 Food Sensitivity & How it Affects Your Health w/ Dr. Bob Gear 12:45 Dominos 12:45 Bridge 12:45 Pinochle	9:00 Legal Assistance 10:30 Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 12:30 Cell Phone Class  1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 FREE BINGO BIRTHDAY Celebration  12:45 Canasta 1:00 Crafter's/Hobbies
21	22	23	24
10:00 Music Makers 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 Remember the Titans or The Blind Side 	12:45 Canasta 1:00 Crafter's/Hobbies
28	29	30	31
10:00 Music 12:45 Dominos 12:45 Bridge 12:45 Pinochle SPIRIT WEEK: Crazy Hat Day	10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge SPIRIT WEEK: Twin Day	10:30 Bible Studies 10:30 FREE BINGO SPIRIT WEEK: Pajama Day	12:00  LUNCH 12:45 Canasta 1:00 Crafter's Circle/Hobbies SPIRIT WEEK: Football Jersey Day

EXERCISE

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

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

Zumba w/Bernie
\$3 per class

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

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

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

Belly Dancing
\$3 per class
Members free

Mon @ 2:30

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

Thurs @ 2:00 p.m.



Volunteer of the Month: Arlene Walker

PaysonSeniorCenter.org



Facebook.com/PaysonSeniorCenter

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