

The 5 Best Ways to Keep Your Muscles Strong as You Get Older

You probably notice how people slow down as they get older. They're careful with every step they take. They may struggle to get up from a chair. Sometimes, they try to plan their activities, so they don't have to climb many stairs.

The problem? In many cases, they have a condition called sarcopenia, which means they've lost muscle mass, quality and strength. They simply aren't as strong as they used to be.

Sarcopenia is a natural part of the aging process. It might be more obvious in older people, but it starts — and you can start taking steps to slow it — much earlier. That's important because it's not just losing strength that's a problem. People who lose muscle mass are at risk of having a reduced quality of life and a shorter life expectancy.

Kristina Balangue, MD, a geriatric medicine specialist with Banner – University Medicine, said it's not just a problem for the older age group. You may start losing muscle mass around age 30 and the rate usually speeds up after age 60.

Why you lose muscle mass as you age

It's common knowledge that your muscles weaken as you get older. But why? "It's like a cauldron of soup with everything contributing to it," Dr. Balangue said.

These factors can combine to reduce your muscle mass:

- The natural process of how cells die and regenerate changes.
- Inflammation increases, which contributes to muscle loss.
- You may gain fatty tissue more than muscle mass.
- You may not get enough protein, vitamin D or antioxidants.
- You may have chronic diseases that affect your health and strength.
- You're more likely to decrease your activity level as you get older. Muscles lose strength and mass when they aren't used.

Signs of sarcopenia

You lose muscle mass gradually, so it might not be apparent right away.

Watch for:

- **Weakness:** You might notice it's harder to lift things, get up from a chair, climb stairs or walk on uneven surfaces.
- **Visible loss of muscle:** You may see a change in your muscles' appearance.
- **Reduced endurance:** You may find it harder to be physically active for long since your muscles get tired.

(cont. on next page)



Business hours for October, November, December 2024

Monday	9:00 a.m. – 4:00 p.m.
Tuesday	9:00 a.m. – 4:00 p.m.
Wednesday	9:00 a.m. – 4:00 p.m.
Thursday	9:00 a.m. – 4:00 p.m.
Friday	CLOSED

Closures: High Country Seniors will be closed Monday, November 11th in observance of Veteran's Day and Thursday, November 28th in observance of Thanksgiving.

We will also be closed from December 23rd through Jan 1st in observance of Christmas and New Years. We will resume normal business hours Jan 2nd, 2025.

(cont. from cover)

The dangers of sarcopenia

When you lose muscle, you also lose strength, balance and coordination. You have a higher risk of falls and fractures. “Significant falls and fractures may affect your long-haul function, independence and outlook in the years to come,” Dr. Balanguie said. They can even be deadly.

With sarcopenia, it’s harder to be mobile and independent. You need strong muscles to do everyday activities like getting dressed, bathing and carrying groceries. Muscles are important for metabolism, so you may have trouble regulating your blood sugar levels and maintaining a healthy body weight.

How you can maintain your muscle mass as you age

“People feel that losing muscle is part of natural aging, so they don’t do anything about it. However, some things can be done to prevent its detrimental effects from affecting the quality of your life. Even if it’s a natural process, you can work to thrive around and with sarcopenia,” Dr. Balanguie said.

Her top tip for staying strong as you age? “Keep yourself healthy.” Here’s what she recommends.

1. Get some exercise

The goal is to work up to 30 to 45 minutes a day of aerobic exercise, like walking, swimming or cycling, five days a week. “That can be daunting to somebody who hasn’t done anything before. But every bit helps,” Dr. Balanguie said.

“Just walk around the house — start somewhere. You’ll start feeling better and improving your quality of life with a small change in activity. Adding a bit more every day is where progress comes from. The triumphs sometimes feel small, but they add up to a great result in time.” Even chores like vacuuming, sweeping, mopping and weeding can make a difference.

You’ll also want to include strength training with body weight, resistance bands or weightlifting twice a week to build and maintain muscle mass. Maintaining your flexibility with stretching, yoga or Pilates is important, too.

Talk to a health care provider before you start a new exercise routine, especially if you have any health conditions or concerns. Be sure to start slowly and work up to longer and more intense exercises over time.

2. Evaluate your diet

You may want to talk to your doctor or a nutritionist about what you’re eating. Many people choose a low-calorie diet if they’re trying to lose weight. But you need to have enough protein and fuel to build and repair muscle.

Include lean protein sources in your diet, like poultry, fish, lean meats, eggs, dairy products, legumes, tofu and beans. Along with protein, you’ll want to get enough vitamin D and calcium. Choose dairy products, leafy greens and fortified foods.

Be sure to drink plenty of water as well. Dehydration can affect how your muscles contract and lower your endurance. Staying hydrated brings nutrients to your muscles and helps remove waste products.

Talk to your provider about any issues that make good nutrition challenging. Dr. Balanguie pointed out that as you age, you may lose your sense of taste, be less thirsty, not feel like eating much or have trouble swallowing. Your doctor or nutritionist can help you find foods that work within your limitations.

3. Manage existing diseases or health conditions

It can help to:

- Have a solid treatment plan that keeps chronic diseases like diabetes well controlled.
- Avoid smoking. When you smoke, less blood and oxygen reach your muscles, so they can’t work as well.
- Avoid or limit alcohol. Alcohol can interfere with how your muscles repair themselves and grow.
- Maintain a healthy body weight. People with obesity or a high body mass index can still have reduced muscle mass, and risks and complications are higher for people who have both conditions.

4. Get plenty of restful sleep

Your body repairs your muscles when you’re sleeping. Sleep also helps regulate hormones that are important for muscle growth.

Try to get seven to nine hours of quality sleep every night. Follow a regular sleep schedule and prepare to sleep with a relaxing routine like reading or listening to music. Keep your bedroom cool, dark and quiet.

5. Manage stress

Stress can make your muscles tense and stiff, so you’re less flexible and mobile. High levels of the stress hormone cortisol can make it harder for your muscles to recover after exercise.

It can help to:

- Practice relaxation techniques such as deep breathing, meditation or yoga.
- Get regular physical activity.
- Make time for hobbies and activities you enjoy.

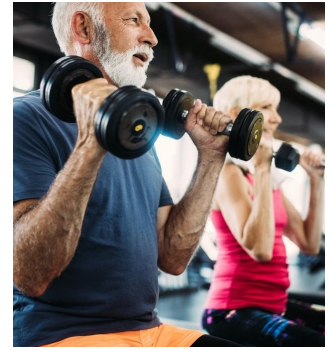
Losing muscle can be a sign of a more serious problem

When you lose muscle mass, you may also lose weight. If you lose weight when you're not trying to or lose too much too quickly, talk to your doctor. "It's not always the number of pounds you lose. Sometimes, it's the degree or the speed," Dr. Balangué said.

If you are concerned about unexplained weight loss, sharing specifics with your doctor is helpful. For example, maybe you lost six pounds in two weeks. Or perhaps you dropped two dress sizes in a month.

That gives your doctor more information than simply reporting that you're losing weight. Then your doctor can ask about other symptoms and evaluate whether your weight loss could be a sign of a health problem.

Sometimes, you might need the help of a specialist like a geriatrician who specializes in whole-body care. Geriatricians are specially trained to manage conditions like frailty, weight loss, poor appetite, slowing down and poor endurance in older adults.



The bottom line

It's common to lose muscle mass as you get older. But by exercising, choosing the right foods, solving nutrition challenges and controlling your medical conditions, you can slow the loss and stay strong. Dr. Balangué encourages you to take a small step toward a stronger future. "The inspiration to do it is more than half the battle won," she said.

If you would like to know more about how to slow sarcopenia, reach out to your health care provider or an expert at Banner Health.

Food For Thought Events | Free and Open to the Public

Lunch is provided FREE to you. All events begin at NOON unless noted otherwise.

We are excited to offer a monthly Food for Thought Event, where we can bring great food and great education topics together for your enjoyment. Space is limited- Reservations are required.

Call High Country Seniors at 928.596.4747 to register today.

Visit the Banner High Country Seniors Website for more details. www.bannerhealth.com/HighCountrySeniors

Breast Health | Dr. Roberta Matern

October 30th | Reservations due by October 23rd, 2024

In honor of Breast Cancer Awareness Month, Dr. Matern will be speaking about breast health, current technologies / mammograms, and her own personal experiences. So, please join us in getting to know one of Payson's new physicians and learn all about how to recognize and combat breast cancer.

Skin Cancer | Stephanie Pasley, FNP-BC

November 5th | Reservations due by October 29th, 2024

Stephanie Pasley of Payson Dermatology & MOHS Center, who specializes in diseases of the skin and skin cancer screening and treatments, will be joining us to discuss different types of skin cancers, how to identify them, and how to prevent them. As cases of skin cancer rise, it is increasingly more important to know what to look for and when to seek treatment early on.

Combatting Depression During The Holidays | Patty Wisner

December 4th | Reservations due by November 27th, 2024

Many individuals spend the holidays alone. Many struggle financially during the hustle and bustle. Many become sedentary during the colder months. And for many, depression is a growing battle. Patty Wisner of NAMI will be speaking to us on ways to recognize and combat depression during the colder holiday season.

Member Workshops

Home Winterization Tips and How To | Team Depot DIY

October 10th from 1:00pm – 2:00pm

Join us in learning how to winterize your home as the temps begin to drop! Experts will answer your questions and give you tips and tricks, what products to use etc.



Brush Strokes with Friends | Painting with Tiana Price

November 14th from 2:00pm – 3:00pm

Back by popular demand, Tiana and her husband Russ will be hosting another amazing, guided painting class. Cost is \$5 per person due the day of the class and includes your canvas and all supplies needed to paint your masterpiece. Class size limited to 20, so call ahead to reserve your spot!

Community Workshops | Free and Open to the Public

Hypertension Workshop | 4 weeks starting Monday, November 4th from 10:00 a.m. – 11:00 a.m.

Do you have High Blood Pressure? Nearly half of adults in the United States have been diagnosed with hypertension.

Join our four-week workshop to find out how you can manage your blood pressure. Workshop will begin on Monday, November 4th from 10:00 a.m. – 11:00 a.m. Please plan to attend all four weeks. This is a hybrid class that can be attended in person and /or on ZOOM. Call 928.596.4747 to register.

Diabetic Workshop | Ongoing Mondays from 11 a.m. – 12 noon

Have you been diagnosed with diabetes or pre-diabetes? We are here to help. Join John Hancock, RN, CDCES hosts a workshop to gain a deeper understanding of how you can live a healthier life. This hybrid class is held in person and via Zoom. **The workshop is ongoing, Mondays from 11 a.m. – 12 noon.** Course content includes:

- What is diabetes and why do I have it
- The importance of exercise
- Monitoring blood sugar
- Meal planning
- Weight loss
- (How to avoid) Complications

Rim Country Forget-Me-Nots | Ongoing- Meets twice monthly on the 1st and 3rd Wednesday at 1:30pm-3:00pm

Support for caregivers of those with Alzheimer's, Dementia and Brain Disorders. Financial support, training, information, fellowship and more. This support group is free and open to the public.

T.O.P.S. (Taking Off Pounds Sensibly) | Meets every Wednesday morning at 8:00am

Eat what you love and get healthier! TOPS is a weight-loss support program that gives you freedom to follow a meal plan that works for you — and support to help you stick to that plan. With TOPS, you have choices to help you be healthy at any size. No cookie-cutter diets! This group is supportive and welcoming to everyone. Join us today for better health tomorrow.

COMMUNITY EVENT | Open to the Public

Blood Drive | Vitalant

When: October 4th from 9:00am – 1:00pm and
December 6th from 9:00am – 1:00pm

Location: High Country Seniors, 215 S Beeline Hwy
To schedule an appointment, visit www.Vitalant.org

Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

Banner Jammers

Wednesdays in October and December from 10:30am-12:00pm

This is an open Jam Session for any and all skill levels and instruments. It's fun for all, and you may even learn a few new tunes!



Beginner Bridge

10:30am-12:00pm every Wednesday in October

Have you ever wanted to learn Bridge, but didn't know where to start? Instructor Mary Mastin will be holding a 6 week beginner Bridge class starting September 25th and running through October 30th. So come join and learn a new and fun card game with friends!

Book Lovers Club

2nd Tuesday of each month from 2:00pm -3:00pm

A time and space to talk about your favorite books, the books you are currently reading, and to find out about new books and authors that others have discovered. There are no reading assignments for this book lovers club, just a great opportunity to learn about new and exciting genres, authors, and finds. Along with getting to share the love of reading with others just like you. All are welcome.

Feeling Fit

9:00am and 10:00am classes every Tuesday and Thursday

Feeling Fit is a class focused on flexibility, strength, and balance movements. Exercises are designed to strengthen major muscle groups and include nutritional tips and healthy living information. Great for all ability levels.

Hand & Foot

12:00pm-4:00pm classes every Monday

Hand and Foot is a Canasta variant involving four to seven decks and is played in teams. This growing group is fun and social and is always welcoming newcomers.

Knit, Stitch, Quilt & Crochet Group

Thursdays from 9:00am – 11:00am

This group makes blankets, scarves and other items that are donated to community organizations to assist those in need. Please join us for a great time AND a great cause.

BEGINNERS WELCOME!!

Mahjong

Wednesdays from 1:00pm – 3:30pm

Classic Mahjong played with 144 tiles in groups of four. Call ahead for instructions if you are a beginner or just show up if you are an experienced mahjong fan.



Paper Crafts - Beginner

3rd Monday of each month from 9:00am -11:00am

Work with local artists BJ Branyan and Susan Salas who lead this monthly class on different beginner level paper-based art projects including cards, scrapbooking ideas, shadow boxes and more as determined by the class interest. No experience needed. Limited to 8 people maximum. Call to register.

Paper Crafts - Advanced

2nd Monday of each month from 9:00am -11:00am

Work with local artists BJ Branyan and Susan Salas who lead this monthly class on advanced paper-based art projects including cards, scrapbooking ideas, shadow boxes and more as determined by the class interest. Must have taken the Beginner class to join. Limited to 8 people maximum. Call to register.

Pinochle - Double Deck

Tuesdays and Thursdays from 12:00pm -4:00pm

Join this fun and dynamic group that meets twice a week and helps keep your brain sharp too!

QIGONG

9:30am to 10:30am every Monday and Wednesday

Qigong is about harmonizing our body, mind and spirit using breathing exercises, meditation, self-applied massage, and gentle movements. Doing Qigong helps to eliminate stress and anxiety and promotes emotional and physical healing.

Scrapbooking

4th Monday of each month from 9:00am -10:30am

This intermediate class offered by our very own paper crafting expert, BJ, is a start to finish scrapbook building experience. From cover to cover, BJ will walk you through different techniques, mediums, designs etc. Space is limited and advanced registration is needed. Call to register.

Technology 101

2nd and 4th Thursdays of the month from 3:00pm -4:00pm

Learn the basis of all things computer and phone operation from starting your computer to how to use the internet, emails, basic computer software programs, and phone navigation. All levels are welcome! If you don't have a laptop, we can loan you one for the class.

YAHTZEE!

Mondays from 1:00-2:30pm

Come play a high energy game of Yahtzee with our fun group! New to Yahtzee? No problem! It's an easy fun game that anyone can play.



Banner High Country Seniors | Merchant Discounts

High Country Seniors Member **MUST** show membership card to receive discounts

Business Services:

- **All Stages Carpet Care** — 10% off services-100% guaranteed | 928.951.3812
- **Atomic Pest Control** — 10% off services | 928.474.3991
- **Cheaper Sweeper House Cleaning** — 10% off first cleaning and 5.00 off second | 928.472.9897
- **Coyote Auto** — 10% off labor (not parts) | 928.472.1100
- **Dan Good Flooring** — 10% off services, free measures, and estimates | 928.472.4597
- **Diversified Services Home Improvement** — 10% off services | 928.970.1873
- **North Mechanical Heating and Cooling** — 5-10% off Total Bill – includes labor AND materials | 928.468.9400
- **Pane in the Glass Window Cleaning** — 10% off services | 928.978.9781
- **Payson Tire Pros and Automotive** — \$10 off any oil change, including free tire rotation, 5% off current labor rate on auto repairs, \$10 off any alignment, \$50 off any set of new tires
- **Peaceful Pantry** — Clean and organize kitchens, cabinets & pantry | 10% off services | 559.901.2006
- **Post Net** — 5% off copying, printing & shipping | 928.472.4355
- **Printing by George** — 10% off services | 928.472.3169

- **Quality Inn of Payson** — 10% off Best Available Rate includes a hot, deluxe breakfast | 928.474.3241
- **Smart Systems computer Technology & Repair** — 10% off Service Fees | 928.468.7400

Food and Drink:

- **Beverage Place** — 10% off wine and liquor | 111 E. Hwy 260, Payson, AZ 85541 | 928.474.6300
- **Bosa Donuts** — 5% off purchase | 303 Beeline Hwy, Payson, AZ 8554 | 928.474.8889
- **Delicious! Café** — 10% off purchase | 512 S. Beeline Hwy, Ste. 1, Payson, AZ 85541 | 928.468.3013
- **El Rodeo Mexican Restaurant & Cantina** — 10% off purchase- excludes alcohol | 404 E. Hwy 260, Payson, AZ 85541 | 928.474.3328
- **Macky's Grill** — FREE soft drink with meal | 201 W. Main St., Ste. J, Payson, AZ 85541 | 928.474.7411
- **Pizza Factory** — 20% off purchase- excludes alcohol | 238 E. Hwy 260, Payson, AZ 85541 | 928.474.1895
- **Rim Country BBQ** — 10% off purchase- excludes alcohol | 202 W. Main St., Payson, AZ 85541 | 928.472.2227
- **Tiny's Restaurant** — 10% off purchase- excludes alcohol | 600 E. Hwy 260, Payson, AZ 85541 | 928.474.5429

Personal Care:

- **AVON** — Representative Carol Watts 10% off your order | 928.468.6116 or www.youravon.com/cwatts
- **Miracle Ear** — Buy 1 battery & Get 1 FREE (Sizes 10, 312 & 13 only) | 1107 S. Beeline Hwy, Suite 3, Payson, AZ 85541 928.474.5158
- **Tonto Apache Gym** — Gym Membership only \$70.00 per quarter (normally \$40 a month) | 30 Tonto Apache Reservation MPB, Payson, AZ 85541 | 928.474.7093

Shopping:

- **Arizona Wildflower and Gifts** — 10% off purchase | 616 N. Beeline Hwy, Payson, AZ 85541 | 928.363.4080
- **Banner High Country Gift Shop (Hospital Gift Shop)** — 15% off one item (some restrictions apply) | 807 S. Ponderosa St., Payson, AZ 85541 | 928.471.1323
- **Discount Mart** — 10% off purchase - except sale items | 211 E. Hwy 260, Payson, AZ 85541 | 928.978.1980
- **Payson Candle Factory** — 10% off purchase | 620 N. Beeline Hwy, Payson, AZ 85541 | 928.474.2152
- **The Carpenter's Wife Antiques** — 10% off purchase | 112 W. Wade Lane, Payson, AZ 85541 | 928.47.7343

October 2024

Mon	Tues	Wed	Thurs
	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Beginner Bridge 10:30-12:00 Banner Jammers 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot 1:00-2:30 Yahtzee!	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 2:00-3:00 Book Lovers Club	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Beginner Bridge 10:30-12:00 Banner Jammers 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101 1:00-2:00 Home Winterization Workshop
9:00-10:30 Paper Crafts - Advanced 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot 1:00-2:30 Yahtzee!	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Beginner Bridge 10:30-12:00 Banner Jammers 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
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9:00-10:30 Scrapbooking 9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot 1:00-2:30 Yahtzee!	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers 1:00-3:30 Mah Jong 12:00-1:00 Food for Thought: Breast Health Dr. Matern	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle

November 2024

Mon	Tues	Wed	Thurs
9:30-10:30 Qi Gong 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot 1:00-2:30 Yahtzee!	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 12:00-1:00 Food for Thought: Skin Cancer Stephanie Pasley	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Not	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
11 CLOSED Veterans Day	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 2:00-3:00 Book Lovers Club	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101 1:00-2:00 Painting Workshop
9:00-10:30 Paper Crafts - Beginner 9:30-10:30 Qi Gong 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot 1:00-2:30 Yahtzee!	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
9:00-10:30 Scrapbooking 9:30-10:30 Qi Gong 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot 1:00-2:30 Yahtzee!	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong	28 CLOSED Thanksgiving Day

December 2024

Mon	Tues	Wed	Thurs
9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot 1:00-2:30 Yahtzee!	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots 12:00-1:00 Food for Thought: Combatting Depression Patti Wisner	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
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23 CLOSED	24 CLOSED Christmas Eve	25 CLOSED Christmas Day	26 CLOSED
30 CLOSED	31 CLOSED New Years Eve	1 CLOSED New Years Day	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle



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NEW BANNER HIGH COUNTRY SENIORS WEBSITE

Looking for the latest High Country Seniors Member information including discounts, class updates and more? Or do you want to renew your membership or TAG dues? Visit the new Banner High Country Seniors website today! www.bannerhealth.com/HighCountrySeniors

VOLUNTEERS

Banner Payson Medical Center is on the lookout for Volunteers! Perks include a FREE membership to High Country Seniors!! Call the Volunteer Department at 928.596.4747 for all the details and consider joining this dynamic team today!

You can now renew your High Country Seniors membership and your TAG membership dues online!!! Visit www.bannerhealth.com/HighCountrySeniors and choose the link you need. This will walk you through the online payment process. High Country Seniors is no longer accepting CASH for any payments.

TONTO APACHE GYM DUES | DUE IN SEPTEMBER AND DECEMBER

Discounted quarterly TAG dues are \$70 and are due during the month of **SEPTEMBER**, which covers October, November, December 2024.

And are due again in **DECEMBER** for the months of January, February, March 2025.

Payments **MUST** be received at High Country Seniors by September 26 and December 19 in person or December 27 online or mail. Unfortunately, we are unable to grant extensions. Payments can be made online at: www.bannerhealth.com/HighCountrySeniors or in person at High Country Seniors. We accept all major credit cards and checks. For your convenience, you can call to make a credit card payment by phone as well.