

M-Th 8:00am-4:00pm; F 8:00am-12:00pm

Open 9:00am-5:00pm, M-S

MONDAY 3	TUESDAY 4	Wild Card WEDNESDAY 5	THURSDAY 6	EXERCISE
CENTER CLOSED LABOR DAY 	**NO ZUMBA** 10:30 Music: Lobo 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:45 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ 10:30-11:30 ART WITH TRISHA  12:45 Canasta 1:00 Crafter's/Hobbies	Strength & Balance FREE Sit & Strengthening Mon & Thurs @ 10:00 Adv. Balance & Strengthen Mon & Thurs @11:00
10	11	12	13	
10:00 Music Makers 12:45 Dominos 12:45 Bridge 1:00 Pinochle	9:00 Legal Assistance 10:30 Music: Lobo 10:30-11:45-Diversified Flu Shot Clinic  12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:45 FREE BINGO  1:00 Senior Bookworms Book Club	10:30 Take 2 Band w/ Kathleen & Jim 12:45 Canasta 1:00 Crafter's/Hobbies LAST DAY TO SIGN UP FOR CARNIVAL LUNCH	Strength w/ Friends (work the Core) Mon @ 1:00 FREE
17	18	19	20	
10:00 Music Makers 10:45 Free Blood Sugar & Blood Pressure ✓ 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Lobo 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:45 FREE BINGO 12:30 Cell Phone/ Tablet Class  1:30 Alzheimer's/Dementia Care-giver Support Group	BIRTHDAY Celebration  10:45-11:45 CARNIVAL  12:45 Canasta 1:00 Crafter's Circle/Hobbies	Zumba w/Bernie \$3 per class Mon & Wed @ 9:00 Tues @ 8:00
24	25	26	27	
10:30 Tapestry w/ Gary & Bette 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Lobo 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:45 FREE BINGO 12:30 Movie & Popcorn "Game Plan" 	10:30 Music: BALLA-DEARS w/ Wes & Wanda 10:30-11:45 Safeway Flu Shot Clinic  12:45 Canasta 1:00 Crafter's Circle/Hobbies	Jill's Yoga & More \$3 per class/\$2 members Mon & Wed @ 10:00 Tues, Thurs & Fri @ 9:00
October 1	October 2	October 3	October 4	
10:30 Ukulele Fun 12:45 Dominos 12:45 Bridge 1:00 Pinochle	10:30 Music: Lobo 12:45 Canasta 12:45 Ladies Bridge	10:30 Bible Studies 10:45 FREE BINGO 1:30 Alzheimer's/Dementia Care-giver Support Group	10:30 Free Blood Pressure ✓ 12:45 Canasta 1:00 Crafter's/Hobbies	Belly Dancing \$3 per class/MEMBERS FREE Mon @ 2:30
				Hatha Yoga w/Juliet Free Tues @ 2:00
				Qigong for Seniors Wed @ 2:00 Gentle Yoga w/Annie Thurs @ 2:00 \$3 per class/\$2 members



Volunteer of the Month: Careth Curry

PaysonSeniorCenter.org



Facebook.com/PaysonSeniorCenter

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