

St. Anthony Park Area Seniors (651-642-9052)

MARCH 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Caregiver Support Group; L. Exercise class	2 Chair Yoga; Lib. Blood pressure	3
4	5 L. Exercise class	6 Lib. exercise class;	7 LC exercise class Blood pressure	8 L. Exercise class; Movie	9 Game Day; Lib. Exercise class	10
11	12 L. Exercise class	13 Lib. exercise class; Seal blood pressure	14 LC exercise class; Blood pressure	15 L. Exercise class	16 Game Day; Chair Yoga	17
18	19 L. Exercise class	20 Lib. exercise class	21 LC exercise class; Blood pressure; Card-making	22 L. exercise class	23 Lib. exercise class	24
25	26 L. exercise class	27 Lib. exercise class	28 LC exercise class; Blood pressure	29 L. exercise class	30 Lib. exercise class	31

Blood pressure (checks): 11:30 AM-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)
 Card-making (spring and Easter cards): 9:30-11 AM in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)
 Caregiver Support Group: 10-11:30 AM at SAP United Church of Christ (2129 Commonwealth Ave.)
 Chair yoga (no charge): 2:30-3:30 PM held at St Anthony Park Library (2245 Como Ave.)
 Game Day (no charge): 10-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)
 L Exercise class (no charge): 2-3PM, held at Lauderdale City Hall (1891 Walnut Street)
 LC Exercise class (no charge): 10:30-11:30 AM held at Centennial United Methodist Church (2200 Hillside Ave.)
 Lib blood pressure: 2-2:30 PM held at St Anthony Park Library (2245 Como Ave.)
 Lib Exercise class (no charge): 2:30-3:30PM held at St Anthony Park Library (2245 Como Ave., lower level)
 Movie Day (no charge); *Dunkirk*, 2 PM, held at St Anthony Park Library (2245 Como Ave., lower level)
 Seal blood pressure: 3-3:45 PM, held at Seal Hi-Rise (825 Seal St.)

We offer all of our activities and events at no charge. However, because it costs something to offer these activities we are asked to mail a cost-sharing letter to you twice each year to ask for your financial contribution toward these activities and events. Your participation does not depend on your contribution.