

MONDAY 2	TUESDAY 3	Wild Card WEDNESDAY 4	THURSDAY 5
12:45 Dominos 12:45 Bridge	10:30 Anne James & Cinnamon Twist  12:45 ART CLASS (upstairs) 12:45 Canasta 12:45 Ladies Bridge	<b>**NO ZUMBA**</b> 10:30 Bible Studies 10:30 FREE BINGO  1:30 Alzheimer's/Dementia Care-giver Support Group  3:30 Line Dancing	STRENGTH & BALANCE CLASSES CANCELLED 10:30 Music: SIX GAL'N HAT  10:30 Free Blood Pressure ✓  12:45 Canasta & Dominos 1:00 Crafter's/Hobbies
9	10	11	12
<b>**NO ZUMBA**</b> 10:00 Music: Music Makers  12:45 Dominos 12:45 Bridge	<b>**NO ZUMBA**</b> <b>**NO ART CLASS **</b> 10:30 Music: Anne James & Cinnamon Twist 12:45 Canasta & Ladies Bridge  	<b>**NO ZUMBA**</b> 10:30 Bible Studies  10:30 FREE BINGO 1:00 Senior Bookworms Book Club  3:30 Line Dancing	10:30 Music: Take 2 Band w/ Kathleen & Jim  12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies
16	17	18	19
10:00 Music Makers  12:45 Dominos 12:45 Bridge	<b>**NO ART CLASS **</b> 9:00 Legal Assistance 10:30 Music: Anne James & Cinnamon Twist   12:00 Lunch 12:45 Canasta & Ladies Bridge	10:30 Bible Studies 10:00 FREE BINGO  1:30 Alzheimer's/Dementia Care-giver Support Group  3:30 Line Dancing	10:30 FREE BINGO  12:00 BIRTHDAY Celebration   12:45 Canasta & Dominos 1:00 Crafter's/Hobbies
23	24	25	26
11:00 Trisha Henning  12:45 Dominos 12:45 Bridge	10:30 Anne James & Cinnamon Twist   12:45 Beg. ART CLASS 12:45 Canasta & 12:45 Ladies Bridge	10:30 Bible Studies 10:30 FREE BINGO  12:30 Movie & Popcorn Jock of the Bushveld  3:30 Line Dancing	10:30 Karaoke   12:45 Canasta 12:45 Dominos 1:00 Crafter's/Hobbies
30	31	April 1	April 2
10:00 Music: Music Makers  12:45 Dominos 12:45 Bridge	10:30 Music: Anne James & Cinnamon Twist  12:45 Beg. ART CLASS 12:45 Canasta & 12:45 Ladies Bridge	10:30 Bible Studies 10:30 FREE BINGO  1:30 Alzheimer's/Dementia Care-giver Support Group 3:30 Line Dancing	10:30 Free Blood Pressure ✓  12:45 Canasta & Dominos 1:00 Crafter's/Hobbies

**EXERCISE**

Strength & Balance  
**FREE**  
Sit & Strengthening  
Mon & Thurs @ 10:00

Adv. Balance & Strengthen  
Mon & Thurs @ 11:00

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Hatha Yoga w/ a Twist  
Free  
Mon @ 1:00

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Get Up & Move w/ Line Dancing-NEW  
Free  
Thurs @ 9:30

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Zumba w/Bernie  
Zumba w/Bernie  
\$3 per class  
Mon & Wed @ 9:00  
Tues @ 8:00

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Jill's Yoga & More  
\$3 per class  
\$2 Members  
Mon & Wed @ 10:00  
Tues, Thurs & Fri @ 9:00

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Belly Dancing  
\$3 per class  
Members free  
Mon @ 2:30

CHECK OUT OUR WEBSITE: PaysonSeniorCenter.org

Facebook.com/PaysonSeniorCenter



Volunteers of the Month:

Exercise: Jaime Chandler T & T:

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