

SLP SENIOR PROGRAM

March 2012

The St. Louis Park 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.communityed.com. Add Tax Assistance Tuesdays and Thursdays 8:30 a.m.- 11 a.m. Feb. 1 - April 12, 2012

THURSDAY, MARCH 1

9am Woodworking Shop
9:30am T'ai Chi Ch'uan
9am Golden Kiwanis
1pm Ballroom Dancing with Live Music
1pm Canasta
1pm Women's Friendship Group

FRIDAY, MARCH 2

9am Woodworking Shop
9:30am Open Computer Lab
9:05am EnhanceFitness
10:15am EnhanceFitness
11:45am American Contract Bridge League
1pm Cribbage
1pm Play 500

MONDAY, MARCH 5

9am Lenox Woodcrafters
9am Lenox Working
9:05am EnhanceFitness
10:15am EnhanceFitness
10:50am Tavern on Grand
1pm Play 500
6pm Open Basketball

TUESDAY, MARCH 6

9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
9am Gentle Yoga
1pm Computer Buddy
1pm Party Bridge

WEDNESDAY, MARCH 7

9am Woodworking Shop
9am Nordic Walking Club
9:05am EnhanceFitness
10am Wii Introduction to Bowling
10:15am EnhanceFitness
11:30am Country Music Line Dancing
12:30pm Grand Ole Old Opry Country Music Jam Session
1pm Bingo
1pm Health Insurance Counseling
5:30pm Intermediate Woodworking

THURSDAY, MARCH 8

9am Woodworking Shop
9:30am T'ai Chi Ch'uan
9am Golden Kiwanis
1pm Ballroom Dancing with Live Music
1pm Women's Friendship Group

FRIDAY, MARCH 9

9am Woodworking Shop
9am Senior Driver Refresher Course 4 hr.
9:30am Open Computer Lab
9:05am EnhanceFitness
10:15am EnhanceFitness
10:30am Travel Preview for 2012
11:45am American Contract Bridge League
1pm Play 500
1pm Cribbage

MONDAY, MARCH 12

9am Lenox Woodcrafters
9:05am EnhanceFitness
9:30am New Member Coffee and Tour
10:15am EnhanceFitness
11:30am Red Hat Society Lunch Perkins
1pm Play 500
5:30pm Open Woodshop

TUESDAY, MARCH 13

9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
9am Gentle Yoga
10am 1 on 1 Advance Care Directive Assistance
1pm Advisory Council Meeting
1pm Free Legal Consultations
1pm Party Bridge

WEDNESDAY, MARCH 14

9am Woodworking Shop
9am Nordic Walking Club
9:05am EnhanceFitness
10:15am EnhanceFitness
1pm Happy Feet
1:30pm Introduction to Nordic Walking
1:30p.m. Birthday Party Ken Wanovich
5pm Senior Driver Refresher Course 4 hr.
5:30pm Intermediate Woodworking

THURSDAY, MARCH 15

9am Party Decorations
9am Golden Kiwanis
9am Woodworking Shop
9:30am T'ai Chi Ch'uan
10:30am Women's Health Panel
1pm Canasta
1pm Ballroom Dancing with Live Music
1pm Women's Friendship Group

FRIDAY, MARCH 16

9am Woodworking Shop
9:05am EnhanceFitness
9:30am Open Computer Lab
10:15am EnhanceFitness
11:45pm American Contract Bridge League
1pm Cribbage
1pm Play 500

MONDAY, MARCH 19

9am Lenox Woodcrafters
9:05am EnhanceFitness
10:15am EnhanceFitness
1pm Play 500
3pm Alzheimer's Support Group
5:30pm Open Wood Working

TUESDAY, MARCH 20

9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
9am Gentle Yoga

WEDNESDAY, MARCH 21

9am Woodworking Shop
9am Nordic Walking Club
9:05am EnhanceFitness
10am Topic: Pierre August Genoir: The Gentle Impressions
10:05am EnhanceFitness
1pm Bingo
1pm Regain Control! Clean Your Home and Your Mind
5:30pm Intermediate Woodworking

THURSDAY, MARCH 22

9am Woodworking Shop
9am Golden Kiwanis
9:30am T'ai Chi Ch'uan
1pm Ballroom Dancing with Live Music
1pm Women's Friendship Group

FRIDAY, MARCH 23

9am Woodworking Shop
9:05am EnhanceFitness
10:15am EnhanceFitness
1pm Cribbage
1pm Play 500

MONDAY, MARCH 26

9am Lenox Woodcrafters

9am Woodworking Shop

12:30pm Red Hat Society General Meeting

1pm Play 500

5:30pm Open Woodshop

TUESDAY, MARCH 27

9am Men's Breakfast Group

9am Needlecraft

9am Woodworking Shop

9am Gentle Yoga

1pm Computer Buddy

1pm Party Bridge

1:30pm A Traveler's Bucket List

WEDNESDAY, MARCH 28

9am Woodworking Shop

9am Nordic Walking Club

9:05am EnhanceFitness

10:05am EnhanceFitness

10am Wii Introduction to Bowling

12:30am 500 Tournament

1:30pm Green Gardening Goodies

THURSDAY, MARCH 29

9am Woodworking Shop

9am Golden Kiwanis

9:30am T'ai Chi Ch'uan

1pm Ballroom Dancing with Live Music

1pm Women's Friendship Group

FRIDAY, MARCH 30

9am Woodworking Shop

9:05am EnhanceFitness

9:30am Open Computer Lab

10:15am EnhanceFitness

1pm Cribbage

1pm Play 500