

## Maintaining Stability: A Guide to Balancing Exercises for Seniors

Balancing can seem effortless when you're young. You might hop on one foot to pull on a pair of pants, walk downstairs without giving the handrail a second thought or hike on a trail covered in loose stones or gravel, confident in your footing.

But as you get older, balancing can be more challenging. That's because your muscles may get weaker, your joints may be less flexible, your vision might not be as strong and your perception of what's around you can change. You may also have arthritis, neurological disorders or inner ear problems.

"Balance is challenging for a lot of people, but especially for seniors. And balance is essential for our mobility. It helps us with walking, picking things up from the floor and being independent," said Joseph Davis, a physical therapist with Banner Health.

You can take steps to maintain and even improve your balance. And better balance is important. It doesn't just prevent falls. It can help you stay active and independent. It can help you feel confident, have less anxiety and be in control of your life.

Exercises that strengthen your muscles, improve your coordination and boost your awareness of where your body is in space can build your balance, reduce your risk of falls and help you maintain the lifestyle you want. They can help you become more flexible and agile so you can move more comfortably and confidently.

"Balancing exercises include anything that disrupts your balance by reducing your base of support, decreasing your vision or having to use your muscles to stabilize your body," Davis said. "They work by changing your body's ability to adjust to where you are in space."

Here are some balancing exercises you can try. "There is no perfect exercise, but if you find a position that makes you wobble and put effort into keeping yourself balanced for up to 30 seconds without holding onto something, that is an easy and effective start," Davis said.

Be sure to talk to your health care provider if you have any concerns about performing these exercises or need guidance on how to modify them. They can help you find safe, effective exercises.

### Heel-to-toe walk

1. Stand with your feet in a straight line, placing the heel of one foot directly in front of the toes of the other.
2. Stand up straight and take small steps, placing the heel of each foot directly in front of the toes of the other foot.
3. Focus on a fixed point ahead of you to help with balance.
4. Repeat for 10 to 15 steps, gradually increasing as you feel more comfortable.

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### Business hours for January, February, and March 2025

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, January 1st in observance of the New Year.

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### **One-legged stand**

1. Stand next to a sturdy chair or countertop that you can hold for support.
2. Lift one leg off the ground, bending it at the knee.
3. Hold the position for 10 to 15 seconds, then switch to the other leg.
4. Gradually increase the time you stand on one leg as your balance improves.

### **Toe taps**

1. Stand with your feet hip-width apart.
2. Lift one foot slightly off the ground and tap your toes on the floor.
3. Return your foot to the starting position.
4. Repeat with the other leg.
5. Continue alternating for 10 to 15 taps on each side.
6. Gradually increase the number of repetitions.

### **Side leg lifts**

1. Stand next to a chair or countertop that you can hold for support.
2. Lift one leg out to the side while keeping it straight.
3. Hold for a moment, then lower the leg back down.
4. Repeat with the other leg.
5. Aim for 10 to 15 repetitions on each side.
6. Gradually increase the number of repetitions.

### **Chair squats**

1. Stand in front of a sturdy chair with your feet shoulder-width apart.
2. Lower your body towards the chair as if you were sitting down.
3. Stop before sitting and return to the starting position.
4. Repeat for 10 to 15 squats.
5. Gradually increase the number of repetitions.

### **Wall push-ups**

1. Stand facing a wall at arms-length from the wall, with your arms extended in front of you at shoulder height.
2. Lean towards the wall, performing a push-up motion.
3. Push back to the starting position.
4. Repeat for 10 to 15 repetitions.
5. Gradually increase the number of repetitions.

Chi Gong (offered at High Country Seniors) can also be a good option for improving your balance, as well as your flexibility and relaxation. Tai Chi movements include weight shifts, controlled arm movements and slow, deliberate steps. You can get started by joining a class in your area or following an online video.

General strengthening exercises may also help improve your balance. "Strengthening exercises require you to use your muscles in specific patterns and movements that can help you stand from chairs, walk more easily and complete other daily activities. Working on your strength can have a great effect on your safety and function," Davis said.

### **Building a balance habit**

When you practice balance regularly, you should begin to see improvements. Start with a few minutes a day and add to the time as you become stronger and more comfortable and build muscle memory.

These tips can help you fit balance practice into your day:

- Begin your morning with a few minutes of balancing exercises.
- When you're watching TV, perform some toe taps, side leg lifts or chair squats.
- Add some heel-to-toe walking to your daily walks.
- Stand on one leg while you're preparing food or brushing your teeth.
- Wind down before bed with some relaxing balance exercises.

### **Tips for staying safe**

Before you exercise, take a minute to make sure your space is safe. You'll want to do your balancing exercises on a stable surface. That way, you can focus on the movements without concerns about slipping or falling.

Stand on a flat, stable surface like a non-slip mat or a carpet. Use a sturdy chair or a countertop for support. Even if you don't feel like you need to hold onto something, having support close by just in case can help you perform your exercises with confidence.

Make sure there aren't any loose rugs or cords that you could trip on, and exercise in a well-lit area so you can easily see your surroundings.

"If you have any serious balance concerns, consult a physical therapist or another health care provider. Safety is important with balance, because the only way to improve your balance is to make you feel off balance," Davis said.

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"If you grab the walls or furniture for support when you walk around the house, or you've fallen more than three times in the last 12 months, you may want to get advice from a provider," Davis said. "If you have concerns about your balance and you feel it limits your ability to care for yourself or the freedom you have to walk and move, physical therapy and balance training can help."

### **The bottom line**

Good balance is an important part of staying healthy, active and independent as you get older. But changes in your muscle strength, flexibility, vision and sense of your body in space can make it harder to stay balanced. Adding balancing exercises to your routine can help you maintain your ability and move through life with confidence.

If you would like personalized tips for improving your balance and staying independent, talk to a physical therapist or another health care provider. Reach out to connect with a Banner Health expert.

## Member Workshop

### **Brush Strokes with Friends |**

#### **Painting with Tiana Price**

**March 25th from 2:00pm – 3:30pm**

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!



## 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](http://www.bannerhealth.com/HighCountrySeniors)

### **ALS | Tanya Hageman**

**January 15th | Reservations due by January 9th, 2025**

During the luncheon ALS Family of Faith will be sharing what ALS is, the different forms of ALS, the common symptoms for ALS, and resources.

We will also discuss the importance of mental health for anyone living with or caring for someone with an end-of-life diagnosis like ALS. Our mission is to spread awareness and gain support for those living with ALS or other end of life conditions.

### **Will Social Security Help Pay Your Deductibles and Prescription Costs? | Nylene Ellingson, Senior Insurance Specialist**

**February 5th | Reservations due by January 30th, 2025**

Did you know Social Security has a program for those with a low fixed income? This program helps those on Medicare with Prescription deductibles, late penalties, and prescription costs. 1 in 3 Medicare Eligibles qualify for this program and some don't even know about it. For those that qualify you may have a premium free drug plan and co pays that range from \$0 to \$11.20 and no more. Come learn more about this wonderful program and see if you qualify. Even if you do not qualify come learn about the new Medicare Prescription Payment Plan available to all who are on Medicare.

### **Foot Care | Suzy Lay**

**March 5th | Reservations due by February 27th, 2025**

As we age, one thing becomes apparent. Our feet need more attention. As our main form of transportation, the importance of taking care of our feet increases significantly. Come learn tips, tricks and proper care of your feet to ensure proper health and to make walking just a little easier.

# Community Workshops | Free and Open to the Public

## **Hypertension Workshop | 4 weeks starting Monday, February 3rd 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, February 3rd from 10:00 a.m. – 11:00 a.m. Please plan to attend all four weeks. 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 EVENTS | Open to the Public**

### **Blood Drive | Vitalant**

**When:** April 4th from 9:00am – 1:00pm

**Location:** High Country Seniors, 215 S Beeline Hwy  
To schedule an appointment, visit [www.Vitalant.org](http://www.Vitalant.org)

### **Women's Wellness Forum**

**When:** Saturday, April 26th from 8:00am-2:00pm

Pre-registration is required.

928.472.2558 for more information.

# Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

## **BANNER JAMMERS - Open Jam Session**

**Thursdays from 10:30pm - 12:00pm (Beginning Jan 9th)**

Come One, Come All! All experience levels welcome to join this Jam Session. Bring your instrument or just your voice. Music and some instruction will be provided by Arnie Sutter, but the focus is to get out and have some fun with new musical friends.

## **BOOK LOVERS CLUB**

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

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.

## **CRAFTING WITH PAPER**

**9:00am - 10:30am 1st Monday of each month**

Instructor Bonnie Young will be walking you through various paper crafts each month, bringing out not only your creativity but teaching you new skills as well. This interactive art group is fun and inviting. So if you are looking to expand your crafting capabilities or just make new friends, this group is the one for you.

## **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 - 3:45pm 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.



# Member Classes (cont.)

## HULA LESSONS

**11:15am - 11:45am every Monday**

Come join Tiana, as she takes you right into the heart of Hawaii through her Hula skills. Not only is Hula a beautiful artform, but it's great exercise as well. All skill levels and physical ability levels are welcome, including sitting and wheelchair.



## KNIT, STITCH, QUILT AND CROCHET GROUP

**9:00am - 11:00am Thursdays**

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

**1:00pm - 3:30pm Wednesdays**

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

**9:00am - 10:30am 3rd Monday of each month.**

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

**9:00am - 10:30am 2nd Monday of each month**

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!

## SPECIAL EVENT

**Dental Screenings | Gila County Health and Community Services**

**February 20th from 11:00am - 4:00pm**

Join us for a FREE screening for decay, oral cancer, and/or receive a fluoride varnish. This service is free of charge. Please RSVP at 928.596.4747, though walk ins are welcome!

## QIGONG

**9:30am - 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

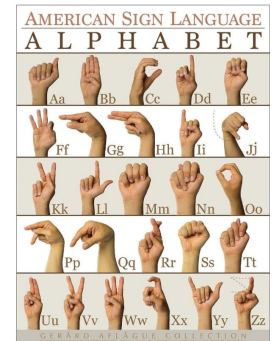
**9:00am - 10:30am 4th Monday of each month.**

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.

## SIGN LANGUAGE

**1:00pm - 2:00pm Tuesdays from Jan 7th - Feb 11th.**

Whether you or a loved one is becoming hard of hearing or is non hearing, instructor Peggy Filer makes learning Sign Language easy and fun! This class is for beginner to intermediate and Peggy makes sure every learning level is accommodated.



## TECHNOLOGY 101

**3:00pm - 4:00pm 2nd and 4th Thursdays of each month.**

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, phone navigation and apps. All levels are welcome!! If you don't have a laptop, we can loan you one for the class.

## UKULELE FOR BEGINNERS

**3:00pm-4:00pm every Tuesday from Jan 7th - Feb 11th.**

Learn the basics of Ukulele from instructor Anne Eichberger. This 6 week series of instructional workshops is designed to give you the basic skills to play easy songs. No musical background required as we will focus on chords, rhythm and not reading. Bring your own Ukulele if you have one, if not come borrow one from the instructor. RSVP is required and can be made at 928.596.4747.

## WIDOW'S WINDOW

**9:00am - 11:00am 1st Tuesday of each month.**

A support group for spouses that have experienced the loss of their partner.

## YAHTZEE!

**1:00 - 2:30pm every Monday**

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](http://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
- **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

## January 2025

Mon	Tues	Wed	Thurs
		<b>CLOSED</b>	<p style="text-align: right;">1</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p style="text-align: right;">2</p>
<p>9:00-10:30 <b>Crafting with Paper</b></p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p>11:15-11:45 <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p>1:00-2:30 <b>Yahtzee!</b></p> <p style="text-align: right;">6</p>	<p>9:00-11:00 <b>Widow's Window</b></p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p>1:00-2:00 <b>Sign Language</b></p> <p>3:00-4:00 <b>Ukulele for Beginners</b></p> <p style="text-align: right;">7</p>	<p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p>1:30-3:00 <b>Forget-Me-Nots</b></p> <p style="text-align: right;">8</p>	<p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>10:30-12:00 <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p>3:00-4:00 <b>Technology 101</b></p> <p style="text-align: right;">9</p>
<p>9:00-10:30 Paper Crafts - Advanced</p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p>11:15-11:45 <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p>1:00-2:30 <b>Yahtzee!</b></p> <p style="text-align: right;">13</p>	<p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p>1:00-2:00 <b>Sign Language</b></p> <p>2:00-3:00 <b>Book Lovers Club</b></p> <p>3:00-4:00 <b>Ukulele for Beginners</b></p> <p style="text-align: right;">14</p>	<p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p>12:00-1:00 <b>Food for Thought: ALS Tanya Hageman</b></p> <p style="text-align: right;">15</p>	<p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>10:30-12:00 <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p style="text-align: right;">16</p>
<p>9:00-10:30 Paper Crafts - Beginner</p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p>11:15-11:45 <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p>1:00-2:30 <b>Yahtzee!</b></p> <p style="text-align: right;">20</p>	<p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p>1:00-2:00 <b>Sign Language</b></p> <p>3:00-4:00 <b>Ukulele for Beginners</b></p> <p style="text-align: right;">21</p>	<p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p>1:30-3:00 <b>Forget-Me-Nots</b></p> <p style="text-align: right;">22</p>	<p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>10:30-12:00 <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p>3:00-4:00 <b>Technology 101</b></p> <p style="text-align: right;">23</p>
<p>9:00-10:30 Scrapbooking</p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p>11:15-11:45 <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p>1:00-2:30 <b>Yahtzee!</b></p> <p style="text-align: right;">27</p>	<p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p>1:00-2:00 <b>Sign Language</b></p> <p>3:00-4:00 <b>Ukulele for Beginner</b></p> <p style="text-align: right;">28</p>	<p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p style="text-align: right;">29</p>	<p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>10:30-12:00 <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p style="text-align: right;">30</p>

## February 2025

Mon	Tues	Wed	Thurs
<p>3</p> <p><b>9:00-10:30</b> <b>Crafting with Paper</b></p> <p>9:30-10:30 Qi Gong</p> <p>10:00-11:00 Hypertension</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>4</p> <p><b>9:00-11:00</b> <b>Widow's Window</b></p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p><b>1:00-2:00</b> <b>Sign Language</b></p> <p><b>3:00-4:00</b> <b>Ukulele for Beginners</b></p>	<p>5</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p><b>1:30-3:00</b> <b>Forget-Me-Nots</b></p> <p><b>12:00-1:00</b> <b>Food for Thought: Social Security – Nylene Ellingson</b></p>	<p>6</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p>
<p>10</p> <p>9:00-10:30 Paper Crafts - Advanced</p> <p>9:30-10:30 Qi Gong</p> <p>10:00-11:00 Hypertension</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>11</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p><b>1:00-2:00</b> <b>Sign Language</b></p> <p><b>2:00-3:00</b> <b>Book Lovers Club</b></p> <p><b>3:00-4:00</b> <b>Ukulele for Beginners</b></p>	<p>12</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p>	<p>13</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p><b>3:00-4:00</b> <b>Technology 101</b></p>
<p>17</p> <p>9:00-10:30 Paper Crafts - Beginner</p> <p>9:30-10:30 Qi Gong</p> <p>10:00-11:00 Hypertension</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>18</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p>	<p>19</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p><b>1:30-3:00</b> <b>Forget-Me-Nots</b></p>	<p>20</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p><b>11:00-4:00</b> <b>Free Dental Screenings</b></p>
<p>24</p> <p>9:00-10:30 Scrapbooking</p> <p>9:30-10:30 Qi Gong</p> <p>10:00-11:00 Hypertension</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>25</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p>	<p>26</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p>	<p>27</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p><b>3:00-4:00</b> <b>Technology 101</b></p>

## March 2025

Mon	Tues	Wed	Thurs
<p>3</p> <p><b>9:00-10:30</b> <b>Crafting with Paper</b></p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>4</p> <p><b>9:00-11:00</b> <b>Widow's Window</b></p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p>	<p>5</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p><b>1:30-3:00</b> <b>Forget-Me-Nots</b></p> <p><b>12:00-1:00</b> <b>Food for Thought: Foot Care   Suzy Lay</b></p>	<p>6</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p>
<p>10</p> <p>9:00-10:30 Paper Crafts - Advanced</p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>11</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p><b>2:00-3:00</b> <b>Book Lovers Club</b></p>	<p>12</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p>	<p>13</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p><b>3:00-4:00</b> <b>Technology 101</b></p>
<p>17</p> <p>9:00-10:30 Paper Crafts - Beginner</p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>18</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p>	<p>19</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p> <p><b>1:30-3:00</b> <b>Forget-Me-Nots</b></p>	<p>20</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p>
<p>24</p> <p>9:00-10:30 Scrapbooking</p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>	<p>25</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p>12:00-4:00 Pinochle</p> <p><b>2:00-3:30</b> <b>Painting Workshop</b></p>	<p>26</p> <p>8:00-9:15 T.O.P.S.</p> <p>9:30-10:30 Qi Gong</p> <p>1:00-3:30 Mah Jong</p>	<p>27</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet</p> <p>9:00-10:00 Feeling Fit</p> <p>10:00-11:00 Feeling Fit</p> <p><b>10:30-12:00</b> <b>Banner Jammers</b></p> <p>12:00-4:00 Pinochle</p> <p><b>3:00-4:00</b> <b>Technology 101</b></p>
<p>31</p> <p>9:30-10:30 Qi Gong</p> <p>11:00-12:00 Diabetic Workshop</p> <p><b>11:15-11:45</b> <b>Hula Lessons</b></p> <p>12:00-3:45 Hand &amp; Foot</p> <p><b>1:00-2:30</b> <b>Yahtzee!</b></p>			



215 N. Beeline Hwy.  
Payson, AZ 85541  
928.596.4747

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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](http://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](http://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 MARCH

Discounted quarterly TAG dues are \$70 and are due during the month of MARCH, which covers April, May, and June 2025.

And are due again in JUNE for the months of July, August September 2025.

Payments MUST be received at High Country Seniors by March 27 and June 30. Unfortunately, we are unable to grant extensions. Payments can be made in person, over the phone and online at: [www.bannerhealth.com/HighCountrySeniors](http://www.bannerhealth.com/HighCountrySeniors) or in person at High Country Seniors. We accept all major credit cards and checks.