

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

## JULY 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						<b>1</b>
<b>2</b>	<b>3</b> L. Exercise class	<b>4</b> HOLIDAY NO exercise class	<b>5</b> LC exercise class Blood pressure	<b>6</b> L. Exercise class	<b>7</b> Chair Yoga; Lib. Blood pressure	<b>8</b>
<b>9</b>	<b>10</b> L. Exercise class	<b>11</b> Lib. exercise class; Seal blood pressure	<b>12</b> LC exercise class; Blood pressure	<b>13</b> L. Exercise class; Movie	<b>14</b> Game Day; Lib. Exercise class	<b>15</b>
<b>16</b>	<b>17</b> L. Exercise class	<b>18</b> Lib. exercise class	<b>19</b> LC exercise class; Blood pressure	<b>20</b> L. Exercise class; Lunch outing	<b>21</b> Game Day; Chair Yoga	<b>22</b>
<b>23</b>	<b>24</b> L. Exercise class	<b>25</b> Lib. exercise class	<b>26</b> LC exercise class; Blood pressure	<b>27</b> L. Exercise class	<b>28</b> Lib. Exercise class	<b>29</b>
<b>30</b>	<b>31</b> L. Exercise class					

Blood pressure (checks): 11:30 AM-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)

Game Day (no charge): 10-noon; CLUBHOUSE, 1612 Pleasant St. in Lauderdale—right off of Larpenteur Ave.)

L Exercise class (no charge): 2-3PM, held at Lauderdale City Hall (1891 Walnut Street)

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)

Lunch outing to Kramarczuk's (215 East Hennepin Ave., Minneapolis, 55414); lunch expense on your own; call 651-642-9052 if you need transportation

Movie Day (no charge); *Zootopia*, 2-4PM, 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, 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.*