

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

May 2021

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

Card-making:

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

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

Cookie decorating (no charge): 11:30 am-12:30 pm online; call office or e-mail office@sapaseniors.org for Zoom link

Coloring day (no charge) : 12:30 – 1:30 pm 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)

Tai Ji Quan-Moving for Better Balance I (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.