

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

November 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2 Tai Ji Quan	3	4 Tai Ji Quan; Caregiver & Bereavement Support Groups	5 Chair yoga	6
7	8	9 Tai Ji Quan	10 Lunch Bunch;	11 Tai Ji Quan;	12 Chair yoga	13
14	15 OARS	16 Tai Ji Quan; Blood pressure	17	18 Tai Ji Quan	19	20
21	22	23 Tai Ji Quan	24	25 Happy Thanksgiving!	26	27
28	29	30 Tai Ji Quan;		New policy as of 1/29/2019: If St. Paul Public Schools are cancelled due to inclement weather, SAPAS exercise and yoga classes will also be cancelled.	Other SAPAS activities may be cancelled due to inclement weather. Please call the office.	

Blood pressure clinic: 3-3:45 AM in the community room at Seal Hi-Rise (825 Seal St.)

Caregiver & Bereavement Support Groups: 10-11:30 AM online; call office or e-mail office@sapaseniors.org for Zoom link

Chair Yoga (no charge): 2-3 pm online; call office or e-mail office@sapaseniors.org to see if space is available

Concert with Dave Lee (no charge): 10 am online; call office or e-mail office@sapaseniors.org for Zoom link

Lunch Bunch (no charge): Online gathering from noon-1 PM; call office or e-mail office@sapaseniors.org for Zoom link

Older Adult Resource Series (OARS) Is It Time for a New Place? by Dr. Ben Rosenstein on Zoom 10 am; call office or e-mail office@sapaseniors.org for Zoom link

Tai Ji Quan-Moving for Better Balance II (no charge): 10 am online; call office or e-mail office@sapaseniors.org to see if space is available

SAPAS does not charge for any of our activities or events. However, sponsoring these activities and events does have a cost to it, so twice a year we send a letter to participants asking for a financial contribution to help offset our costs. We encourage you to participate with St. Anthony Park Area Seniors whether or not you make a financial contribution.