








PAYSON SENIOR CENTER
 (928) 474-4876 514 W Main St
 M-Th 8:00am-4:00pm



ACTIVITIES
 January 2022
 (Activities Subject to Change)



Trinkets & Treasures
 A FINE RESALE SHOP
 (928)474-3205 Open 9:00am-4:00, T-S

EXERCISE	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6
<p>Strength & Balance FREE Mon & Thurs @ 10:30</p> <p>-----</p> <p>Feeling Fit Level 3 Free Tuesday @ 9:00</p> <p>-----</p> <p>YOGALATES w/ Nan Thursday @ 9:00 Free</p> <p>-----</p> <p>Walking Club- Winter Break- Resume Feb</p>  <p>-----</p> <p>Zumba w/Bernie Mon, Tues & Wed @ 9:00 \$3 per class</p> <p>-----</p> <p>Jill's Yoga & More \$3 per class \$2 Members Tues & Wed @ 10:00</p> <p>-----</p> <p>Boot Scootin' Seniors Line Dancing- Free Mon & Wed Beg. Line Dance @2:30 Line Dance @3:00</p> <p>-----</p> <p>Tribal Tone-Free (Tribal Dance & Drums Rhythm & Movement) Tues @ 1:00</p>	<p>Exercise Classes- See Column on the Left</p> <p>12:45 Dominos 1:00 Bridge</p> 	<p>Exercise Classes- See Column on the Left NO WALKING CLUB 10:30 Bingo</p> <p>12:45 Canasta</p>	<p>Exercise Classes- See Column on the Left 9:30 Bible Study 10:45 Craft Class w/ Bridget 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots</p>	<p>Exercise Classes- See Column on the Left</p> <p>11:30 Fall into Health Janice Chesser 12:45 Canasta</p>
	10	11	12	13
	<p>11:30 Fall Prevention w/ Erin</p> <p>12:45 Dominos 1:00 Bridge</p>	<p>NO WALKING CLUB 10:30 Bingo 12:45 Canasta</p>	<p>9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer</p>	<p>1:00 Scam Alert Info w/ Jamie 12:45 Canasta</p>
	17	18	19	20
	<p>NO ZUMBA</p> <p>12:45 Dominos 1:00 Bridge</p>	<p>NO WALKING CLUB NO ZUMBA 10:30 Bingo 12:45 Canasta</p>	<p>NO ZUMBA 9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots</p>	<p>January BIRTHDAY Celebration</p>  <p>12:30 Breast Cancer Support Group  12:45 Canasta</p>
	24	25	26	27
	<p>NO ZUMBA</p> <p>11:15 Cell Phone 12:45 Dominos 1:00 Bridge</p>	<p>NO ZUMBA 10:30 Bingo 12:45 Canasta</p>	<p>NO ZUMBA 9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer 12:30 Senior Bookworms </p>	<p>11:15 Cell Phone Orientation w/ Jamie sign up w/Laura 12:45 Canasta</p>
	31	Feb 1	Feb 2	Feb 3
	<p>12:45 Dominos 1:00 Bridge</p>	<p>NO WALKING CLUB NO ZUMBA 10:30 Bingo 12:45 Canasta</p>	<p>NO ZUMBA 9:30 Bible Study 10:45 Craft Class w/ Bridget 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots</p>	<p>11:30 Fall into Health Janice Chesser 12:45 Canasta</p>

Bingo (Phone)
 Call 605-313-5404 ACCESS CODE: 682547#



Website:
 PaysonSeniorCenter.org

 Facebook.com/
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