

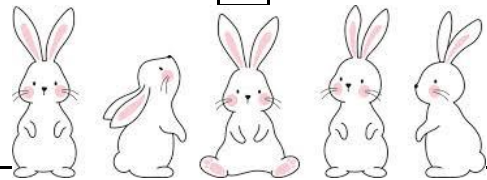
April

Aging Ahead St. Peters Senior Center

636-278-2410

Activities

2025

Monday		Tuesday		Wednesday		Thursday		Friday	
		1	Strength & Balance 9:30 Arthritis Class Card Games Board Games	2	Card Games Board Games Balance Class* 10 a.m.	3	Trivia 10:30 Bingo begins around 12:15	4	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2
7	Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 Bingo 10:30 <i>Easter/Spring Craft-Noon</i>	8	Strength & Balance 9:30 Arthritis Class 10:30 Card Games Board Games	9	Card Games Board Games Balance Class* 10 a.m.	10	Trivia 10:30 Bingo begins around 12:15	11	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2
14	Blood Pressure Checks 9:30-10:30 Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 Bingo 10:30 Support Committee Mtg 12 pm	15	Strength & Balance 9:30 Arthritis Class 10:30 Card Games Board Games	16	Card Games Board Games Balance Class* 10 a.m.	17	Entertainment: Sterling Lloyd <i>Easter Lunch</i> Bingo begins around 12:15	18	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2
21	Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 April Birthday Celebration Bingo 10:30	22	Strength & Balance 9:30 Arthritis Class 10:30 Card Games Board Games	23	Card Games Board Games Balance Class* 10 a.m.	24	Trivia 10:30 Bingo begins around 12:15	25	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2
28	Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 Bingo 10:30	29	Strength & Balance 9:30 Arthritis Class 10:30 Card Games Board Games	30	Card Games Balance Class* 10 a.m.				

*This activity requires a reservation.