

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

October 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.			1 Chair yoga	2
3	4 Walk With Ease	5 Tai Ji Quan	6 Walk With Ease	7 Tai Ji Quan; Caregiver & Bereavement Support Groups	8 Chair yoga	9
10	11	12 Tai Ji Quan; Blood pressure	13 Lunch Bunch;	14 Tai Ji Quan	15 Chair yoga	16
17	18	19 Tai Ji Quan	20	21 Tai Ji Quan	22 Chair yoga	23
24/ 31	25	26 Tai Ji Quan; Blood pressure	27 Lunch Bunch;	28 Tai Ji Quan; OARS	29 Chair yoga	30

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) Medicare 2022 with Chris Abbott on Zoom 1-2 pm; 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
 Walk With Ease (no charge): 10 am at Como Lake; 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.