






MONDAY 4	TUESDAY 5	Wild Card WEDNESDAY 6	THURSDAY 7	EXERCISE
11:00 Ukulele Fun 12:45 Dominos 12:45 Bridge	10:30 Music: Anne James & Cinnamon Twist 12:00  LUNCH 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:30 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ AFTERNOON ACTIVITIES CANCELED LAST DAY TO SIGN UP FOR ST. PATRICK'S DAY LUNCH	Strength & Balance <u>FREE</u> Sit & Strengthening Mon & Thurs @ 10:00 Adv. Balance & Strengthen Mon & Thurs @ 11:00
11	12	13	14	
10:00 Music Makers 11:15 Payson Fire/EMT Signs & Symptoms of Heart Attack vs Stroke in Men vs Women 12:45 Dominos 12:45 Bridge	9:00 Legal Assistance 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 	**NO Qigong** 10:30 Take 2 Band w/ Kathleen & Jim 12:00  LUNCH 12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies	STRENGTH w/ FRIENDS Free Mon @ 1:00
18	19	20	21	
NO ZUMBA 10:00 Music Makers 11:45 Senior Medicare Patrol 12:45 Dominos 12:45 Bridge	**NO ZUMBA** 10:30 Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	**NO ZUMBA** 10:30 Bible Studies Got your Dairy on? 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 FREE BINGO February & March BIRTHDAY Celebration  12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies	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
25	26	27	28	
10:30 Music: Trisha Henning 12:45 Dominos 12:45 Bridge	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 "Pay it Forward" 	10:45 Karaoke 12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies	Belly Dancing \$3 per class Members free Mon @ 2:30
April 1	April 2	April 3	April 4	
11:00 Ukulele Fun 12:45 Dominos 12:45 Bridge	10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:30 FREE BINGO	10:30 Free Blood Pressure ✓ 12:45 Canasta 12:45 Dominos 1:00 Crafter's Circle/Hobbies	Qigong for Seniors \$3 per class \$2 Members Thurs @ 2:00 p.m.



Volunteer of the Month: Mary Johnson

PaysonSeniorCenter.org



Facebook.com/PaysonSeniorCenter

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