

2026

JUNE

Celebrating 40 years
Proudly Serving the Community



Remembering the past, Embracing the Future

EXERCISE

Monday		Tuesday		Wednesday		Thursday	
01		02		03		04	
9:00 Dance Fitness	10:00 Senior Stretch, Strength & Balance	9:00 Dance Fitness	9:00 Feeling Fit 10:15 Chair Yogalates	9:00 Dance Fitness	10:00 Tai Chi Chuan 2:00 Boot Scootin' Line Dance Class Mixed Abilities	9:00 Chair Yogalates	10:00 Senior Stretch, Strength & Balance
08		09		10		11	
9:00 Dance Fitness	10:00 Senior Stretch, Strength & Balance	9:00 Dance Fitness	9:00 Feeling Fit 10:15 Chair Yogalates	9:00 Dance Fitness	10:00 Tai Chi Chuan 2:00 Boot Scootin' Line Dance Class Mixed Abilities	9:00 Chair Yogalates	10:00 Senior Stretch, Strength & Balance
15		16		17		18	
9:00 Dance Fitness	10:00 Senior Stretch, Strength & Balance	9:00 Dance Fitness	9:00 Feeling Fit 10:15 Chair Yogalates	9:00 Dance Fitness	10:00 Tai Chi Chuan 2:00 Boot Scootin' Line Dance Class Mixed Abilities	9:00 Chair Yogalates	10:00 Senior Stretch, Strength & Balance 
22		23		24		25	
9:00 Dance Fitness	10:00 Senior Stretch, Strength & Balance	9:00 Dance Fitness	9:00 Feeling Fit 10:15 Chair Yogalates	9:00 Dance Fitness	10:00 Tai Chi Chuan 2:00 Boot Scootin' Line Dance Class Mixed Abilities	9:00 Chair Yogalates	10:00 Senior Stretch, Strength & Balance
29		30		July 01		July 02	
9:00 Dance Fitness	10:00 Senior Stretch, Strength & Balance	9:00 Dance Fitness	9:00 Feeling Fit 10:15 Chair Yogalates	9:00 Dance Fitness	10:00 Tai Chi Chuan 2:00 Boot Scootin' Line Dance Class Mixed Abilities	9:00 Chair Yogalates	10:00 Senior Stretch, Strength & Balance

514 W Main Street
928-474-4876

M-Th 8:00am-4:00pm
PaysonSeniorCenter.org

(Activities Subject to Change)



SENIOR TRANSPORTATION

Trinkets & Treasures
A FINE RESALE SHOP

Tues-Sat
9:30am-4:00pm
928-474-3205