

SLP Senior Program June-July 2009

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

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, July 6

9am Woodworking Shop
9am Lenox Woodcrafters
9am Seniorcize To The Core
10:15am Enhance Fitness, wk 4
10:15am Weight Loss Support Group
12pm Lap Swimming at Central Pool
1pm 500 Cards
7:30pm SAT Ballroom/Variety Dance Lessons
Deadline: Minnesota Jazz All Stars at Old Log Theater, July 20

Tuesday, July 7

9am Needlecraft
9am Men's Group Presentation: Karen Richter, National Pork Board
9am Woodworking Shop

11:15am Arthritis Exercise
12pm Senior Aquasize at Central Pool
1pm Party Bridge
1pm Computer Buddy Club
1pm Wii Bowling, wk 3

Wednesday, July 8

9am Foot Care Clinic, by appt. only
9am Seniorcize To The Core
9am Woodworking Shop
10am History of Property Taxes
10:15am Enhance Fitness, wk 4
12pm Lap Swimming at Central Pool
12:15pm Duplicate Bridge
1:30pm Birthday Celebration - Bud Kraehling and wife Shirley Lockwood

Thursday, July 9

9a.m Woodworking Shop
9a.m Ceramics
9am MN Highway Safety Sr. Driving Improvement; 4 hr Refresher Class
9am Golden Kiwanis Fellowship
9:30am Tai Chi Ch'uan
10:30am Wii Bowling, week 3
12pm Senior Aquasize at Central Pool
1pm Ballroom Dancing with Dick Macko Band
1pm Women's Friendship Group

Friday, July 10

9am Woodworking Shop
9am Fit 'n' Trim Exercise
10am Cribbage
10am 500 Cards
10:15am Enhance Fitness, wk 3
12pm Lap Swimming at Central Pool
1pm Lenox Senior Program Summer Hours – No Afternoon Activities
Deadline: Photography Class: The Fine Art of Seeing, July 15
Deadline: Cirque du Soleil "KOOZA" July 24

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SLP Senior Program

Monday, July 13

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 Lunch at Crossroads Deli
12pm Lap Swimming at Central Pool
1pm 500 Cards
7:30pm SAT Ballroom/Variety Dance Lessons
Deadline: Lark Toys in Kellogg MN, Lake City Tour & Lunch at Chickadee Cottage Cafe, July 30

Tuesday, July 14

9am Needlecraft
9am Men's Group Presentation: Steve Benson, Executive Director,
Osher Lifelong Learning
9am Checkbook Counseling

9am Woodworking Shop
10am Poker Magic
12pm Senior Aquasize at Central Pool
12:15pm Outing: Is There a Doctor in the House? MN Centennial Showboat & Lunch
1pm Wii Bowling, wk 4
1pm Party Bridge
1pm Computer Buddy Club
5pm MN Highway Safety Sr. Driving Improvement; 8 hr Program; part 1

Wednesday, July 15

9am Seniorcize To The Core
9am Woodworking Shop
10am Photography Class: The Fine Art of Seeing
10:15am Enhance Fitness, wk 5
12pm Lap Swimming at Central Pool
12:15pm Duplicate Bridge
1pm Bingo
Deadline: Apostle Island Tour Final Balance Due
Deadline: Lola's Lakehouse Restaurant, July 20

Thursday, July 16

9a.m Woodworking Shop
9a.m Party Decorations
9am Golden Kiwanis Fellowship
9:30am Tai Chi Ch'uan
10:30am Wii Bowling, week 4
11:15am Group Arthritis Exercise, 7 wk series begins
12pm Senior Aquasize at Central Pool
1pm Ballroom Dancing with Dick Macko Band
1pm Women's Friendship Group
1pm Ponytail Canasta
1:30pm Book Club: Out Stealing Horses
5pm MN Highway Safety Sr. Driving Improvement; 8 hr Program; part 2

Friday, July 17

9am Woodworking Shop
9am Fit 'n' Trim Exercise
10am Cribbage
10am 500 Cards
10:15am Enhance Fitness, wk 4
12pm Lap Swimming at Central Pool
1pm Lenox Senior Program Summer Hours – No Afternoon Activities
Deadline: Volunteer Luncheon, July 24

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SLP Senior Program

Monday, July 20

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: Lola's Lakehouse Restaurant
12pm Lap Swimming at Central Pool
1pm 500 Cards
4pm Alzheimer's Disease Support Group
6:30pm Outing: Minnesota Jazz All Stars at Old Log Theater
7:30pm SAT Ballroom/Variety Dance Lessons

Albuquerque Balloon Fiesta & Santa Fe, Final Payment Due

Tuesday, July 21

- 9am Needlecraft
- 9am Men's Group
- 9am Woodworking Shop
- 11:15am Arthritis Exercise
- 12pm Senior Aquasize at Central Pool
- 1pm Party Bridge
- 1pm Computer Buddy Club
- 1pm Wii Bowling, wk 5
- Deadline: Wii Tennis, 5 week session begins July 28

Wednesday, July 22

- 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
- 12:30pm 500 Tournament

Thursday, July 23

- 9a.m Woodworking Shop
- 9a.m Ceramics
- 9am Golden Kiwanis Fellowship
- 9:30am Tai Chi Ch'uan
- 10:30am Wii Bowling, week 5
- 11:15am Group Arthritis Exercise, wk 2
- 12pm Senior Aquasize at Central Pool
- 1pm Ballroom Dancing with Dick Macko Band
- 1pm Women's Friendship Group
- Deadline: Governor's Mansion & Lunch at Downtowner Grill, August 4
- Deadline: Wii Tennis, 5 wk session begins July 30

Friday, July 24

- 9am Woodworking Shop
- 9am Fit 'n' Trim Exercise
- 10am Cribbage
- 10am 500 Cards
- 11am Volunteer Luncheon
- 12pm Lap Swimming at Central Pool
- 1pm Lenox Senior Program Summer Hours – No Afternoon Activities
- 2:30pm Outing: Cirque du Soleil "KOOZA"

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SLP Senior Program

Monday, July 27

- 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
- 12:30pm Perky Parkettes General Meeting
- 1pm 500 Cards
- 7:30pm SAT Ballroom/Variety Dance Lessons

Tuesday, July 28

- 9am Needlecraft

9am Men's Group
9am Woodworking Shop
10am Poker Magic
11:15am Arthritis Exercise
12pm Senior Aquasize at Central Pool
1pm Party Bridge
1pm Computer Buddy Club
1pm Wii Tennis, 5 wk session begins

Wednesday, July 29

9am Seniorcize To The Core
9am Woodworking Shop
10:15am Enhance Fitness, wk 2
12pm Lap Swimming at Central Pool
12:15pm Duplicate Bridge

Thursday, July 30

8:15am Outing: Lark Toys in Kellogg MN, Lake City Tour & Lunch
at Chickadee Cottage Café
9a.m Woodworking Shop
9am Golden Kiwanis Fellowship
9:30am Tai Chi Ch'uan
10:30am Wii Tennis, 5 week session begins
11:15am Group Arthritis Exercise, wk 3
12pm Senior Aquasize at Central Pool
1pm Ballroom Dancing with Dick Macko Band
1pm Women's Friendship Group
Deadline: Funny Money at Old Log Theater

Friday, July 31

9am Fit 'n' Trim Exercise
9a.m Woodworking Shop
10am 500 Cards
10am Cribbage
10:15am Enhance Fitness, wk 5
12pm Lap Swimming at Central Pool
1pm Lenox Senior Program Summer Hours – No Afternoon Activities

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