

AUGUST 2024

SUN	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SAT
				1 Tai Ji class 2:00-3:00 pm	2	3
4	5	6 Tai Ji class 2:00-3:00 pm	7 Lunch outing 11:30 am-1:00 pm	8 Handiwork group 10:00 am-noon Tai Ji class 2:00-3:00 pm	9 Blood pressure: Berry 10:30-11:30 am Poetry group 9:00-10:00 am	10
11	12	13	14	15	16	17
18	19	20 Blood pressure: Seal 3:00-3:45 pm	21 Lunch Bunch Noon-1:00 pm	22	23	24
25	26	27 Game Day 10:00 am-11:45 am	28	29	30	31

ACTIVITES DETAILS:

- **Game Day:** Coffee and board games. 10:00-11:45 am. In-person at 2200 Hillside Ave.
- **Handiwork Group:** 10:00 am-noon: Meeting at the **SAP Library** 2245 Como Ave.
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail sc@sapaseniors.org for Zoom link.
- **Lunch outing:** to **Twin Cities 400 Tavern** (American). 1330 Industrial Blvd NE, Minneapolis. 11:30 am-1:00 pm; contact office to register.
- **Poetry Group:** 9:00-10:00 am; 2200 Hillside Ave. Contact office for more information.
- **Tai Ji Quan: Moving for Better Balance II:** In-person at 777 Berry St. 2-3:00 pm; To sign up e-mail vc@sapaseniors.org