

**St. Anthony Park Area Seniors (651-642-9052) [www.sapaseniors.org](http://www.sapaseniors.org)**  
**SEPTEMBER 2019**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>1</b>	<b>2</b> NO L. exercise class	<b>3</b> Lib. exercise class;	<b>4</b> NO LC exercise class; NO Blood pressure;	<b>5</b> L exercise class; Caregiver & Bereavement Support Groups	<b>6</b> Chair Yoga	<b>7</b>
<b>8</b>	<b>9</b> L. exercise class	<b>10</b> Lib. exercise class; Seal Blood pressure	<b>11</b> LC exercise class; Blood pressure;	<b>12</b> L. exercise class; Movie;	<b>13</b> Chair Yoga; Game Day	<b>14</b>
<b>15</b>	<b>16</b> L. Exercise class	<b>17</b> Lib. exercise class;	<b>18</b> LC exercise class; Blood pressure	<b>19</b> L. exercise class; OARS	<b>20</b> Game Day; Chair Yoga	<b>21</b>
<b>22</b>	<b>23</b> L. exercise class	<b>24</b> Lib. exercise class; Outing	<b>25</b> LC exercise class; Blood pressure	<b>26</b> L. exercise class;	<b>27</b> Chair Yoga	<b>28</b>
<b>29</b>	<b>30</b> L. exercise class			<b>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.</b>	<b>Other SAPAS activities may be cancelled due to inclement weather. Please call the office.</b>	

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**

Card-making:

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: *Crazy Rich Asians*, 2:00 PM, held at St Anthony Park Library (2245 Como Ave., lower level)

Older Adult Resource Series (OARS): "Staying Independent Longer by Addressing Hearing, Vision and Oral Health Issues" 2 PM at SAP library (2245 Como Ave.)

Outing: Lunch at Tavern on Grand (656 Grand Ave.) at 11 AM. Please call the SAPAS office at 651-642-9052 to sign up by September 23.

Seal blood pressure: 3-3:45 PM, held at Seal Hi-Rise (825 Seal St.)

*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.*