

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

DECEMBER 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Chair Yoga; Lib. Blood pressure	2
3	4 L. Exercise class	5 Lib. exercise class	6 LC exercise class Blood pressure	7 Caregiver Support Group; L. Exercise class	8 Game Day; Lib. Exercise class	9
10	11 L. Exercise class	12 Lib. exercise class; Seal blood pressure	13 LC exercise class; Blood pressure	14 L. Exercise class; Movie	15 Game Day; Chair Yoga	16
17	18 No exercise class	19 No exercise class	20 No exercise class; No blood pressure	21 No exercise class	22 No exercise class	23
24 / 31	25 No exercise class	26 No exercise class	27 No exercise class; No blood pressure	28 No exercise class	29 No exercise class	30

Blood pressure (checks): 11:30 AM-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)

Caregiver Support Group: Speaker: 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): *All is Lost*, 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.