

SLP Senior Program

Monday, June 1

9am Woodworking Shop

9am Lenox Woodcrafters

9am Seniorcize To The Core

10:15am Weight Loss Support Group

11:30am Lap Swimming at Central Pool

1pm 500 Cards

7:30pm SAT Ballroom/Variety Dance Lessons

Deadline: Perky Parkettes Luncheon, 4th Anniversary Celebration and Variety Show, June 8

Tuesday, June 2

9am Foot Care Clinic, by appt. only

9am Needlecraft

9am Men's Group Presentation: Frank Blake, member, Topic: His Book Dealing With WW II Experiences

9am Woodworking Shop

11:30am Lap Swimming at Central Pool

1pm Party Bridge

1pm Senior Aquasize at Central Pool

1pm Computer Buddy Club

Wednesday, June 3

9am Seniorcize To The Core

9am Woodworking Shop

10:15am Enhance Fitness, Drop In & Pay At The Door

11:30am Lap Swimming at Central Pool

12:15pm Duplicate Bridge

1pm Bingo

1pm Health Insurance Counseling, by appt. only

Deadline: Senior Program Annual Meeting and Luncheon, June 9

Thursday, June 4

9a.m Woodworking Shop

9a.m Party Decorations

9am Golden Kiwanis Fellowship

9:30am Tai Chi Ch'uan

10:15am Enhance Fitness, Drop In & Pay At The Door

11:30am Lap Swimming at Central Pool

1pm Senior Aquasize at Central Pool

1pm Ballroom Dancing with Dick Macko Band

1pm Women's Friendship Group

1pm Ponytail Canasta

1pm Senior Video Club Open House

Friday, June 5

9am Senior Video Club Open House

9am Woodworking Shop

9am Fit 'n' Trim Exercise

10am Cribbage

10am 500 Cards

10:15am Enhance Fitness, Drop In & Pay At The Door

11:30am Lap Swimming at Central Pool

Deadline: Parktacular's The Medicine Show Music Company, Marriot Minneapolis West, June 18

The St. Louis Park Senior Program is located in Lenox Community Center at 6715 Minnetonka Blvd.

The Program is open to adults 55 and older. Registration is required for most programs.

For information call 952-928-6444 or online at www.slpseniors.org

SLP Senior Program

Monday, June 8

8:30am Voting for 2009 – 2011 Senior Advisory Council Candidates

9am Woodworking Shop

9am Lenox Woodcrafters

9am Seniorcize To The Core

9:30am New and Prospective Member Coffee & Tour
10:15am Enhance Fitness, wk 5
10:15am Weight Loss Support Group
11:30am Perky Parkettes Luncheon, 4th Anniversary Celebration & Variety Show
11:30am Lap Swimming at Central Pool
1pm 500 Cards
7:30pm SAT Ballroom/Variety Dance Lessons
Deadline: Treasure Island Lunch Cruise and Casino, June 24

Tuesday, June 9

8:30am Voting for 2009 – 2011 Senior Advisory Council Candidates
9am Checkbook Counseling
9am Needlecraft
9am Men's Group Presentation: Banking Procedures, Branch Manager M & I Bank
9am Woodworking Shop
10am Poker Magic
11:30am Senior Program Annual Meeting and Luncheon
11:30am Lap Swimming at Central Pool
1pm Party Bridge
1pm Senior Aquasize at Central Pool
1pm Computer Buddy Club

Wednesday, June 10

9am Seniorize To The Core
9am Woodworking Shop
10:15am Enhance Fitness, Drop In
11:30am Lap Swimming at Central Pool
12:15pm Duplicate Bridge
1:30pm Birthday Celebration - Sentimental Journey with Vocalist Glenda Reid
Deadline: The Machine Shed Restaurant, June 15

Thursday, June 11

9am MN Highway Safety Sr. Driving Improvement; 4 hr Refresher Class
9a.m Woodworking Shop
9a.m Ceramics
9am Golden Kiwanis Fellowship
9:30am Tai Chi Ch'uan
10:15am Enhance Fitness, Drop In & Pay At The Door
11:30am Lap Swimming at Central Pool
1pm Senior Aquasize at Central Pool
1pm Ballroom Dancing with Dick Macko Band
1pm Women's Friendship Group
5pm MN Highway Safety Sr. Driving Improvement; 4 hr Refresher Class
Deadline: Is There A Doctor in the House, Minnesota Centennial Showboat and Lunch, July 14

Friday, June 12

9am Woodworking Shop
9am Fit 'n' Trim Exercise
10am Cribbage
10:15am Enhance Fitness, Drop In
10am 500 Cards
10:15am Enhance Fitness, Drop In & Pay At The Door
11:30am Lap Swimming at Central Pool
1pm Outing: When the Lights Go On Again, New Fogey Follies
Deadline: Wii, Free Introductory Sessions, June 19

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SLP Senior Program

Monday, June 15

9am Woodworking Shop
9am Lenox Woodcrafters

9am Seniorcize To The Core
10:15am Enhance Fitness, 5 wk series begins
10:15am Weight Loss Support Group
10:30am Mondays with the Manager
10:50am Outing: The Machine Shed Restaurant
12pm Lap Swimming at Central Pool
1pm 500 Cards
4pm Alzheimer's Disease Support Group
7:30pm SAT Ballroom/Variety Dance Lessons

Tuesday, June 16

9am Needlecraft
9am Men's Group Presentation: Adult Health and Companion Care Chris Rivard
9am Woodworking Shop
11:15am Arthritis Exercise, 8 wk series begins
12pm Senior Aquasize at Central Pool
1pm Party Bridge
1pm Computer Buddy Club
Deadline: Wii Bowling, 5 wk session begins, June 23

Wednesday, June 17

9am Seniorcize To The Core
9am Woodworking Shop
10:15am Enhance Fitness, 5 wk series begins
12pm Lap Swimming at Central Pool
12:15pm Duplicate Bridge
1pm Bingo

Thursday, June 18

9a.m Woodworking Shop
9a.m Party Decorations
9am Golden Kiwanis Fellowship
9:30am Tai Chi Ch'uan
12pm Senior Aquasize at Central Pool
1pm Ballroom Dancing with Dick Macko Band
1pm Ponytail Canasta
1pm Women's Friendship Group
1:30pm Book Club: Big Russ & Me
4:30pm Parktaclular at Marriot Minneapolis West. The Medicine Show Music Company
Deadline: Wii Bowling, 5 wk session begins June 25

Friday, June 19

9am Woodworking Shop
9am Fit 'n' Trim Exercise
10am Wii Free Introductory Session
10am Cribbage
10am 500 Cards
10:15am Enhance Fitness, 5 wk series begins
11am Wii Free Introductory Session
12pm Lap Swimming at Central Pool
1pm Wii Free Introductory Session

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SLP Senior Program

Monday, June 22

9am Woodworking Shop
9am Lenox Woodcrafters
9am Seniorcize To The Core
10:15am Enhance Fitness, wk 2

10:15am Weight Loss Support Group
12pm Lap Swimming at Central Pool
1pm 500 Cards
7:30pm SAT Ballroom/Variety Dance Lessons

Tuesday, June 23

9am Needlecraft
9am Men's Group Presentation: President, Adult Health & Companion Care Chris Rivard
9am Woodworking Shop
10am Poker Magic
11:15am Arthritis Exercise, wk 2
12pm Senior Aquasize at Central Pool
1pm Party Bridge
1pm Computer Buddy Club
1pm Wii Bowling, 5 wk session begins

Wednesday, June 24

9am Seniorize To The Core
9am Woodworking Shop
10:15am Enhance Fitness, wk 2
10:30am Outing: Treasure Island Lunch Cruise and Casino
11:15am Arthritis Exercise
12pm Lap Swimming at Central Pool
12:15pm Duplicate Bridge
12:30pm 500 Tournament

Thursday, June 25

9a.m Woodworking Shop
9a.m Ceramics
9am Golden Kiwanis Fellowship
9:30am Tai Chi Ch'uan
10:30am Wii Bowling, 5 wk session begins
12pm Senior Aquasize at Central Pool
1pm Ballroom Dancing with Dick Macko Band
1pm Women's Friendship Group

Friday, June 26

9am Woodworking Shop
9am Fit 'n' Trim Exercise
10am Cribbage
10am 500 Cards
10:15am Enhance Fitness, wk 2
12pm Lap Swimming at Central Pool

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SLP Senior Program

Monday, June 29

9am Woodworking Shop
9am Lenox Woodcrafters
10:15am Enhance Fitness, wk 3
10:15am Weight Loss Support Group
12pm Lap Swimming at Central Pool
1pm 500 Cards
7:30pm SAT Ballroom/Variety Dance Lessons

Tuesday, June 30

9am Needlecraft
9am Men's Group Presentation: State Representative, Steve Simon
9am Woodworking Shop
11:15am Arthritis Exercise, wk 3
12pm Senior Aquasize at Central Pool

1pm Party Bridge
1pm Wii Bowling, wk 2

Wednesday, July 1

9am Woodworking Shop
10:15am Enhance Fitness, wk 3
12pm Lap Swimming at Central Pool
12:15pm Duplicate Bridge
1pm Bingo
1pm Health Insurance Counseling
Deadline: Apostle Islands 2 Day Trip, Deposit Due

Thursday, July 2

9a.m Woodworking Shop
9am Party Decorations
9am Golden Kiwanis Fellowship
9:30am Tai Chi Ch'uan
10:30am Wii Bowling, week 2
12pm Senior Aquasize at Central Pool
1pm Ballroom Dancing with Dick Macko Band
1pm Women's Friendship Group
1pm Ponytail Canasta

Friday, July 3

Lenox Community Center and Senior Program Closed

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