

# St. Anthony Park Area Seniors (651-642-9052)

## JANUARY 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>1</b> Happy New Year: No exercise class	<b>2</b> Lib. exercise class	<b>3</b> LC exercise class Blood pressure	<b>4</b> Caregiver Support Group; L. Exercise class	<b>5</b> Chair Yoga; Lib. Blood pressure	<b>6</b>
<b>7</b>	<b>8</b> L. Exercise class	<b>9</b> Lib. exercise class; Seal blood pressure	<b>10</b> LC exercise class Blood pressure	<b>11</b> L. Exercise class; Movie	<b>12</b> Game Day; Lib. Exercise class	<b>13</b>
<b>14</b>	<b>15</b> MLK Holiday: No Exercise class	<b>16</b> Lib. exercise class	<b>17</b> LC exercise class; Blood pressure	<b>18</b> L. Exercise class	<b>19</b> Game Day; Chair Yoga	<b>20</b>
<b>21</b>	<b>22</b> L. Exercise class	<b>23</b> Lib. exercise class	<b>24</b> LC exercise class; Blood pressure	<b>25</b> L. exercise class	<b>26</b> Lib. exercise class	<b>27</b>
<b>28</b>	<b>29</b> L. exercise class	<b>30</b> Lib. exercise class	<b>31</b> LC exercise class; Blood pressure; Card-making			

Blood pressure (checks): 11:30 AM-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)  
 Card-making event: Make Valentines! 9:30-11 AM in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)  
 Caregiver Support Group: 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.)  
 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: 2-2:30 PM held at St Anthony Park Library (2245 Como Ave.)  
 Lib Exercise class (no charge): 2:30-3:30PM held at St Anthony Park Library (2245 Como Ave., lower level)  
 Movie Day (no charge); *Wonder Woman*, 2 PM, held at St Anthony Park Library (2245 Como Ave., lower level)  
 Seal blood pressure: 3-3:45 PM, held at Seal Hi-Rise (825 Seal St.)

*We offer all of our activities and events at no charge. However, because it costs something to offer these activities we are asked to mail a cost-sharing letter to you twice each year to ask for your financial contribution toward these activities and events. Your participation does not depend on your contribution.*