







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

ACTIVITIES
 October 2021
 (Activities Subject to Change)

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

EXERCISE	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7
Strength & Balance FREE Balance & Strengthening Mon & Thurs @ 10:30 <hr/> NEW Feeling Fit Level 3 Free Tuesday @ 9:00 <hr/> Walking Club Tues @ 8:00 Meet @ Military Memorial  <hr/> Zumba w/Bernie Mon, Tues & Wed @ 9:00 \$3 per class <hr/> Jill's Yoga & More \$3 per class \$2 Members Wed @ 10:00 Thurs & Fri @ 9:00 <hr/> Boot Scootin' Seniors Line Dancing- Free Mon & Wed Beg. Line Dance @2:30 Line Dance @3:00 <hr/> Tribal Tone (Triba Dance & Drums Rhythm & Movement) Tues @ 1:00	Exercise Classes- See Column on the Left NO ZUMBA 12:45 Dominos 1:00 Bridge	Exercise Classes- See Column on the Left NEW Feeling Fit Level 3 Free Tuesday @ 9:00 10:30 Bingo 12:45 Canasta	Exercise Classes- See Column on the Left 9:30 Bible Study 10:45 Craft Class w/ Bridget 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots	Exercise Classes- See Column on the Left 11:30 Fall into Health Janice Chesser 12:45 Canasta
	11	12	13	14
	12:45 Dominos 1:00 Bridge	NEW Feeling Fit Level 3 Free Tuesday @ 9:00 10:30 Bingo 12:45 Canasta	NO ZUMBA 9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer	11:30 Scam Alert Info w/ Jamie 12:45 Canasta
	18	19	20	21
	NO ZUMBA 12:45 Dominos 1:00 Bridge	No Feeling Fit 10:30 Bingo 12:45 Canasta	9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer 1:30 Forget-Me-Nots	12:45 Canasta 12:30 Breast Cancer Support Group 
	25	26	27	28
	12:45 Dominos 1:00 Bridge	NEW Feeling Fit Level 3 Free Tuesday @ 9:00 10:30 Bingo 12:45 Canasta	9:30 Bible Study 11:00 Cinnamon Twist Anne & Jennifer 1:00 Senior Bookworms 	11:45 Halloween Costume Contest  12:45 Cell Phone Orientation w/ Jamie 12:45 Canasta

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

get connected

Website:
 PaysonSeniorCenter.org

 **Facebook.com/**
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