

SLP SENIOR PROGRAM

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.

MONDAY, JANUARY 2
BUILDING CLOSED NEW YEAR'S HOLIDAY

TUESDAY, JANUARY 3
9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
1pm Computer Buddy
1pm Party Bridge
4pm Fare for All

WEDNESDAY, JANUARY 4
9am Woodworking Shop
9am Nordic Walking Club
9am Senior Driver Refresher Course
9:05am EnhanceFitness
10am Wii Introduction Bowling Class Session 1
10:15am EnhanceFitness
11:30am Line Dance
1pm Bingo
1pm Country Music Jam Session
1pm Health Insurance Counseling by appointment
5:30pm Beginning Wood Working

THURSDAY, JANUARY 5
9am Woodworking Shop
9am Ceramics
9:30am T'ai Chi Ch'uan
9am Golden Kiwanis
1pm Ponytail Canasta
1pm Ballroom Dancing with Live Music
1pm Women's Friendship Group
5pm Senior Driver Refresher Course

FRIDAY, JANUARY 6
9am Woodworking Shop
9:30am Open Computer Lab
9:05am EnhanceFitness
10am Play 500
10:15am EnhanceFitness
1pm Cribbage

MONDAY, JANUARY 9
9am Lenox Woodcrafters
9am Woodworking Shop
9:05am EnhanceFitness
9:30am Oil Painting With Vernice First Class
9:30am New Member Coffee and Tour
10:15am EnhanceFitness
11:30am Red Hat Society - Lunch Crossroads Deli
1pm Paint With Me First Class
1pm Play 500
5:30pm Open Woodshop NEW
6pm Open Basketball Begins
6:30pm Books Alive!
7:30pm SAT Ballroom/Variety Dance Lessons

TUESDAY, JANUARY 10
9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
1pm Advisory Council
1pm Party Bridge
1pm Free Legal Advise by appointment
3pm 1 on 1 Advance Care Directive Assistance by appointment

WEDNESDAY, JANUARY 11
9am Woodworking Shop
9am Nordic Walking Club
9am Foot Care Clinic by appointment
9:05am EnhanceFitness
10:15am EnhanceFitness
1:30pm Birthday Party - The Senior Commodores Band

THURSDAY, JANUARY 12
9am Woodworking Shop
9:30am T'ai Chi Ch'uan
9am Golden Kiwanis
9:30am Ceramics
1pm Ballroom Dancing with Live Music
1pm Women's Friendship Group

FRIDAY, JANUARY 13
9am Woodworking Shop
9:30am Open Computer Lab
9:05am EnhanceFitness
10:15am EnhanceFitness
11:45am ACBL Bridge
1pm Play 500
1pm Cribbage

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MONDAY, JANUARY 16
BUILDING CLOSED MARTIN LUTHER KING JR. DAY

TUESDAY, JANUARY 17
9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
10am General Mills History Tour
1pm Party Bridge

WEDNESDAY, JANUARY 18
9am Woodworking Shop
9am Nordic Walking Club
9:05am EnhanceFitness
10am Beginning Bridge First Session
10am Wii Introduction to Bowling Session 1
10:15am EnhanceFitness
1pm Bingo
1pm Ponytail Canasta
1pm Intermediate Bridge First Session
1:30pm Introduction to Nordic Walking
1:30pm Great Decisions: The Horn of Africa
5:30pm Beginning Wood Working

THURSDAY, JANUARY 19
9am Party Decorations
9am Golden Kiwanis
9am Woodworking Shop
9am Ceramics
9:30am T'ai Chi Ch'uan
1pm Canasta
1pm Ballroom Dancing with Live Music
1pm Women's Friendship Group

FRIDAY, JANUARY 20
9am Woodworking Shop
9:05am EnhanceFitness
9:30am Open Computer Lab
10:15am EnhanceFitness
1pm Cribbage
1pm Play 500

MONDAY, JANUARY 23
9am Woodworking Shop
9:05am EnhanceFitness
9:30am Oil Painting With Vernice 2nd Class
10:15am EnhanceFitness
11am Lunch Bunch - Wildfire
12:30pm Red Hat Meeting
1pm Paint With Me 2nd Class
1pm Play 500
3pm Alzheimer's Support Group
5:30pm Open Wood Working New
6:30pm Books Alive!
7:30pm SAT Ballroom/Variety Dance Lessons

TUESDAY, JANUARY 24
9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
1pm Computer Buddy

WEDNESDAY, JANUARY 25
9am Woodworking Shop
9am Nordic Walking Club
9:05am EnhanceFitness
9:50am Tour the Ronald McDonald House and Lunch
Red Stage Supper Club
10am Beginning Bridge Second Session
10:05am EnhanceFitness
12:30pm 500 Tournament
1pm Intermediate Bridge Second Session
5:30pm Beginning Wood Working

THURSDAY, JANUARY 26
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, JANUARY 27
9am Woodworking Shop
9:05am EnhanceFitness
9:30am Open Computer Lab
10am Wii Introduction to Bowling Session 2
10:15am EnhanceFitness
1pm Cribbage
1pm Play 500

MONDAY, JANUARY 30
9am Lenox Woodcrafters
9am Woodworking Shop
9:30pm Oil Painting With Vernice 3rd Class
1pm Paint With Me 3rd Class
1pm Play 500
1:30pm Life's Journey: What's In Your Suitcase?
6:30pm Books Alive!
7:30pm SAT Ballroom/Variety Dance Lessons

TUESDAY, JANUARY 31
9am Men's Breakfast Group
9am Needlecraft
9am Woodworking Shop
9:05am EnhanceFitness
10:15am EnhanceFitness
1pm Party Bridge
4pm Fare For All