PAYSON SENIOR CENTER
928-474-4876 (928-363-4103) 514 W Main St
M-Th 8:00am–4:00pm

ACTIVITIES
OCTOBER 2022
(Activities Subject to Change)

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

EXERCISE

Strength & Balance
FREE
NOTE TIME CHANGE
Mon & Thurs @ 10:00

Feeling Fit
Level 3 Free
Tuesday @ 9:00

YOGALATES
w/ Nan
Thursday @ 8:45 Free

Walking Club-
8:30 Tues, Wed Thurs
Meet @ the Vet Memorial

Zumba w/Bernie
See Calendar
$3 per class

Jill's Yoga & More
Tue & Wed
10:30

Boot Scootin' Seniors
Line Dancing- Free
Mon & Wed
Beg. Line Dance @2:00
Line Dance @2:30

Tribal Tone-Free
(Tribal Dance & Drums
Rhythm & Movement)
Tues @ 1:00

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6
9:00 ZUMBA 11:00 Scott-Ukraine Speaker 12:30 Bridge 12:45 Dominos	10:30 Bingo 12:45 Canasta	9:00 Bible Study 10:00 Craft Class w/ Brigett/Sign up w/ Laura 10:30 Gary McReynolds 1:30 Forget-Me-Nots	10:00 Movie Day: Simon Birch Center Closed after lunch Craft Show 10/7 & 10/8
10	**11**	**12**	**13**
10:30 Color Time/Puzzles 12:30 Bridge 12:45 Dominos	10:30 Bingo 12:45 Canasta	9:00 Bible Study 10:30 The Impromp-Tunes w/Arnie Sutter & Gang 1:00 Senior Bookworms Book Club	11:00 Music Celtic Elk Band 12:45 Canasta
17	**18**	**19**	**20**
 11:30 "BEE" Your Best w/ Janice Chesser 12:30 Bridge 12:45 Dominos	10:00 PALOOZA 12:45 Canasta	9:00 Zumba 9:00 Bible Study 10:30 Gary McReynolds 1:30 Forget-Me-Nots	BIRTHDAY CELEBRATION 12:30 Breast Cancer Support Group 12:45 Canasta 2:30 New Member Welcome
24	**25**	**26**	**27**
9:00 Zumba 10:00 Movie Day: 12:30 Bridge 12:45 Dominos	9:00 Zumba 10:30 Bingo 12:45 Canasta	9:00 Bible Study 10:30 Music Celtic Elk Band	9:30 Dental Screening Floride treatment 10:30 12:45 Canasta
31	**Nov 1**	**Nov 2**	**Nov 3**
11:00 "BEE" Your Best w/ Janice Chesser 11:30 Halloween Costume Contest 12:30 Bridge 12:45 Dominos	10:30 Bingo 12:45 Canasta	9:00 Bible Study 10:30 Music: Cinnamon Twist- Anne & Jenn	10:30 Color Time/Puzzles 12:45 Canasta

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

get connected

Website:
PaysonSeniorCenter.org

Facebook.com/
PaysonSeniorCenter