

## Heart disease, stroke and peripheral artery disease: What's the link?

Inside your body, a similar problem can strike in different areas. Heart disease affects your heart. Stroke affects your brain. And peripheral artery disease (PAD) usually affects your legs and might affect your arms and your internal organs.

"The common thread between heart disease, stroke and PAD is a disease called atherosclerosis," said Brian Henry, MD, a Banner Health cardiologist with the Cardio Vascular Institute of North Colorado. "Most people think of these conditions as separate diseases, when in fact they are the same disease, just occurring in a different part of the body."

Here's what happens. Atherosclerosis affects your arteries, which are the blood vessels that carry oxygen-rich blood throughout your body. With atherosclerosis, fatty material builds up on the inner wall of the arteries. These areas of atherosclerosis, called plaques, start out as fatty streaks and get bigger over time as more fatty material piles on. If they get big enough, they can slow down your blood flow.

You can develop symptoms depending on what part of your body isn't getting enough blood flow. "The classic example is a patient with heart disease developing chest pain, but any organ can be affected," Dr. Henry said.

And sometimes, a plaque will become unstable and rupture. When that happens, your body forms a blood clot on the ruptured plaque. This clot can grow to completely block the artery so blood can't flow. The parts of your body that are downstream from the blockage become starved of oxygen and start to die. "The classic example of a plaque rupture is a heart attack," Dr. Henry said.

### What's different about heart disease, stroke and PAD?

The main difference in these three conditions is where they strike:

- Heart disease, also known as coronary artery disease, involves atherosclerosis of the arteries surrounding the heart that supply blood to the heart muscle.
- PAD involves atherosclerosis of the peripheral arteries of the body—the arteries that supply blood to our arms, legs, internal abdominal organs and brain.
- A stroke occurs when a blocked artery reduces blood flow to part of the brain. "A stroke can be caused by atherosclerosis, or plaque rupture. Not all strokes are caused by atherosclerosis, but many are. A stroke can also be caused by a blood clot that starts in one part of the body, breaks loose, travels to the brain and gets stuck in an artery," Dr. Henry said.

### How can I reduce my risk of heart disease, stroke, and PAD?

There are a few risk factors outside your control. As you get older your risk for these conditions increases. And, if you have a family history, you're more likely to develop heart disease, stroke and PAD.

However, there are a lot of risk factors that are within your control—abnormal cholesterol, high blood pressure, smoking, diabetes, and inflammatory conditions and diseases. "Adopting a healthy lifestyle and eating habits are very

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### Business hours for October, November, December 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 on November 27th for Thanksgiving.

Classes are suspended from December 24th thru January 4th to give our volunteers an opportunity to enjoy the holidays with their loved ones. (Staff will be available December 29 & 30 to accept TAG payments.)

Our office will be closed December 31st and January 1st for New Years.

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important in reducing your risk for atherosclerosis,” Dr. Henry said. “Smoking is probably the worst thing you can possibly do for your body, and smokers are very prone to developing complications of atherosclerosis.”

Atherosclerosis is not just a problem you can worry about when you get older. It develops over many decades, and fatty streaks can begin to form in adolescence. If you develop problems with cholesterol, diabetes, or high blood pressure, you risk speeding up the process of atherosclerosis.

Your doctor can evaluate your risk for these conditions by checking for abnormal cholesterol levels, signs of diabetes and high blood pressure. If you’re at high risk, your doctor might recommend medical imaging studies to evaluate your arteries for signs of atherosclerosis.

The good news is that any lifestyle changes you make or medications you take to address atherosclerosis will help throughout your body. So, with them, you can reduce your risk of heart disease, stroke and PAD.

“Atherosclerosis is the major underlying cause of most deaths worldwide,” Dr. Henry said. “But it is actually quite straightforward to prevent and manage. Most deaths and health complications from atherosclerosis can be avoided or significantly delayed.” Here’s how:

- Focus on a healthy lifestyle with proper diet and exercise
- Schedule your routine health screenings
- Take medications if necessary

To connect with a health care provider who can help you reduce your odds of developing these conditions, visit [bannerhealth.com](http://bannerhealth.com).

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## Lunch & Learn | Free and Open to the Public

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

Space is limited - **Reservations are required**. Please 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)

### **BREAST CANCER | Snehal Thakker M.D.**

**October 8 | Reservations due by October 5**

October is breast cancer awareness month. As women age, their breast cancer risk increases. Most breast cancers are diagnosed after age 50. Breast cancer occurs when cells of the breast tissue grow and multiply uncontrollably. This primarily affects women but can also affect men. Please join Dr. Snehal Thakker as he discusses risk factors, diagnosis and treatment of breast cancer to include chemotherapy and radiation.

### **MEDICARE UPDATE | Joanne Conlin, Central Arizona Aging**

**October 22 | Reservations due by October 17**

Turning 65? Time to sign up for Medicare. Joann Conlin will help us understand how Medicare works, what it costs and who is eligible. She will cover Part A (Hospital insurance, Part B (Medical insurance) and Part D (drug coverage), supplemental insurance, Medicare advantage plans, the difference between Medicare and Medicaid and much, much more. Call to reserve your seat.

### **ARTHRITIS | Michael Manning, D.O.**

**November 12 | Reservations due by November 5**

Arthritis literally means joint inflammation. Joints are places where two bones meet, such as your elbow or knee. There are many types of arthritis with different causes and treatments. Common symptoms include pain, redness, heat, and swelling. It’s important to know what type you have in order to get the proper treatment. Join Dr. Manning when he discusses arthritis and treatments.

### **NUTRITION | Jami Heap, R.D. Banner Health**

**December 10 | Reservations due by December 5**

Sugar, corn syrup, processed foods... You and your family can eat better and balance energy by making smarter food choices. Learn how to use the nutrition facts label to make healthy food choices. Learn the link between food and mood. Join Jami to learn more about the Dietary Guidelines that meet nutrient needs, promote health, and prevent disease.

# Community Workshops | Free and Open to the Public

## **DIABETIC WORKSHOP | Ongoing Mondays from 11am – 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. The workshop is ongoing, Mondays from 11 a.m. – 12 noon.

Course content includes:

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

## **HYPERTENSION WORKSHOP**

**4 weeks starting Monday, October 6 from 10:30 am– 11:00 am**

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. Workshops begin on Monday October 6, 2025. Please plan to attend all four weeks. The next four-week workshop will begin on January 5, 2026.

## **RIM COUNTRY FORGET-ME-NOTS**

**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. This support group offers 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 healthier and lose weight! 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. TOPS organization membership fees do apply.

# Community Events | Free and Open to the Public

## **BLOOD DRIVE | VITALANT**

**When:** October 3rd and December 5th 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)

## **COMMUNITY HEALTH AND CARE FAIR**

**When:** Saturday, November 1st from 8:30am – 2:00pm

**Location:** Julia Randall Elementary School Gym.

There will be a variety of FREE services available, including blood tests, vision screenings, blood pressure checks, oral health, skin care, massage, and vaccines. It's your one-stop shop to connect with local health providers and take advantage of FREE Health Screenings. All ages are welcome!!

## NEW BANNER HIGH COUNTRY SENIORS WEBSITE

Looking for the latest High Country Seniors Member information including discounts, class updates and more?

Visit the new Banner High Country Seniors website today! [www.bannerhealth.com/HighCountrySeniors](http://www.bannerhealth.com/HighCountrySeniors)

## Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

### ARTS & CRAFTS

2:00pm – 3:30pm 1st Monday of each month

### BANNER JAMMERS (Offsite) - Open Jam Session

10:30pm - 12:00pm every Wednesday

### BOOK LOVERS CLUB

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

### FEELING FIT

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

### HAND & FOOT

12:00pm - 3:45pm every Monday

### KNIT, STITCH, QUILT AND CROCHET GROUP

9:00am - 11:00am Thursdays

### MAHJONG

1:00pm - 3:30pm Wednesdays

### PAPER CRAFTING - Beginner

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

### PAPER CRAFTING - 2 Classes Available

9:00am - 11:00am 2nd and 3rd Monday of each month

### PINOCHLE - Double Deck

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

### QIGONG

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

### SCRAPBOOKING

9:00am - 11:00am 4th Monday of each month

### TECHNOLOGY 101

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

### WIDOW'S WINDOW

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



## VOLUNTEERS

Banner Payson Medical Center and High Country Seniors are on the lookout for Volunteers! Perks include a FREE membership to High Country Seniors if you are 50+ and meal credits in the BPMC Cafe!!! Call the Volunteer Department at 928-596-4747 for all the details and consider joining this dynamic team today!





# 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 Golf Club** — 10% off green fees, cart, driving range, meals | 928.474.2273
- **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

## 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

## 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

## 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

## October 2025

| Mon  | Tues  | Wed   | Thurs   |
|--|---|---|---|
|  |   | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br>1:00-3:30 Mah Jong<br><b>1:30-3:00 Forget-Me-Not</b>                                       | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                    |
| 9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot<br><b>2:00-3:30 Arts &amp; Crafts</b> | <b>9:00-10:00 Widow's Window</b><br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle  | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br><b>12:00-1:00 LUNCH AND LEARN Breast Cancer – Dr. Snehal Thakker</b><br>1:00-3:30 Mah Jong | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle<br><b>3:00-4:00 Technology 101</b> |
| <b>9:00-10:00 Paper Crafts</b><br>Qi Gong<br>12:00-3:45 Hand & Foot                | 9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle<br><b>2:00-3:00 Book Lovers Club</b> | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br>1:00-3:30 Mah Jong<br><b>1:30-3:00 Forget-Me-Not</b>                                       | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                    |
| <b>9:00-10:00 Paper Crafts</b><br>9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot     | 9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                      | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br><b>12:00-1:00 LUNCH AND LEARN Medicare update – Joanne Conlin</b><br>1:00-3:30 Mah Jong    | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle<br><b>3:00-4:00 Technology 101</b> |
| 9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot                                       | 9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                      | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br>1:00-3:30 Mah Jong   | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                    |

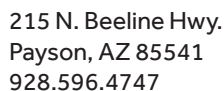
## November 2025

| Mon  | Tues  | Wed  | Thurs   |
|--|---|--|---|
| 9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot<br><b>2:00-3:30 Arts &amp; Crafts</b> | <b>9:00-10:00 Widow's Window</b><br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle  | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br>1:00-3:30 Mah Jong<br><b>1:30-3:00 Forget-Me-Not</b>                                    | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                    |
| <b>9:00-10:00 Paper Crafts</b><br>9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot     | 9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle<br><b>2:00-3:00 Book Lovers Club</b> | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br><b>12:00-1:00 LUNCH AND LEARN Dr. Michael Manning – Arthritis</b><br>1:00-3:30 Mah Jong | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle<br><b>3:00-4:00 Technology 101</b> |
| <b>9:00-11:00 Paper Crafts</b><br>9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot     | 9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                      | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br>1:00-3:30 Mah Jong<br><b>1:30-3:00 Forget-Me-Not</b>                                    | 9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                    |
| 9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot                                       | 9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                      | 8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br>1:00-3:30 Mah Jong  | <b>CLOSED<br/>(THANKSGIVING DAY)</b>  |

## December 2025

| Mon  | Tues  | Wed   | Thurs  |
|--|---|---|--|
| <b>1</b><br>9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot<br><b>2:00-3:30 Arts &amp; Crafts</b> | <b>2</b><br><b>9:00-11:00 Widow's Window</b><br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle  | <b>3</b><br>8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br>1:00-3:30 Mah Jong<br><b>1:30-3:00 Forget-Me-Not</b>                             | <b>4</b><br>9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                     |
| <b>8</b><br><b>9:00-11:00 Paper Crafts</b><br>9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot     | <b>9</b><br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle<br><b>2:00-3:00 Book Lovers Club</b> | <b>10</b><br>8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br><b>10:30-12:00 Banner Jammers - offsite</b><br><b>12:00-1:00 LUNCH AND LEARN Nutrition - Jammi Heape</b><br>1:00-3:30 Mah Jong | <b>11</b><br>9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle<br><b>3:00-4:00 Technology 101</b> |
| <b>15</b><br><b>9:00-11:00 Paper Crafts</b><br>9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot    | <b>16</b><br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                     | <b>17</b><br>8:00-9:15 T.O.P.S.<br>9:30-10:30 Qi Gong<br>10:30-12:00 Banner Jammers - offsite<br>1:00-3:30 Mah Jong<br><b>1:30-3:00 Forget-Me-Not</b>                                   | <b>18</b><br>9:00-11:00 Knit, Stitch, Quilt & Crochet<br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                    |
| <b>22</b><br>9:30-10:30 Qi Gong<br>12:00-3:45 Hand & Foot                                      | <b>23</b><br>9:00-10:00 Feeling Fit<br>10:00-11:00 Feeling Fit<br>12:00-4:00 Pinochle                                     | <b>24</b><br><b>CLOSED (CHRISTMAS VACATION)</b>   | <b>25</b><br><b>CLOSED (CHRISTMAS VACATION)</b>  |
| <b>29</b><br><b>CLOSED (CHRISTMAS VACATION)</b><br>(OPEN FOR TAG PAYMENTS ONLY)                | <b>30</b><br><b>CLOSED (CHRISTMAS VACATION)</b><br>(OPEN FOR TAG PAYMENTS ONLY)   | <b>31</b><br><b>CLOSED (CHRISTMAS VACATION)</b>   | <b>JAN 1</b><br><b>CLOSED (HAPPY NEW YEAR)</b>   |





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**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, and December 2025.

Dues are due again in **December** for the months of January, February, and March 2026.

**Payments MUST be received at High Country Seniors by September 26th and December 30th.** Unfortunately, we are unable to grant extensions. Payments can be made in person at High Country Seniors or over the phone. We accept all major credit cards and checks.

**NOTE:**

- TAG membership payments can no longer be made on-line.
- High Country Seniors is no longer accepting CASH for any payments.
- Staff will be available December 29th and December 30th to accept TAG payments. Our office will be closed December 31st.