

















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

**ACTIVITIES**  
**SEPTEMBER 2022**  
 (Activities Subject to Change)

**Trinkets & Treasures**  
 A FINE RESALE SHOP

(928)474-3205 Open 9:00am-4:00, T-S

EXERCISE	MONDAY Aug 29	TUESDAY Aug 30	WEDNESDAY Aug 31	THURSDAY 1
<p><b>Strength &amp; Balance</b>  <b>FREE</b>  <b>NOTE TIME CHANGE</b>  <b>Mon &amp; Thurs @ 10:00</b></p> <p>-----  <b>Feeling Fit</b>  <b>Level 3 Free</b>  <b>Tuesday @ 9:00</b></p> <p>-----  <b>YOGALATES</b>  <b>w/ Nan</b>  <b>Thursday @ 8:45 Free</b></p> <p>-----  <b>Walking Club-</b>  <b>7:30 Tues, Wed Thurs</b>  <b>Meet @ the Vet</b></p> <p> <b>Memorial</b></p> <p>-----  <b>Zumba w/Bernie</b>  <b>Mon, Tues &amp; Wed @</b>  <b>9:00</b>  <b>\$3 per class</b></p> <p>-----  <b>Jill's Yoga &amp; More</b>  <b>Tues, Wed &amp; Thurs</b>  <b>10:30</b></p> <p>-----  <b>Boot Scootin' Seniors</b>  <b>Line Dancing- Free</b>  <b>Mon &amp; Wed</b>  <b>Beg. Line Dance @2:00</b>  <b>Line Dance @2:30</b></p> <p>-----  <b>Tribal Tone-Free</b>  <b>(Tribal Dance &amp; Drums</b>  <b>Rhythm &amp; Movement)</b>  <b>Tues @ 1:00</b></p>	<p><b>Note: Line Dance</b>  <b>Bring Water Bottle</b></p> <p> 11:30 "BEE"          Your Best w/ Janice Chesser          12:30 Bridge 12:45 Dominos</p>	<p>10:30 Bingo</p> <p>12:45 Canasta</p>	<p>9:00 Bible Study          10:30 Music:          Cinnamon Twist-          Anne &amp; Jenn </p>	<p><b>NOTE TIME CHANGE for</b>  <b>STRENGTH &amp; BALANCE</b>  <b>Mon &amp; Thurs: 10:00</b></p> <p>10:00 Movie Day:          12:45 Canasta</p>
	5	6	7	8
	<p><b>CENTER</b>  <b>CLOSED</b></p> <p></p>	<p><b>**NO ZUMBA**</b></p> <p>10:30 Bingo</p> <p>12:45 Canasta</p>	<p><b>**NO ZUMBA**</b></p> <p>9:00 Bible Study          10:00 Craft Class w/          Brigett/Sign up w/ Laura          10:30 Music: Cinnamon          Twist-Anne &amp; Jenn           1:30 Forget-Me-Nots</p>	<p>11:15 COMMUNITY RISK          REDUCTION-Presented by          the Payson Fire Department</p> <p>12:45 Canasta </p>
	12	13	14	15
	<p>11:00 The Imprompt-Tunes w/          Arnie Sutter &amp; Gang </p> <p>12:30 Bridge          12:45 Dominos</p>	<p> 10:00-12:00  <b>Flu/Covid</b>  <b>Vaccine Clinic</b></p> <p>10:30 Bingo          12:45 Canasta</p>	<p>9:00 Bible Study          10:30 Music:          Cinnamon Twist-          Anne &amp; Jenn           1:00 Senior Bookworms          Book Club </p>	<p><b>BIRTHDAY CELEBRATION</b>          12:30 Breast Cancer          Support Group          12:45 Canasta          2:30 New Member Welcome</p>
	19	20	21	22
	<p><b>**NO ZUMBA**</b></p> <p>Sign up begins for: </p> <p>Take Control of Your Health:          Steps to Prevent a Fall          Presented by PGCSC</p>	<p>10:30 Bingo</p> <p>12:45 Canasta</p>	<p>9:00 Bible Study</p> <p>10:30 Music:           Cinnamon Twist-          Anne &amp; Jenn          1:30 Forget-Me-Nots</p>	<p>10:30 Color Time</p> <p>12:45 Canasta</p>
	26	27	28	29
	<p>11:00 The Imprompt-Tunes w/          Arnie Sutter &amp; Gang </p> <p>12:30 Bridge          12:45 Dominos</p>	<p>10:30 Bingo</p> <p>12:45 Canasta</p>	<p>9:00 Bible Study          10:30 Music:           Cinnamon Twist-          Anne &amp; Jenn</p>	<p>11:15 Senior Emotional          Wellness by Banner Payson          Medical Center</p> <p>12:45 Canasta</p>

Bingo (Phone)

*get connected*

Website:



Facebook.com/

PaysonSeniorCenter.org

PaysonSeniorCenter

Call 605-313-5404 ACCESS CODE: 682547#