

# St. Anthony Park Area Seniors (651-642-9052) [www.sapaseniors.org](http://www.sapaseniors.org)

## MAY 2019

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.	<b>1</b> LC exercise class; Blood pressure	<b>2</b> Caregiver & Bereavement Support Groups; L. exercise class	<b>3</b> Chair Yoga	<b>4</b>
<b>5</b>	<b>6</b> L. exercise class	<b>7</b> Lib. exercise class;	<b>8</b> LC exercise class; Blood pressure;	<b>9</b> L. exercise class; Movie;	<b>10</b> Game Day; Chair Yoga	<b>11</b>
<b>12</b>	<b>13</b> L. Exercise class	<b>14</b> Lib. exercise class; Seal Blood pressure; Outing	<b>15</b> LC exercise class; Blood pressure	<b>16</b> L. exercise class; OARS	<b>17</b> Game Day; Chair Yoga	<b>18</b>
<b>19</b>	<b>20</b> L. exercise class	<b>21</b> NO exercise class; Sweet Celebration	<b>22</b> LC exercise class; Blood pressure	<b>23</b> L. exercise class	<b>24</b> NO Chair Yoga	<b>25</b>
<b>26</b>	<b>27</b> NO Exercise class	<b>28</b> NO exercise class	<b>29</b> LC exercise class; Blood pressure	<b>30</b> L. exercise class	<b>31</b> NO Chair Yoga	

Blood pressure (checks): 11:30 AM-noon in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)  
 Breakfast for Caregivers and Care Recipients: 10 AM-noon at Centennial United Methodist (2200 Hillside) **RSVP** 651-642-9052 by April 18, 2019  
 Card-making: Spring and Easter cards 9:30-11 AM in Fellowship Hall at Centennial United Methodist Church (2200 Hillside Ave.)  
 Caregiver & Bereavement Support Groups: 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 Exercise class (no charge): 2:30-3:30 PM held at St Anthony Park Library (2245 Como Ave., lower level)  
 Movie Day: *Green Book*, 2:00 PM, held at St Anthony Park Library (2245 Como Ave., lower level)  
 Older Adult Resource Series (OARS): Liz Pierce "Wills, POA, Healthcare Directives" 4-5:30 PM at SAP Library (2245 Como Ave., lower level)  
 Outing: Lunch at Portillo's (1800 Cty Rd B2) at 11 AM. Please call the SAPAS office at 651-642-9052 to sign up by May  
 Seal blood pressure: 3-3:45 PM, held at Seal Hi-Rise (825 Seal St.)  
 Sweet Celebration: 3-5 PM on the lawn at 2200 Hillside Ave. Come and have a sweet treat with us!  
*SAPAS does not charge for any of our activities or events. However, sponsoring these activities and events is not cost-free, 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 whether or not you make a financial contribution.*