







PAYSON SENIOR CENTER
 (928) 474-4876 514 W Main St
 M-Th 8:00am-4:00pm

ACTIVITIES
NOVEMBER 2021
 (Activities Subject to Change)

Trinkets & Treasures
 A FINE RESALE SHOP
 (928)474-3205 Open 9:00am-4:00, T-S

EXERCISE	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4
<p>Strength & Balance FREE Mon & Thurs @ 10:30</p> <p>-----</p> <p>Feeling Fit Level 3 Free Tuesday @ 9:00</p> <p>-----</p> <p>NEW: YOGALATES w/ Nan Thursday @ 9:00 Free</p> <p>-----</p> <p>Walking Club Tues @ 8:00 Meet @ Military Memorial</p> <p>-----</p> <p>Zumba w/Bernie Mon, Tues & Wed @ 9:00 \$3 per class</p> <p>-----</p> <p>Jill's Yoga & More \$3 per class \$2 Members Tues & Wed @ 10:00</p> <p>-----</p> <p>Boot Scootin' Seniors Line Dancing- Free Mon & Wed Beg. Line Dance @2:30 Line Dance @3:00</p> <p>-----</p> <p>Tribal Tone-Free (Triba Dance & Drums Rhythm & Movement) Tues @ 1:00</p>	<p>Exercise Classes- See Column on the Left NO ZUMBA</p> <p>12:45 Dominos 1:00 Bridge</p>	<p>Exercise Classes- See Column on the Left NO ZUMBA</p> <p>10:30 Bingo 12:45 Canasta</p>	<p>Exercise Classes- See Column on the Left NO ZUMBA</p> <p>9:30 Bible Study 10:45 Craft Class w/ Bridget 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots</p>	<p>Exercise Classes- See Column on the Left NEW-need mat</p> <p>9:00 Yogalates w/ Nan 11:30 Fall into Health Janice Chesser 12:45 Canasta</p>
	8	9	10	11
	<p>NO ZUMBA</p> <p>11:30 Scam Alert Info w/ Jamie 12:45 Dominos 1:00 Bridge</p>	<p>NO ZUMBA</p> <p>10:30 Bingo 12:45 Canasta</p>	<p>NO ZUMBA</p> <p>9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer</p>	<p>NEW-need mat 9:00 Yogalates w/ Nan VETERANS DAY  12:45 Canasta</p>
	15	16	17	18
	<p>NO ZUMBA</p> <p>12:45 Dominos 1:00 Bridge</p>	<p>NO ZUMBA</p> <p>10:30 Bingo 12:45 Canasta</p>	<p>NO ZUMBA</p> <p>9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots</p>	<p>NEW-need mat 9:00 Yogalates w/ Nan 12:45 Canasta 12:30 Breast Cancer Support Group </p>
	22	23	24	25
	<p>12:45 Cell Phone Orientation w/ Jamie</p> <p>12:45 Dominos 1:00 Bridge</p>	<p>10:30 Bingo 12:45 Canasta</p>	<p>NO LINE DANCE</p> <p>9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer 12:30 Senior Bookworms </p>	<p>CENTER CLOSED </p>
	29	30	Dec 1	Dec 2
	<p>12:45 Dominos 1:00 Bridge</p>	<p>10:30 Bingo 12:45 Canasta</p>	<p>9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots</p>	<p>9:00 Yogalates w/ Nan 11:30 Fall into Health Janice Chesser 12:45 Canasta</p>

Bingo (Phone)
 Call 605-313-5404 ACCESS CODE: 682547#

get connected

Website:
 PaysonSeniorCenter.org

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