

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

OCTOBER 2017

St. Anthony Park Area Seniors is the Park Perks recipient for all of October at Sunrise Bank (2300 Como Ave.)

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

Blood pressure (checks): 11:30 AM-noon 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.)

Holiday Card-Making (no charge): 9:30-11 AM 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); *The Zookeeper's Wife*, 2-4PM, held at St Anthony Park Library (2245 Como Ave., lower level)

Outing to Como Conservatory and Zoobota Cafe at 10 AM; lunch expense on your own; call 651-642-9052 if you need transportation

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.