



## 7 Tips for Easing Arthritis and Joint Pain With Exercise

When your joints hurt, the last thing you want to do is move. Arthritis can make everyday activities challenging, but staying active can help ease symptoms and improve overall quality of life.

Exercise and movement can help with most types of arthritis, whether you have a wear-and-tear type like osteoarthritis or an inflammatory type like rheumatoid arthritis. It can also assist with chronic pain conditions like fibromyalgia.

“Arthritic changes most often affect joint surfaces, which can cause swelling, stiffness and pain,” said Joseph Davis, a physical therapist with Banner Health. Exercise works to rejuvenate your joints with movement by replenishing the fluid in all our joints.”

Exercising can help build and maintain muscle strength and control weight. Strong muscles support joints, reducing pressure and strain on them. Maintaining a healthy weight can also reduce added stress on joints. And, of course, weight loss reduces the risk for many other health conditions, like diabetes and heart disease.

Exercise is also important for mental health and well-being and has been linked to reduced anxiety and depression in people with osteoarthritis. Being cautious about physical activity is smart, but don't let that keep you from living your life. Davis shares ways to workout wisely when you have arthritis and tips to get started.

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### **Business hours for July, August & September 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

**Note:** High Country Seniors will be closed Thursday, July 4th in observance of Independence Day and Monday, September 2nd in observance of Labor Day.

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## What is the best (and worst) exercise for arthritis?

When you're living with certain conditions like arthritis, some types of exercise may be better at promoting joint health and longevity. "General stretching and motion exercises, low-impact cardio activity and progressive strength training are key to building a program that aids in your physical tolerance and activity," Davis said.

The best exercises for arthritis are:

- Walking
- Swimming and aquatic fitness classes
- Cycling (spinning)
- Stretching, yoga, Pilates or QiGong
- Light weightlifting or weight training
- Tai chi

## The worst exercises for arthritis

Some activities should be avoided unless your health care provider states otherwise. These include:

- Any exercise or repetitive motion that involves bending or twisting
- High-impact activities like running or jumping
- HIIT (high-intensity interval training) or CrossFit
- Heavy weightlifting
- Overstretching

## Helpful tips for exercising with arthritis

Now that you understand the benefits and best types of exercises for arthritis, here's how to make exercise easier:

- **Work with your health care team**  
You may already be aware of what type of activity best suits you, but there is no harm in speaking with your provider as they may provide additional insight. You might get a referral to a physical therapist or personal trainer who has experience working with people with arthritis and can help you find the best exercise plan to give you the most benefit with the least aggravation on your joints.
- **Take it slow and steady**  
If you are new to exercise, the American College of Sports Medicine recommends moderate-intensity exercise three to five times per week. The hardest part is determining what is moderate for you.

"If you're going to walk, it is nice to start with a brisk walking pace for 10 minutes, two to three times per week, and see how you react," Davis said. "If you're only sore in your muscles for half a day to one day, then you are on the right track. After a couple of weeks, you can start increasing your distance and speed."

For weightlifting, start with a weight that you can lift relatively easily for up to 10 repetitions (reps), but the last two reps become difficult. This means you are at the right intensity. Repeat that exercise for two to three sets. Feel free to join our Feeling Fit class for more instruction.

- **Use heat**

If your joints are stiff, using heat before exercising can help. You can use warm towels or heating pads for about 15 to 20 minutes before starting your workout. It makes your muscles feel looser and easier to move.

- **Warm up properly**

Before starting your workout, warm up your muscles and joints with gentle movements or light aerobic activity. Gradually extend your range of motion – don't force it. This helps increase blood flow to your muscles, making them more flexible and less injury prone.

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- **Ice after your workout**

If your muscles are sore, icing can help them feel better. Use an ice pack wrapped in a towel and put it on the sore spot for about 10 to 15 minutes. This helps reduce swelling and makes the soreness go away faster.

- **Listen to your body**

Pay attention to how your body feels during and after exercise. Give yourself time to rest and recover and consider modifying your workout routine as needed.

"Stop exercising and contact your provider if you feel lightheaded, faint or experience an irregular heartbeat," Davis said. "If you feel wiped out and sore for days, you've done too much. Talk to your provider or physical therapist for help."

- **Keep it up**

Make it as easy as possible to commit to movement and exercise. Set realistic goals, set an alarm or schedule time, participate in activities you enjoy and find a workout buddy for motivation.

## **Takeaway**

There's no cure for arthritis, but exercise may be the best medicine. Remember, the goal of exercise with arthritis is to improve joint function, manage symptoms and enhance overall well-being. By following these tips and working closely with your provider, a physical therapist or a Banner Health specialist, you can develop a safe and effective exercise program that works for you.

## **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!

**PUZZLE EXCHANGE! Bring a puzzle, get a puzzle.**

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## 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)

### **Hydration | Bobbe Exe**

**July 24th | Reservations due by July 17th, 2024**

Summer is coming, are you prepared? Hydration is a big part of surviving the summer heat and keeping your body happy. Come find out all the ways you can benefit by staying hydrated, from easing joint issues to aiding in digestion and maintaining a healthy blood pressure.

### **Safety Resources and Free Programs Offered by your local Police Department | Keven Rush, Payson Police Officer**

**August 21st | Reservations due by August 15th, 2024**

Do you know someone who lives alone? Vacations often? Needs an ear every now and then? There are many free resources offered through the Town of Payson Police Department. Come learn all about these programs and how to keep your home and yourself safe with Payson PD's very own Keven Rush.

### **Medicare Open Enrollment Q&A Session | Joanne Conlin**

**September 18th | Reservations due by September 11th, 2024**

Open Enrollment starts October 15. How to watch out for scams and fraud. How to know what's right for you - Medigap or Medicare Advantage. Learn about extra help.



## Member Workshops



### **Gardening Workshop | Team Depot DIY** **July 18th from 1:00pm – 2:00pm**

Join us in learning how to start your own garden, prepare your garden, and what to plant in the upcoming months. Experts will answer your questions and give you tips and tricks for how to make your garden thrive!



### **Brush Strokes with Friends | Painting with Tiana Price** **August 15th 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!

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## Community Workshops | Open to the Public

### **Hypertension Workshop | 4 weeks starting** **Monday, August 5th 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, August 5th 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

### **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.

### **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.

### **COMMUNITY EVENT | Open to the Public**

#### **Blood Drive | Vitalant**

**When:** August 2nd 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)

# Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

## Art Club

**3rd Wednesday of each month from 12:30pm -2:30pm**

Work with local artisan Liz Monte to create beautiful arts and crafts projects. Every month Liz will lead you through different art projects from start to finish. Sign up now- this class will be lots of fun!!

## 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 – 3:00pm**

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 -11:00am**

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.

# 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:

- **Back to Basics Health Food Store** — 10% off Every Purchase | 908 N. Beeline Hwy, Payson, AZ 85541 | 928.474.8935
- **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
- **By the Bucket- Spaghetti to Go** — Order the "Bambino" Bucket for 1 and get free meatballs (\$1.50 savings)- includes garlic toast | 319 E. Hwy 260, Payson, AZ 85541 | 928.300.5700
- **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

## July 2024

Mon	Tues	Wed	Thurs
<p>1</p> <p>9:30-10:30 Qi Gong 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand &amp; Foot</p>	<p>2</p> <p>9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 1:30-3:30 Harmonica Class</p>	<p>3</p> <p>8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b></p>	<p>4</p> <p><b>CLOSED</b></p>
<p>8</p> <p>9:30-10:30 Qi Gong 9:00-11:00 Paper Crafts - Advanced 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand &amp; Foot</p>	<p>9</p> <p>9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>2:00-3:00 Book Lovers Club</b></p>	<p>10</p> <p>8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong</p>	<p>11</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b></p>
<p>15</p> <p>9:30-10:30 Qi Gong 9:00-11:00 Paper Crafts - Beginner 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand &amp; Foot</p>	<p>16</p> <p>9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle</p>	<p>17</p> <p>8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 12:30-2:30 Art Club 1:00-3:30 Mah Jong <b>1:30-3:00 Forget-Me-Nots</b></p>	<p>18</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>1:00-2:00 Gardening Workshop</b></p>
<p>22</p> <p>9:30-10:30 Qi Gong 9:30-11:00 Scrapbooking 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand &amp; Foot</p>	<p>23</p> <p>9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle</p>	<p>24</p> <p>8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 1:00-3:30 Mah Jong <b>12:00-1:00 Food for Thought: Hydration   Bobbe Exe</b></p>	<p>25</p> <p>9:00-11:00 Knit, Stitch, Quilt &amp; Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle <b>3:00-4:00 Technology 101</b></p>

## August 2024

Mon	Tues	Wed	Thurs
			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 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	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 <b>1:30-3:00 Forget-Me-Nots</b>	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 <b>3:00-4:00 Technology 101</b>
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9:30-10:30 Qi Gong 10:00-11:00 Hypertension Workshop 11:00-12:00 Diabetic Workshop 12:00-4:00 Hand & Foot	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 <b>1:30-3:00 Forget-Me-Nots</b> <b>12:00-1:00 Food for Thought: Safety Resources   Keven Rush</b>	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 <b>3:00-4:00 Technology 101</b>
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Payson, AZ 85541  
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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)

**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 JUNE AND SEPTEMBER**  
Discounted quarterly TAG dues are \$70 and are due during the month of JUNE, which covers July, August,  
September 2024.  
And are due again in SEPTEMBER for the months of October, November, December 2024.  
Payments **MUST** be received at High Country Seniors by June 27 and September 26th. Unfortunately, we are  
unable to grant extensions. Payments can be made 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. For your convenience, you can call to  
make a credit card payment by phone as well.