

St. Anthony Park Area Seniors

(651-642-9052)

2017 JUNE

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

Blood pressure (no charge): 11:30-noon on Wednesdays at Centennial United Methodist Church-SAP (2200 Hillside)

Chair Yoga (no charge) 2:30-3:30 PM, St Anthony Park Library (2245 Como Ave., lower lever)

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

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

LC Exercise class (no charge): 10:30-11:30 at Centennial United Methodist Church-SAP (2200 Hillside Ave)

Lib Blood pressure (no charge): 2-2:30 PM, St Anthony Park Library (2245 Como Ave., lower lever)

Lib Exercise class (no charge): 2:30-3:30 PM held at St Anthony Park Library (2245 Como Ave., lower level)

Lunch outing (no charge, except your lunch): 11 AM, D'Amicos & Sons (1490 County B, Roseville)

Movie Day (no charge); "Collateral Beauty" 2 PM, held at St Anthony Park Library (2245 Como Ave., lower level)

Seal Blood pressure (no charge): 3-3:30 PM at Seal Hi-Rise (825 Seal St.)

Sweet Celebration: 3-5 PM at Centennial United Methodist Church –SAP (2200 Hillside Ave.) Have a treat on us!

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.