

July



2026

Saint Peters Senior Center, 108 McMenamy Road, Saint Peters MO, (636) 278-2410

*Reservations Required

Monday		Tuesday		Wednesday		Thursday		Friday	
				Proud to be American Day Card Games 		4th of July Celebration Trivia 10:30 Bingo begins around 12:15 		CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	
Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30 SC Meeting 12:15	6	Strength & Balance 9:30 Arthritis Exercise 10:30 Card Games	7	Card Games	8	Blood Pressure Clinic 9:30 Trivia 10:30 Bingo begins around 12:15	9	Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30	10
Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30 SC Meeting 12:15	13	Strength & Balance 9:30 Arthritis Exercise 10:30 Card Games	14	Card Games	15	Entertainment: Lamar Pilsing 10 a.m. Bingo begins around 12:15	16	Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30	17
Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30 Craft 12:15 July Birthday Celebration	20	Strength & Balance 9:30 Arthritis Exercise 10:30 Card Games	21	Card Games	22	Trivia 10:30 Bingo begins around 12:15	23	Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30	24
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