







April

Aging Ahead St. Peters Senior Center

636-278-2410

2024

Activities

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Senior Exercise 9:30 Tai Chi 10:30 Bingo 10:30	2	Strength & Balance 9:30 Arthritis Exercise 10:30 Card games & Board games	3	 Card games & Board games	4	 Tax Relief Program Presentation 10 a.m. Trivia after presentation Bingo begins around 12:15	5	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2
8	Senior Exercise 9:30 Tai Chi 10:30 Bingo 10:30 Jewelry Case Sale	9	Strength & Balance 9:30 Arthritis Exercise 10:30 Card games & Board games	10	Card games & Board games	11	 Entertainment: John Scott 10 a.m. Bingo begins around 12:15	12	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2
15	Senior Exercise 9:30 Tai Chi 10:30 Bingo 10:30 Crafts with Kimberly 12* April birthday party Support Committee Mtg. 	16	Strength & Balance 9:30 Arthritis Exercise 10:30 Cards games & Board games	17	 Card games & Board games	18	Dementia Friends* Information Session 9:30 Trivia 10:30 Bingo begins around 12:15	19	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2 Dementia Friends* Information Session 12-1
22	Senior Exercise 9:30 Tai Chi 10:30 Bingo 10:30 Blood pressure checks 9:30-10:30	23	Strength & Balance 9:30 Arthritis Exercise 10:30 Card games & Board games	24	MU Extension office Nutrition Presentation 10:30 Card games & Board games	25	Trivia 10:30 Bingo begins around 12:15 SCAMBOREE* 10-12 in Activity Room	26	Senior Exercise 9:30 Arthritis Exercise 10:30 Loom Knitting Group 12-2
29	Senior Exercise 9:30 Tai Chi 10:30 Bingo 10:30	30	Strength & Balance 9:30 Arthritis Exercise 10:30 Card games & Board games						

*All activities are free but these activities require registration. Call or visit the Senior Center to register.