











April

Aging Ahead St. Peters Senior Center

636-278-2410

2026

Activities

Monday		Tuesday		Wednesday		Thursday		Friday	
				1	Last Day to participate in the Train Scavenger Hunt	2	Easter Celebration	3	Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30
				Card Games		 Trivia 10:30 Bingo begins around 12:15		 Knitting/Crochet Group 12-2	
6	Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30	7	Strength & Balance 9:30 Arthritis Exercise 10:30	8	Card Games	9	Trivia 10:30	10	Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30
Hearing/Vision Day 9:30 a.m.		Card Games		 Matter of Balance* 10:00		Bingo begins around 12:15		 Knitting/Crochet Group 12-2	
13	Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30/St Patty's Party	14	Strength & Balance 9:30 Arthritis Exercise 10:30	15	Card Games	16	Entertainment: Tom Winter	17	Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30
Support Committee Mtg 12:15		Card Games		 Matter of Balance* 10:00		Bingo begins around 12:15		 Knitting/Crochet Group 12-2	
20	Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30 Craft with Anna 12:15 Birthday Celebration	21	Strength & Balance 9:30 Arthritis Exercise 10:30	22	Card Games	23		24	Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30
		Card Games		Matter of Balance* 10:00		Bingo begins around 12:15		 Knitting/Crochet Group 12-2	
27	Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30	28	Strength & Balance 9:30 Arthritis Exercise 10:30	29	Card Games	30	Blood Pressure Clinic 9:30-10:30		
Support Committee Mtg 12:15		Card Games		Matter of Balance* 10:00		Bingo begins around 12:15			

*This activity requires a reservation.