







January

**Aging Ahead St. Peters Senior Center**

636-278-2410

2025

**Activities**

| Monday  |  | Tuesday  |  | Wednesday   |  | Thursday   |  | Friday  |  |
|---|--|--|--|---|--|--|--|---|--|
|    |  |  |  | 1 Center Closed   |  | 2 Trivia 10:30<br>Bingo begins around 12:15  |  | 3 Senior Exercise 9:30<br>Arthritis Exercise 10:30<br><br>Loom Knitting Group 12-2  |  |
|   |  |  |  |                                       |  |  |  |   |  |
| 6 Senior Exercise 9:30<br>Tai Chi 10:30<br>Chair Yoga 11:00<br>Bingo 10:30  |  | 7 Strength & Balance 9:30<br>Arthritis Class 10:30<br><br>Card Games<br>Board Games  |  |   |  | 8<br><br> Card Games<br>Board Games |  | 9 Trivia 10:00<br>Fire Safety Presentation 10:30<br><br>Bingo begins around 12:15   |  |
| 13 Senior Exercise 9:30<br>Tai Chi 10:30<br>Chair Yoga 11:00<br>Bingo 10:30 (Bring an item)<br>Blood Pressure<br>Checks 9:30-10:30<br>Support Com. Mtg. 12 PM |  | 14 Strength & Balance 9:30<br>Arthritis Class 10:30<br><br>Card Games<br>Board Game  |  | 15<br><br> Card Games<br>Board Games   |  | 16 Entertainment:<br>Singer, David Green<br><br>Bingo begins around 12:15  |  | 17 Senior Exercise 9:30<br>Arthritis Exercise 10:30<br><br>Loom Knitting Group 12-2 |  |
| 20 Senior Exercise 9:30<br>Tai Chi 10:30<br>Chair Yoga 11:00<br>Bingo 10:30 (Bring an item)<br>Crafts 12:00<br>January birthday party<br>MLK Day              |  | 21 Strength & Balance 9:30<br>Arthritis Class 10:30<br><br>Card Games<br>Board Games |  | 22<br><br> Card Games<br>Board Games |  | 23 Trivia 10:30<br>Bingo begins around 12:15   |  | 24 Senior Exercise 9:30<br>Arthritis Exercise 10:30<br><br>Loom Knitting Group 12-2 |  |
| 27 Senior Exercise 9:30<br>Tai Chi 10:30<br>Chair Yoga 11:00<br>Bingo 10:30 (Bring an item for the prize table)   |  | 28 Strength & Balance 9:30<br>Arthritis Class 10:30<br><br>Card Games<br>Board Games |  | 29<br><br> Card Games<br>Board Games |  | 30 Trivia 10:30<br>Bingo begins around 12:15   |  | 31 Senior Exercise 9:30<br>Arthritis Exercise 10:30<br><br>Loom Knitting Group 12-2 |  |

\* Reservations requested for these activities.

In case of inclement weather, please call ahead or watch local media for notice of closures.