

March + April Newsletter 2024

The Center
Bulletin

Program Spotlight: EXERCISE

Did you know that there are **9 different exercise classes** available **every week** at the Payson Senior Center? We have **Tai-Chi, Yogalates, Line Dancing, Stretch, Strength, & Balance**, and more!

All our **volunteer-led** classes are **free**, and our instructor-led Zumba class is \$3 per class. Our **exercise calendar** is available in print at the Center and online on our website, paysonseniorcenter.org.

Descriptions of each class are included on the calendars!



Pictured, top to bottom: Boot Scootin' Seniors; Feeling Fit Level 3; Stretch, Strength, & Balance

MARCH FOR MEALS



Pictured: Robert, Julie, & Janice in front of the Town Council

The Town Council of Payson invited the Payson Senior Center for an official proclamation of **March as Meals-on-Wheels Month**! If you would like to **help fund our Meals-on-Wheels program**, you can send a donation to the Center or shop at our thrift store, **Trinkets & Treasures**! All net proceeds go towards the program. **Thank you!**



Volunteering Opportunities

The Payson Senior Center volunteer program has grown so much so that we hired a **volunteer coordinator, Alina Robertson!** She helped us organize our **Volunteer Appreciation Dinner** this year, and it was a blast! Even with all of our growth, PSC is always in need of volunteers! **If you would like to volunteer**, speak to Alina, email her at volunteer@paysonseniorcenter.org, or call us at 928-474-4876.



Senior Excursions 2024

TRIP	SIGN UP BEGINS	DEPOSIT DUE	FULL PMT DUE	DATE OF TRIP	Total Trip Cost
Windy Hills Lavender Farm Heber	Monday, April 1, 2024	\$35.00	May 20, 2024	Friday, June 14th, 2024	\$65.00
Painting with Karen	Monday, May 20, 2024	\$20.00	May 21, 2024	Thursday, July 19, 2024	\$35.00
Grand Canyon Deer Farm	Monday, May 20, 2024	\$20.00	August 8, 2024	Friday, August 23, 2024	\$40.00
Verde Canyon Railroad	Monday, February 12, 2024	\$48.00	August 29, 2024	Friday, September 13, 2024	\$140.00
Ripley's/Odysea Aquarium	Monday, February 12, 2024	\$40.00	October 3, 2024	Friday, October 18, 2024	\$87.00
Cuisine Tour w/ Cliff	Monday, September 9, 2024	\$20.00	October 24, 2024	Friday, November 8, 2024	\$20.00
Superstition Springs Mall	Monday, October 7, 2024	\$20.00	Nov 21, 2024	Friday, December 6, 2024	\$20.00
Choral Society-Payson	TBD			TBD	

2025 TRIPS

Barleen's-Old Time Rock N'Roll
 March 22, 2025
 Bearizona
 Wine Tasting
 Riodan Museum

Current Membership is now required for participation in all Senior Trips

Donation QR Code



JOIN THE Payson Senior Center **GEMs Club**

(Giving Every Month)

MAKE A DIFFERENCE!



\$25
2 round trips for Senior Transportation



\$35
4 meals to a homebound



\$50
5 lunches at the Center with social activities