





2026

MAY

EXERCISE

Monday	Tuesday	Wednesday	Thursday
<p>Celebrating 40 years Proudly Serving the Community</p>  <p>Payson Senior Center</p>	 <p>SENIOR TRANSPORTAION</p>	01	02
		<p>9:00 Dance Fitness</p> <p>10:00 Tai Chi Chuan</p> <p>2:00 Boot Scootin' Line Dance Class Mixed Abilities</p>	<p>10:00 Senior Stretch, Strength & Balance</p> <p>10:15 Chair Yopalates</p>
04	05	06	07
<p>9:00 Dance Fitness</p> <p>10:00 Senior Stretch, Strength & Balance</p>	<p>9:00 Dance Fitness</p> <p>9:00 Feeling Fit</p> <p>10:15 Chair Yopalates</p>	<p>9:00 Dance Fitness</p> <p>10:00 Tai Chi Chuan</p> <p>2:00 Boot Scootin' Line Dance Class Mixed Abilities</p>	<p>10:00 Senior Stretch, Strength & Balance</p> <p>10:15 Chair Yopalates</p>
11	12	13	14
 <p>9:00 Dance Fitness</p> <p>10:00 Senior Stretch, Strength & Balance</p>	<p>9:00 Dance Fitness</p> <p>9:00 Feeling Fit</p> <p>10:15 Chair Yopalates</p>	<p>9:00 Dance Fitness</p> <p>10:00 Tai Chi Chuan</p> <p>2:00 Boot Scootin' Line Dance Class Mixed Abilities</p>	<p>10:00 Senior Stretch, Strength & Balance</p> <p>10:15 Chair Yopalates</p>
18	19	20	21
<p>9:00 Dance Fitness</p> <p>10:00 Senior Stretch, Strength & Balance</p>	<p>9:00 Dance Fitness</p> <p>9:00 Feeling Fit</p> <p>10:15 Chair Yopalates</p>	<p>9:00 Dance Fitness</p> <p>10:00 Tai Chi Chuan</p> <p>2:00 Boot Scootin' Line Dance Class Mixed Abilities</p>	<p>10:00 Senior Stretch, Strength & Balance</p> <p>10:15 Chair Yopalates</p>
25	26	27	28
 <p>MEMORIAL DAY</p> <p>CENTER CLOSED</p>	<p>9:00 Dance Fitness</p> <p>9:00 Feeling Fit</p> <p>10:15 Chair Yopalates</p>	<p>9:00 Dance Fitness</p> <p>10:00 Tai Chi Chuan</p> <p>2:00 Boot Scootin' Line Dance Class Mixed Abilities</p>	<p>10:00 Senior Stretch, Strength & Balance</p> <p>10:15 Chair Yopalates</p>

514 W Main Street
928-474-4876

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

(Activities Subject to

Trinkets & Treasures
A FINE RESALE SHOP

Tues-Sat 9:30am-4:00pm

928-474-3205