

## Chair Exercise Class

The chair exercise class meets at 10:00 on Thursday mornings in the Parish Hall. We do 50 minutes of stretching, aerobics, weight lifting and balance. (Yes, the balance does involve standing, but you can hold onto the chair.)

We exercise to a video that is easy to follow, and participants are encouraged to participate at their own ability level. It is a surprisingly good workout without being exhausting. Weights of various sizes are provided and there is no charge for the class.

Come and try us out - we can help with that New Year's resolution to be healthier. The class is open to everyone, so you can bring a friend.

### Lunch Bunch

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Enjoy friendships with fellow retirees (not required to be retired, although most are) and visit some great places the St. Louis metropolitan area has to offer. Some outings are over-night trips such as the Lyceum Theater or Bald Eagle watching at Père Marquette Park. Most outings are day trips and include lunch at a near-by restaurant (wine is often involved).

This group meets the 4<sup>th</sup> Thursday of each month at 11:30 in Park Hall to plan upcoming "field trips". No meeting in November and December since those two are such busy months. Each person brings their own lunch and the couple or person hosting/leading the meeting brings desert for the group and takes notes for the minutes. Minutes from previous meetings are mailed out to the group and also can be found on the hall bulletin board outside Park Hall.