

**ST. PAUL
CATHOLIC
CHURCH**

**JOIN US FOR
FITNESS ~ FUN
FELLOWSHIP**

ALL EVENTS AT

**ST. PAUL
COMMUNITY
CENTER
1201 DONALDSON**



Line Dancing

Book
Groups

ZUMBA

BUNCO

Stretching
Classes

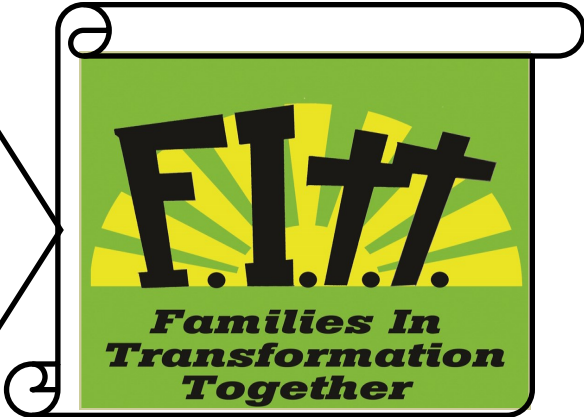
Game
Nights

Writing
Group

Diabetes
Management

Strength
Training

**OCTOBER
SCHEDULE**



TUESDAYS	THURSDAYS
<p><u>OCTOBER 3</u> NO STRETCHING CLASS TODAY 10:00 A.M.—Stress Busters (Español) 11:00 A.M.—Line-Dancing 1:30 P.M.—Upper Room Book Group NO ZUMBA CLASS TODAY</p>	<p><u>OCTOBER 5</u> NO STRETCHING CLASS TODAY 9:30 A.M.—Diabetes Management 10:00 A.M.—Strength Training 6:00 P.M.—ZUMBA</p>
<p><u>OCTOBER 10</u> NO STRETCHING CLASS TODAY 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><u>OCTOBER 12</u> 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><u>OCTOBER 17</u> 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><u>OCTOBER 19</u> 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><u>OCTOBER 24</u> NO STRETCHING CLASS TODAY 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><u>OCTOBER 26</u> 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><u>OCTOBER 31</u> <u>ALL CLASSES CANCELLED DUE TO PREPARATIONS FOR ALL SAINTS & ALL SOULS DAY EVENTS</u></p>	<p><u>NOVEMBER 2</u> <u>ALL CLASSES CANCELLED DUE TO PREPARATIONS FOR ALL SAINTS & ALL SOULS DAY EVENTS</u></p>



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

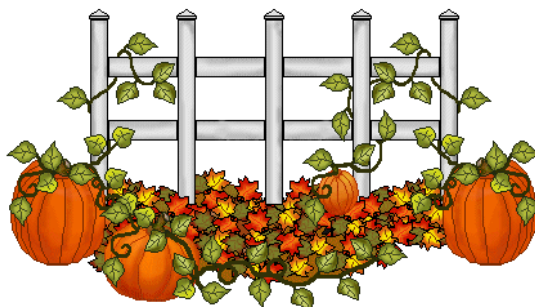
- ◇ **Stretching with Stacie!** - Stacie Orsagh combines movement with breath through a series of stretches and postures. No flexibility necessary, just your wonderful open mind. Exercises can be done either on the floor or on a chair. Please wear comfortable stretchy clothing and bring a mat if you 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**