

**St. Anthony Park Area Seniors (651-642-9052) www.sapaseniors.org
APRIL 2019**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 L. exercise class	2 Lib. exercise class	3 LC exercise class; Blood pressure	4 Caregiver & Bereavement Support Groups; L. exercise class	5 Chair Yoga	6
7	8 L. exercise class	9 Lib. exercise class; Seal Blood pressure	10 LC exercise class; Blood pressure; Card-making	11 L. exercise class; Movie; Lib. Blood pressure	12 Game Day; Chair Yoga	13
14	15 L. Exercise class	16 Lib. exercise class; Como Conservatory outing	17 LC exercise class; Blood pressure	18 L. exercise class;	19 Game Day; Chair Yoga	20
21	22 L. exercise class	23 Lib. exercise class	24 LC exercise class; Blood pressure	25 L. exercise class; Breakfast for Caregivers & Care Recipients	26 Chair Yoga	27
28	29 L. Exercise class	30 Lib. exercise class	31 LC exercise class; Blood pressure	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 (checks): 11:30 AM-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)
 Breakfast for Caregivers and Care Recipients: 10 AM-noon at Centennial United Methodist (2200 Hillside) **RSVP** 651-642-9052 by April 18, 2019
 Card-making: Spring and Easter cards 9:30-11 AM in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)
 Caregiver & Bereavement Support Groups: 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.)
 Como Conservatory outing: Conservatory visit and lunch. Please call the SAPAS office at 651-642-9052 to sign up.
 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: 1:30-2 PM held at St Anthony Park Library (2245 Como Ave.)
 Lib Exercise class (no charge): 2:30-3:30 PM held at St Anthony Park Library (2245 Como Ave., lower level)
 Movie Day: *First Man*, 2:00 PM, held at St Anthony Park Library (2245 Como Ave., lower level)
 Older Adult Resource Series (OARS): 4-5:30 PM at SAP Library (2245 Como Ave., lower level)
 Seal blood pressure: 3-3:45 PM, held at Seal Hi-Rise (825 Seal St.)

SAPAS does not charge for any of our activities or events. However, sponsoring these activities and events is not cost-free, 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 whether or not you make a financial contribution.