Business hours for January, February, March 2026

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 Thursday, January 1st in observance of New Years.

7 heath monitoring tools every home should have

Technology has made it easier than ever to monitor your health at home. Whether you're managing a chronic condition or simply want to stay proactive, having the right tools can help track key health metrics and detect potential issues early. Here are seven essential health monitoring devices.

1. Blood pressure monitor

If you have high blood pressure or are at risk for hypertension, a home blood pressure monitor is essential. Regularly tracking your readings can help you and your doctor manage your heart health and detect concerning trends. Many modern monitors connect to smartphone apps, making it easier to store and share data.

2. Digital scale

Tracking your weight can help monitor fitness progress, manage chronic conditions, and detect sudden changes that may signal health concerns. Smart scales go beyond weight, offering insights into body fat percentage, muscle mass and even heart rate. For the most accurate results, weigh yourself at the same time each week using the same scale.

3. Thermometer

A thermometer is a must-have for monitoring fevers and detecting infections early. Today's digital and infrared models provide quick, accurate readings without discomfort. Some even sync with apps to track temperature trends, making it easier to monitor illness progression, especially for children and older adults.

4. Pulse oximeter

A pulse oximeter measures oxygen saturation (SpO2) and heart rate, helping detect potential respiratory issues. This tool is particularly useful for people with asthma, COPD, sleep apnea or those recovering from illness. If your oxygen levels drop below normal, it may be a sign to seek medical attention.

5. Continuous glucose monitor (CGM) or glucometer

For people with diabetes or those monitoring blood sugar trends, a CGM or traditional glucometer is essential. A CGM provides real-time data with minimal finger pricks, while a standard glucometer is an affordable option for periodic checks. Tracking glucose levels helps with diabetes management and can offer insights into diet and lifestyle choices.

6. Smart Watch with health tracking

Modern smartwatches offer valuable health insights beyond step tracking. Many models now measure heart rate, blood oxygen levels, sleep patterns, stress levels and even perform electrocardiograms (ECGs). While not as precise as medical-grade devices, they provide continuous monitoring that can help identify patterns and potential health concerns.

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– cont. from cover

7. Air quality monitor

Indoor air quality plays a major role in respiratory health, especially for those with asthma, allergies, or other lung conditions. Air quality monitors track pollutants, humidity and carbon dioxide levels, helping you adjust your home environment for better breathing and overall wellness.

Stay informed but check in with your doctor. Having these health tools at home empowers you to monitor changes and detect potential issues early. **However, they should complement—not replace—regular checkups with your health care provider.** If you notice unusual readings or symptoms, schedule an appointment with your doctor.

The Right Way to Take Your Blood Pressure at Home

For a lot of people, taking their blood pressure at home is a crucial step in monitoring their health. It's essential to get an accurate reading, but there are many factors that cause variations in blood pressure. We talked to Andrew Williams, MD, a cardiologist at Banner Health in Tucson, AZ, to learn more about why you might want to take your blood pressure at home and how to get the best results.

What type of home blood pressure monitor should I use?

The American Heart Association (AHA) recommends an automatic cuff that checks the pressure in your upper arm. These monitors are more accurate than wrist and finger versions. The website www.ValidateBP.org can help you find a monitor that's been validated for clinical accuracy through an independent review process. Prior to choosing a home blood pressure monitor, make sure to measure around your upper arm to ensure you choose an arm cuff that is the right size for you. After you get a monitor, bring it to your next doctor's appointment so your doctor can help you make sure you're using it properly and can compare the results to their monitor.

What should I do before I check my blood pressure?

For the most accurate reading, checking your blood pressure at the same time every day is recommended. Your blood pressure can vary naturally over the course of the day. Plan for a time when you can empty your bladder and then sit quietly and rest for five to ten minutes before you get started. "I tell people to do something relaxing while you wait," Dr. Williams said. "If watching the news on TV is stressful, don't watch the news while you are checking your blood pressure!" For 30 minutes beforehand, avoid smoking, drinking caffeine or exercising, since they can raise your blood pressure.

What should I do to make sure I get an accurate blood pressure reading?

The way your body is positioned can affect your blood pressure. The AHA recommends that you:

- Sit with your back straight and supported — a dining room chair is a good choice.
- Keep your feet flat on the floor and don't cross your legs.
- Roll up your sleeve — don't measure through your clothes.
- Rest your arm on a table with the upper arm at heart level.
- Put the bottom of the blood-pressure cuff right above the bend in your elbow.
- Activate the monitor, so it measures your blood pressure.
- Take two or three readings one minute apart and record the results so you can watch for changes and share information with your doctor (some monitors will automatically upload your readings to a secure website).

You can download and print a PDF that shows you how to take your blood pressure properly from the AHA.

What if my blood pressure reading is high?

Your blood pressure will fall into these ranges:

- Normal: Less than 120/80 mmHg
- Elevated:120-129/<80 mmHg
- Stage 1 high blood pressure: 130-139/80-89 mmHg
- Stage 2 high blood pressure: 140/90 mmHg or higher
- Hypertensive crisis: 180/120 mmHg or higher

Here's what to do in case of a high reading:

- If you get a somewhat higher measurement than normal, take a couple more times and if it continues to be high, contact your doctor
- If your blood pressure is very high, that's a cause for concern, and you should get in touch with your doctor.
- If your blood pressure is over 180/120 mmHg and you are feeling well, wait five minutes and test again. Contact your doctor immediately if it's still high since you could be in a hypertensive crisis. **If it's higher than 180/120 mmHg and you have chest pain, shortness of breath, back pain, numbness, weakness, vision changes or difficulty speaking, call 911**.

The bottom line

For many people, monitoring blood pressure at home can be a crucial step toward staying healthy. If you check your blood pressure, it's important to do it properly to get an accurate reading.

Lunch & Learn | Free and Open to the Public

Lunch is **FREE** - but we need to know how much food to order, and if you have any dietary restrictions.
Space is limited - **Reservations are required**. Please call High Country Seniors at 928.596.4747 to register today.

GUT HEALTH | Loyd Olson M.D.

January 7 | Reservations due by January 2

Maintaining a healthy gut microbiome (the balance of microorganisms in the gut) is crucial for proper digestion, nutrient absorption, and immune function. Gut health can affect your mental, metabolic and cardiovascular health. Join Dr. Olson as he talks about gut health and steps you can take to improve yours.

BACTERIAL, VIRAL, AND FUNGAL INFECTIONS | Shaylee Renner, D.O.

January 21 | Reservations due by January 16

We all share our life with tiny colonies of microorganisms that include viruses, bacteria and fungi. Most of these miniscule microbes are harmless, but some are pathogens – the kind that can make you sick. So what is the difference between viruses, bacteria and fungus infections? How do we get them, and how do we get rid of them? Come to this lunch and learn to find out.

BREAST CANCER | Snehal Thakker M.D.

February 11| Reservations due by February 6

Rescheduled from October. Breast cancer occurs when cells of the breast tissue grow and multiply uncontrollably. Primarily affecting women, it can also affect men. Join Dr. Thakkar as he discusses risk factors, diagnosis and treatment of breast cancer to include chemotherapy and radiation.

CARDIO-PULMONARY REHAB-EMOTIONAL WELLNESS | Jill Uptain, R & Bradley Behm, LPC

February 25 | Reservations due by February 20

Cardiopulmonary rehabilitation is a medically supervised program that helps people with heart and lung conditions improve their physical fitness, health and quality of life. The emotional wellness program provides help for those who may experience symptoms such as depression, anxiety, mood or behavioral changes or difficulty navigating life changes. Join us to learn about these two relatively new services at our Banner Payson campus.

STROKE AWARENESS | Maryssa Spires, M.D.

March 11 | Reservations due by March 6

If you or someone near you has signs of a stroke, it's important to get care right away. With a stroke, blood flow to the brain stops and brain cells start to die. The faster a stroke is found and treated, the more likely you are to avoid long-lasting damage or death. The acronym FAST can help you remember the signs of a stroke:

- Face drooping: One side of the face might droop or feel numb
- Arm weakness: One arm might feel weak or drift down
- Speech difficulty: speech may be slurred or hard to understand
- Time to call 911: If you see or experience these signs, call for help right away.

Join Dr. Spires at this Lunch and Learn to find out more about stroke.

ACID REFLUX, GERD, BARRETTS | Bruce Palmer M.D.

March 25 | Reservations due by March 20

Acid reflux involves stomach acid rising into your esophagus. It can cause heartburn, regurgitation, bloating and burping. Chronic acid reflux is called GERD. Barrett's esophagus is a condition where the lower esophagus changes cell structure due to chronic exposure to stomach acid, leading to inflammation and damage. Join Dr. Palmer for this discussion.

Community Workshops | Free and Open to the Public

DIABETIC WORKSHOP
Ongoing, Mondays from 11:15 am – 12:15 pm

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.

HYPERTENSION WORKSHOP
4 weeks starting January 5th 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, January 5th. Please plan to attend all four weeks.

BANNER JAMMERS is a small musical group that meets weekly and specializes in various modes of popular and old-time music. The group presents seasonal concerts at local Assisted Living and other venues. If you have musical talent and would like to join this fun group, email Arnie Sutter at asuttr2009@live.com.

RIM COUNTRY FORGET-ME-NOTS
Ongoing – Meets twice monthly on the 1st and 3rd Wednesday at 1:30 pm-3:00 pm

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 8:00 am

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.

Member Classes | Open to High Country Seniors Members Only

SEE ATTACHED CALENDAR FOR ALL DETAILS

ARTS & CRAFTS
9:00 am – 10:30 am 1st Monday of each month

BANNER JAMMERS - Open Jam Session
10:30 am -12:00 pm every Wednesday

BOOK LOVERS CLUB
2:00 pm - 3:00 pm 2nd Tuesday of each month

FEELING FIT
9:00 am -10:00 am every Tuesday and Thursday
10:00 am - 11:00 am every Tuesday and Thursday

HAND & FOOT
12:00 pm - 3:45 pm every Monday

KNIT, STITCH, QUILT AND CROCHET GROUP
9:00 am - 11:00 am every Thursday

MAHJONG
1:00 pm - 3:30 pm every Wednesday

PAPER CRAFTING
Will resume in April 2026

PINOCHLE - Double Deck
12:00 pm - 4:00 pm every Tuesday and Thursday

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

SCRAPBOOKING
9:00 am -10:45 am 4th Monday of each month starting in January 2026

SIGN LANGUAGE
10:30 am - 11:30 am every Tuesday (call for schedule) beginning February 24th

WIDOW'S WINDOW
9:00 am - 11:00 am 1st Tuesday of each month

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
- **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

Please support our merchants!

January 2026

Mon	Tues	Wed	Thurs
			1 **CLOSED**
5 **9:00-10:30 Arts & Crafts** 9:30-10:30 Qi Gong **10:30-11:00 Hypertension** **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	6 **9:00–11:00 Widow's Window** 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	7 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** **12:00-1:00 LUNCH AND LEARN Gut Health – Loyd Olson M.D.** 1:00-3:30 Mah Jong **1:30-3:00 Forget-Me-Nots**	8 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
12 9:30-10:30 Qi Gong **10:30-11:00 Hypertension** **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	13 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle **2:00-3:00 Book Lovers Club**	14 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** 1:00-3:30 Mah Jong	15 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
19 9:30-10:30 Qi Gong **10:30-11:00 Hypertension** **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	20 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	21 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** **12:00-1:00 LUNCH AND LEARN Bacterial, Fungal and Viral Infections - Shaylee Renner D.O.** 1:00-3:30 Mah Jong **1:30-3:00 Forget-Me-Nots**	22 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
26 9:00-10:45 Scrapbooking 9:30-10:30 Qi Gong **10:30-11:00 Hypertension** **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	27 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	28 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** 1:00-3:30 Mah Jong	29 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

February 2026

Mon	Tues	Wed	Thurs
2 **9:00-10:30 Arts & Crafts** 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Education** 12:00-3:45 Hand & Foot	3 **9:00–11:00 Widow's Window** 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	4 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** 1:00-3:30 Mah Jong **1:30-3:00 Forget-Me-Nots**	5 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 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Education** 12:00-3:45 Hand & Foott	10 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle **2:00-3:00 Book Lovers Club**	11 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** **12:00-1:00 LUNCH AND LEARN Breast Cancer - Snekal Thakkar M.D.** 1:00-3:30 Mah Jong	12 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
16 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Education** 12:00-3:45 Hand & Foot	17 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	18 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** 1:00-3:30 Mah Jong **1:30-3:00 Forget-Me-Nots**	19 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
23 9:00-10:45 Scrapbooking 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Education** 12:00-3:45 Hand & Foot	24 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 10:30 – 11:30 Sign Language 12:00-4:00 Pinochle	25 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** **12:00-1:00 LUNCH AND LEARN Cardio-Pulmonary Rehab; Emotional Wellness - Jill Uptain & Bradley Behm** 1:00-3:30 Mah Jong	26 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

March 2026

Mon	Tues	Wed	Thurs
2 **9:00-10:30 Arts & Crafts** 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	3 **9:00–11:00 Widow's Window** 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 10:30 – 11:30 Sign Language 12:00-4:00 Pinochle	4 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** 1:00-3:30 Mah Jong **1:30-3:00 Forget-Me-Nots**	5 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 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foott	10 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 10:30 – 11:30 Sign Language 12:00-4:00 Pinochle **2:00-3:00 Book Lovers Club**	11 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** **12:00-1:00 LUNCH AND LEARN Stroke Awareness - C. Maryssa Spires M.D.** 1:00-3:30 Mah Jong	12 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
16 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	17 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 10:30 – 11:30 Sign Language 12:00-4:00 Pinochle	18 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** 1:00-3:30 Mah Jong **1:30-3:00 Forget-Me-Nots**	19 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
23 9:00-10:45 Scrapbooking 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	24 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 10:30 – 11:30 Sign Language 12:00-4:00 Pinochle	25 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong **10:30-12:00 Banner Jammers - offsite** **12:00-1:00 LUNCH AND LEARN Acid Reflux, Gerd, Barretts - Bruce Palmer M.D** 1:00-3:30 Mah Jong	26 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
30 9:30-10:30 Qi Gong **11:15 – 12:15 Diabetic Workshop** 12:00-3:45 Hand & Foot	31 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 10:30 – 11:30 Sign Language 12:00-4:00 Pinochle		

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**

VOLUNTEER

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 Health

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Payson, AZ 85541
928.596.4747

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