

October



2026

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

*Reservations Required

Monday	Tuesday	Wednesday	Thursday	Friday
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Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 Mile Walk 11:30 Bingo 10:30	5 Strength & Balance 9:30 Arthritis Exercise 10:30 Card Games	6 Card Games	7 BJC Flu Shot Clinic & Health Screenings* 9:30- 12:20 Trivia 10:30 Bingo 12:15	8 Senior Exercise 9:30 Arthritis Exercise 10:30 1 Mile Walk 11:30
Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 Mile Walk 11:30 Bingo 10:30	12 Strength & Balance 9:30 Arthritis Exercise 10:30 Card Games	13 Card Games	14 Entertainment: Sterling Lloyd 10:00 Bingo 12:15	15 Senior Exercise 9:30 Arthritis Exercise 10:30 1 Mile Walk 11:30
Indigenous People Day!		Support Committee Mtg		16
Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 Mile Walk 11:30 Bingo 10:30	19 Strength & Balance 9:30 Arthritis Exercise 10:30 Card Games	20 Card Games	21 Blood Pressure Clinic 9:30 Trivia 10:30 Lung Health Presentation 10:45 Bingo 12:15 Housewares Garage Sale	22 Senior Exercise 9:30 Arthritis Exercise 10:30 1 Mile Walk 11:30 Housewares Garage Sale
Oct Birthday Celebration				23
Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 Mile Walk 11:30 Bingo 10:30	26 Strength & Balance 9:30 Arthritis Exercise 10:30 Card Games	27 Card Games	28 Trivia 10:30 Bingo 12:15 Halloween Party	29 Senior Exercise 9:30 Arthritis Exercise 10:30 1 Mile Walk 11:30
				30