

**ST. PAUL  
CATHOLIC  
CHURCH**

**JOIN US FOR  
FITNESS ~ FUN  
FELLOWSHIP**

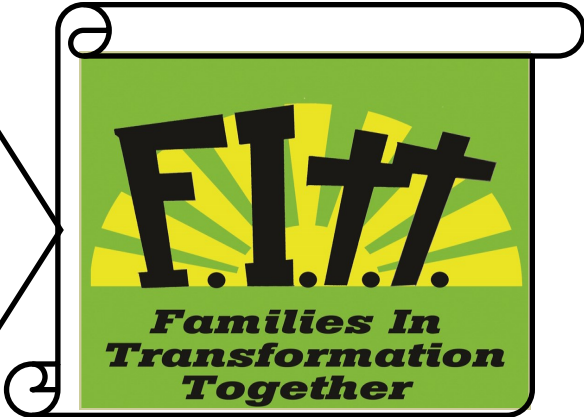
**ALL EVENTS AT**

**ST. PAUL  
COMMUNITY  
CENTER  
1201 DONALDSON**



- Line Dancing
- Book Groups
- BUNCO
- Game Nights
- Diabetes Management
- ZUMBA
- Stretching Classes
- Writing Group
- Strength Training

**OCTOBER  
SCHEDULE**



TUESDAYS	THURSDAYS
<p><b><u>OCTOBER 3</u></b>  <b>NO STRETCHING CLASS TODAY</b>                      10:00 A.M.—Stress Busters (Español)                      11:00 A.M.—Line-Dancing                      1:30 P.M.—Upper Room Book Group  <b>NO ZUMBA CLASS TODAY</b></p>	<p><b><u>OCTOBER 5</u></b>  <b>NO STRETCHING CLASS TODAY</b>                      9:30 A.M.—Diabetes Management                      10:00 A.M.—Strength Training                      6:00 P.M.—ZUMBA</p>
<p><b><u>OCTOBER 10</u></b>  <b>NO STRETCHING CLASS TODAY</b>                      11:00 A.M.—Line-Dancing                      1:00—BUNCO (lunch available at 11:30)                      1:30 P.M.—Upper Room Book Group                      6:00 P.M.—ZUMBA</p>	<p><b><u>OCTOBER 12</u></b>                      9:00 A.M.—Slow Flow CHAIR Stretching                      9:30 A.M.—Diabetes Management                      10:00 A.M.—Strength Training                      1:00 P.M.—Writing Group                      6:00 P.M.—ZUMBA                      6:30 P.M.—Essential Oils Class</p>
<p><b><u>OCTOBER 17</u></b>                      9:00 A.M.—Strong Flow Stretching                      10:00 A.M.—Stress Busters (Español)                      11:00 A.M.—Line-Dancing                      10 A.M.-1:00 P.M.—Flu Shots                      1:30 P.M.—Upper Room Book Group                      6:00 P.M.—ZUMBA</p>	<p><b><u>OCTOBER 19</u></b>                      9:00 A.M.—Slow Flow CHAIR Stretching                      9:30 A.M.—Diabetes Management                      10:00 A.M.—Strength Training                      6:00 P.M.—ZUMBA</p>
<p><b><u>OCTOBER 24</u></b>  <b>NO STRETCHING CLASS TODAY</b>                      9:00 A.M.-5:00 P.M.—Medicare Open Enrollment ACOG Benefits Counselors                      10:00 A.M.—Stress Busters (Español)                      1:30 P.M.—Upper Room Book Group                      6:00 P.M.—ZUMBA</p>	<p><b><u>OCTOBER 26</u></b>                      9:00 A.M.—Slow Flow CHAIR Stretching                      9:30 A.M.—Diabetes Management                      10:00 A.M.—Strength Training                      1:00 P.M.—Writing Group                      6:00 P.M.—ZUMBA</p>
<p><b><u>OCTOBER 31</u></b>  <b><u>ALL CLASSES CANCELLED DUE TO PREPARATIONS FOR ALL SAINTS &amp; ALL SOULS DAY EVENTS</u></b></p>	<p><b><u>NOVEMBER 2</u></b>  <b><u>ALL CLASSES CANCELLED DUE TO PREPARATIONS FOR ALL SAINTS &amp; ALL SOULS DAY EVENTS</u></b></p>



## St. Paul Catholic Church E.I.T.T. OCTOBER 2017 SCHEDULE

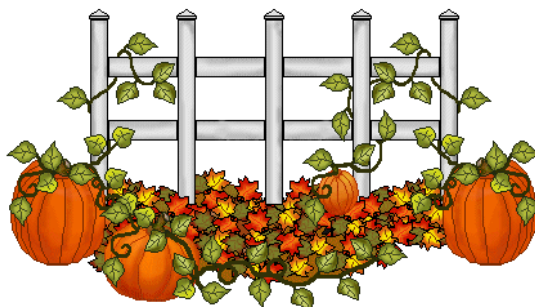
- ◇ **Stretching with Stacie!** - Stacie Orsagh combines movement with breath through a series of stretches and postures. No flexibility necessary, just your wonderful open mind. Exercises can be done either on the floor or on a chair. Please wear comfortable stretchy clothing and bring a mat if you have one. Tuesdays offers Strong Flow Stretching & Strengthening & Thursdays is Slow Flow CHAIR Stretching and Strengthening.
- ◇ **Line Dancing with Lupe!**- Come dance with us! Whether you come to learn to kick up your heels to “New York New York” or some-thing a little slower, Lupe Martinez keeps you moving to the beat of the music. Offered Tuesdays!
- ◇ **ZUMBA with Mary!**- A great way to stay fit while having fun! Join Mary Tristan as she guides us through some high energy dance moves. No rhythm required! Offered Tuesdays & Thursdays!
- ◇ **Upper Room Book Group**—The book selected for reading is The inspirational classic, *More than a Carpenter*, is now updated for a new generation of seekers with a fresh look, revised material, and a new chapter that addresses questions commonly raised today. Former skeptic Josh McDowell examines the evidence about Jesus. *More than a Carpenter* offers arguments for faith from a skeptic turned believer. Group facilitator, Irma Cardenas invites you to come and share this motivating book. Group begins meeting on September 5th—Call Irma for details (210-734-3763).
- ◇ **Word Weavers Writing Group**— If you have ever dreamed of becoming a published author, write your own story for your children or grandchildren or perhaps you’ve always wanted to write poetry or a novel. Join us every other Thursday of each month at 1:00 p.m. The group is facilitated by Janie Alonso, a member of the Next Chapter Writing Group.
- ◇ **BUNCO!** - Second Tuesday of the month. Join this fast-paced, energetic game. Call Sylvia Ozuna (210) 733-8044 for details.
- ◇ **Strength Training** — Rob Gruber, will provide a series of different strength training exercises that will help you maintain healthy bone mass and prevent age-related muscle loss.
- ◇ **Essential Oils Informational Sessions**—Stacie Orsagh will help you understand how essential oils work for your body. Learn which oils are best for starting the day boosting immune systems, focus & concentration and getting a good nights sleep.
- ◇ **Diabetes Self-Management Program**—This NO COST program features components that provide tools for you to take control of your health. You will learn how to manage your diabetes symptoms on a daily basis.

PAUL COMMUNITY CENTER—1201 DONALDSON—733-7152, EXT. 123

**TUESDAY  
OCTOBER 17  
10:00 A.M.—1:00 P.M.**

**TIME FOR YOUR  
FLU SHOTS**

**Provided by  
Walgreens Pharmacists**



**TUESDAY  
OCTOBER 24  
9:00 A.M.—5:00 P.M.**

**Medicare Annual  
Enrollment  
Benefits Counselors  
By Appointment Only  
210-477-3275**