

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



Volunteer of the Month
Julie Worley

ACTIVITIES
 July 2018

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

MONDAY 2	TUESDAY 3	Wild Card WEDNESDAY 4	THURSDAY 5	EXERCISE
10:30 Ukulele Fun 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Anything Goes Band w/ Anne James 12:00 Fourth of July Lunch & Ice Cream Social 12:45 Canasta 12:45 Ladies Bridge	CENTER CLOSED TODAY 	10:30 Free Blood Pressure ✓ 12:45 Canasta 1:00 Crafter's/Hobbies	Strength & Balance FREE Sit & Strengthening Monday & Thursday @ 10:00 Adv. Balance & Strengthen Monday & Thursday @11:00
9	10	11	12	Strength with Friends
NO ZUMBA 10:30 Music Makers 12:45 Dominos 12:45 Bridge 1:00 Pinochle	**NO ZUMBA** 10:30 Music: Anything Goes Band w/ Anne James 12:45 Canasta 12:45 Ladies Bridge	**NO ZUMBA** 10:30 Bible Studies 10:45 FREE BINGO 1:00 Senior Bookworms Book Club 	10:30 Take 2 Band w/ Kathleen & Jim 12:45 Canasta 1:00 Crafter's/Hobbies	(work the Core) Monday @ 1:00 FREE Zumba w/Bernie
16	17	18	19	\$3 per class Monday & Wednesday @ 9:00 Tuesday @ 8:00
10:00 Music Makers 10:45 Free Blood Sugar & Blood Pressure ✓ 11:15 Education: Prevention is the Key to Senior Health 12:45 Dominos 12:45 Bridge 1:00 Pinochle	9:00 Legal Assistance 10:30 Music: Anything Goes Band w/ Anne James 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 12:30 Cell Phone/ Tablet Class 1:30 Alzheimer's/Dementia Care-giver Support Group	10:45 Birthday BINGO 12:00 BIRTHDAY Celebration 12:45 Canasta 1:00 Crafter's/Hobbies	Jill's Yoga & More
23	24	25	26	\$3 per class/\$2 members Monday & Wednesday @ 10:00 Tuesday, Thursday & Friday @ 9:00
10:30 Tapestry w/ Gary & Bette 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Anything Goes Band w/ Anne James 12:45 Ladies Bridge 12:45 Canasta 	10:30 Bible Studies 10:45 FREE BINGO 12:00 Christmas July Lunch Party 12:30 Movie & Popcorn Home Alone 	CRAFT TIME 10:00 MANDALA ART (includes frame) w/Mary 12:45 Canasta 1:00 Crafter's Circle/Hobbies	Belly Dancing
30	31	Aug. 1	Aug. 2	\$3 per class/MEMBERS FREE Mondays @ 2:30
10:00 Music Makers 11:15 EDUCATION Adult Protective Services 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Anything Goes Band w/ Anne James 12:45 Ladies Bridge & Canasta	10:30 Bible Studies 10:45 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ 12:45 Canasta 1:00 Crafter's Circle/Hobbies	Hatha Yoga w/Juliet \$3 per class/MEMBERS FRE Tuesday @ 2:00

Visit our web site @ PaysonSeniorCenter.org

Breakfast Bar



Like us on Face Book Facebook.com/PaysonSeniorCenter

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