

July

Aging Ahead - St. Peters

636-278-2410

2019

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Senior exercise 9:15 & 10:15 Arthritis Exercise 9:20 Bingo 12:15	2	Music, Dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	3	Balance & Strength Training 9:30 Arthritis Exercise 10:30	4	Center closed for holiday	5	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30
8	Senior Exercise 9:15 & 10:15 Arthritis Exercise 9:20 Bingo 12:15 Support Committee 1:00 Well Home sponsors Bingo today. 12:15	9	Music, Dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	10	Balance & Strength Training 9:30 Arthritis Exercise 10:30	11	Dance Aerobics 10:00 Bingo 12:15 Pinochle (after lunch) Blood Pressure checks with From our heart to yours 10:00	12	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30
15	Senior Exercise 9:15 & 10:15 Arthritis Exercise 9:20 Bingo 12:15 Birthday Party Fraud fact with Jen	16	Music, dancing 10:00 Tai Chi 10:00 Pinochle (after lunch) Farmer's Market sign ups today.	17	Balance & Strength Training 9:30 Arthritis Exercise 10:30	18	Dance Aerobics 10:00 Trivia 11:00 United Healthcare to sponsor bingo 12:15 Entertainment today 10:00 Pinochle (after lunch)	19	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30
22	Senior Exercise 9:15 & 10:15 Arthritis Exercise 9:20 Bingo 12:15 St. Peters Manor sponsors Bingo today.	23	Music, dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	24	Balance & Strength Training 9:30 Arthritis Exercise 10:30	25	Dance Aerobics 10:00 Trivia 11:00 Bingo 12:15 Pinochle (after lunch) * Kyle Gaines SCCAD 1:00 From our heart to yours sponsors Bingo	26	Senior Exercise 9:15 & 10:15 Tai Chi 9:15 Arthritis Exercise 10:30
29	Senior Exercise 9:15 & 10:15 Arthritis Exercise 9:20 Bingo 12:15	30	Music, Dancing 10:00 Tai Chi 10:00 Pinochle (after lunch)	31	Balance & Strength Training 9:30 Arthritis Exercise 10:30	* Billard tables available every day except Monday. Kyle Gaines from the ambulance district speaks at the Senior Advisory Meeting 1:00. All are welcome.		The suggested donation for all senior meals is \$4.00 All donations are appreciated!	

Daily Menus May Change Without Notice