

# St. Anthony Park Area Seniors (651-642-9052) [www.sapaseniors.org](http://www.sapaseniors.org)

## July 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	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.		<b>1</b> Caregiver & Bereavement Support Groups; Tai Ji Quan	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> Tai Ji Quan	<b>7</b> Lunch Bunch	<b>8</b> Tai Ji Quan	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Guitar Concert with Dave Lee	<b>13</b> Tai Ji Quan	<b>14</b>	<b>15</b> Tai Ji Quan	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> Tai Ji Quan	<b>21</b> Lunch Bunch OARS	<b>22</b> Tai Ji Quan	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Vocal Concert with Ivory Doublette	<b>27</b> Tai Ji Quan	<b>28</b>	<b>29</b> Tai Ji Quan	<b>30</b>	<b>31</b>

Caregiver & Bereavement Support Groups: 10-11:30 AM online; call office or e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) for Zoom link  
 Chair Yoga (no charge): 11 am-noon online; class is full  
 Concert with Dave Lee (no charge): 10 am online; call office or e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) for Zoom link  
 Concert with Ivory Doublette (no charge): 10 am online; call office or e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) for Zoom link  
 Lunch Bunch (no charge): Online gathering from noon-1 PM; call office or e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) for Zoom link  
 Older Adult Resource Series (OARS) "Technology for Older Adults and Those They Care For": 1:30-3 PM online; call or e-mail for Zoom link  
 Tai Ji Quan-Moving for Better Balance I (no charge): 10 am online; call office or e-mail [office@sapaseniors.org](mailto: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.*