

August

Aging Ahead - St. Peters

636-278-2410

2019

Monday		Tuesday		Wednesday		Thursday		Friday	
						1	Dance Aerobics 10:00 Bingo 12:15 Pinochle (after lunch)	2	Senior exercise 9:15& 10:15 Tai Chi 9:15 Arthritis exercise 10:30
5	Senior exercise 9:15 & 10:15 Arthritis exercise 9:20 Bingo 12:15	6	Music, Dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	7	Balance & Strength Training 9:30 Arthritis Exercise 10:30	8	No dance aerobics today Bingo 12:15 Pinochle (after lunch)	9	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30
12	Senior Exercise 9:15 & 10:15 Arthritis Exercise 9:20 Bingo 12:15	13	Support Committee election today. Music, dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	14	Balance & Strength Training 9:30 Arthritis exercise 10:30 New Support Committee meets today to elect officers.	15	Dance Aerobics 10:00 Bingo 12:15 Pinochle (after lunch) Lamar Pilsing 10:00	16	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30
19	Senior Exercise 9:15 & 10:15 Arthritis exercise 9:20 Bingo 12:15 Birthday party today Fraud fact with Jen	20	Music, dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	21	Balance & Strength Training 9:30 Arthritis exercise 10:30	22	Dance Aerobics 10:00 Bingo 12:15 Pinochle (after lunch)	23	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30
26	Senior Exercise 9:15 & 10:15 Arthritis exercise 9:20 Bingo 12:15	27	Music, dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	28	Balance & Strength Training 9:30 Arthritis exercise 10:30	29	Dance Aerobics 10:00 Bingo 12:15 Pinochle (after lunch) End of summer sock hop! We're going back to the 50's so dress the part if you wish.	30	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30