St. Louis Park Community Education
SENIOR PROGRAM

The Newscaster

Sponsored by and serving Independent School District 283 and the City of St. Louis Park

SEPTEMBER - DECEMBER 2026



THE SENIOR PROGRAM

Fall Newscaster 2026

SEPTEMBER - DECEMBER 2026





Welcome to Fall at Lenox!

Dear Senior Members

As the days grow a little shorter, the leaves begin to change, and the crisp autumn air returns, we are excited to welcome you to another wonderful season at Lenox Community Center! Fall is always a special time of year, bringing familiar faces, new opportunities to learn, and plenty of reasons to gather together. We are so glad you're here.

If you've visited Lenox recently, you've probably noticed that things look a little different. Construction began in early July, and while we know it has created a few detours along the way, we couldn't be more excited about what's ahead! We are anticipating construction to be completed in late November or early December, and we can't wait to share the finished space with all of you.

As part of these exciting updates, the former Craft Room (Room 115) will become the new office for the Community Education Adult & Senior Programs team, while our current office will be transformed into a classroom to continue to serve our growing programs. You'll also see improvements in the Little Theater, updated signage throughout Lenox, and we're eagerly awaiting the installation of a brand-new marquee along Minnetonka Boulevard. We want to extend a heartfelt thank you for your patience, understanding, and flexibility throughout construction. We truly appreciate your kindness as we work to create an even better space for everyone.

We also have a new office phone number! If you need to reach us, please call **952-848-5510**. This number rings directly to our front office reception desk, making it even easier to connect with our team.

This fall is shaping up to be a busy and exciting season. We're thrilled to offer more than 40 new classes, giving you even more opportunities to learn something new, stay active, and connect with others. We're also looking forward to two of our favorite annual traditions - the Pop Your Trunk Flea Market and the Craft Fair - and we hope to see many of you there.

Whether you're joining us for a class, attending an event, reconnecting with friends, or simply stopping by to say hello, Lenox is a place where community comes together. Here's to cooler days, colorful leaves, new beginnings, and a season filled with learning, laughter, and connection.

Happy Fall, and we'll see you soon!

Lenox Staff



The Senior Program is designed for adults age 50 and older and is a program between the City of St. Louis Park and St. Louis Park Community Education. We encourage seniors to become members - it's well worth it! As a Senior Program member, you'll receive our Senior Newscaster in the mail three times a year, along with updates about upcoming classes and events. Members also enjoy discounts on select classes. Look for an asterisk (*) next to class fees in the Newscaster which indicates the special Senior Program Member rate.

St. Louis Park Community Education

CREDIT CARD FEE

Beginning September 1, 2026, a 3.29% processing fee will be applied to all credit card payments for St. Louis Park Community Education programs. This change helps us keep program costs lower while continuing to offer convenient payment options.

Avoid the fee by paying with:

- Cash
- Debit Card
- ACH/Bank Transfer (directly from your bank account)
- Check

Thank you for your understanding and continued support!

St. Louis Park Senior Program

A program of St. Louis Park Community Education

Lenox Community Center
6715 Minnetonka Blvd. St. Louis Park, MN
952-848-5510



Mission Statement of St. Louis Park Senior Program

Our mission is to improve and enhance the lives of adults age 50 and better in St. Louis Park and our surrounding communities. This is done by:

- Offering a variety of programs that include social, recreational, educational and physical aspects
- Striving to provide cooperative programs with other service providers and being a resource to members
- Having a warm and welcoming environment

Interested in receiving our online monthly newsletter?

Call Lenox at 952-848-5510 to get added today!

Community Ed / Lenox Staff

Patrice Howard
Community Education, Director

Leah Huesing Anklam
Administrative Assistant

Justin Grays
Adult Program Specialist

Katie Elsbernd
Adult Programs Manager

Becky Bormann
Adult Programs Coordinator

Mary Kippley
Volunteer Coordinator

Program Hours

Mon. – Fri. 9 a.m. – 4 p.m.

Closed: Sept. 7, Nov. 26 - 27, Dec. 24 - 25, Dec. 31 - Jan. 1

Lenox Community Center
6715 Minnetonka Blvd. St. Louis Park, MN
952-848-5510



Take a break in the Lenox Lounge!

Enjoy our community puzzle and browse our library.

Do you have gently used books or puzzles to share? We gladly accept donations (limit one bag per drop-off) to help keep our collection fresh and fun for everyone!



For Sale

Senior Artwork

Senior artwork lines the first floor hallway at Lenox and is available for purchase. Contact the front office for details.

Books and Puzzles

These items are available for purchase in the Lounge across from the Art Room. Prices: Books 50¢, Puzzles 50¢

Building Operations

General Johnson and John Trummer

Inclement Weather?

Call Lenox to see if scheduled activities are still happening.

Lenox Lost and Found

Located in the main office, Room 113. After three months, items will be donated.

Life at Lenox











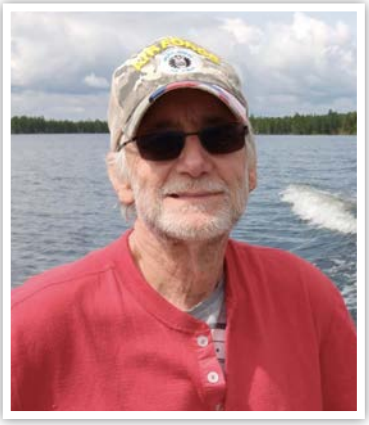


Seniors of the Season

Each Newscaster season, the St. Louis Park Senior Advisory Council invites community members to nominate a senior who helps make Lenox Community Center a welcoming and special place through kindness, positivity, or community spirit.

Nomination forms are available in the front office at Lenox and are due March 1, July 1, and November 1 each year. Honorees are recognized in the Newscaster, at Lenox, and at a class or event of their choice.

Congratulations to the Fall 2026 Seniors of the Season, featured below!



JOHN MARKOVICH

I grew up in Warroad, MN 6 miles from the Canadian border. Joined the United States Air Force (USAF) right out of high school, and after USAF, I furthered my education at Bemidji State University. I started substitute teaching in multiple school districts until Carslon Marketing Group offered me a job as a staff photographer. After 6 years, Carlson closed our group and I started my own freelance photography business which I ran for 30 years. I share my life with Liz, who I met at a corporate event 20 years ago and two cats, When COVID shut everything down, I took that as a sign to retire. Then I discovered Lenox.

Lenox has enriched the quality of my retirement life. Not only from the people I have met, but also the activities I have had an opportunity to participate in. Lenox is an amazing asset to our community – AND – I love the staff and the building.

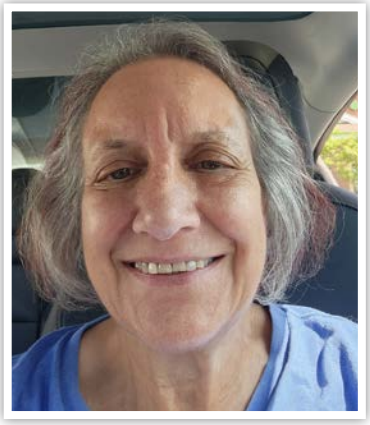


LISA OSKO

Lisa grew up in Downers Grove, Illinois, and made Minnesota her home in 2024 to begin a new chapter in retirement near her daughter and two grandchildren.

Throughout her career in customer service, she enjoyed connecting with people and helping others every day. In retirement, she enjoys baking, gardening, attending concerts, antique shopping, bargain hunting, and spending time with her cat, Delilah.

Lisa quickly found a warm welcome at the Lenox Community Center. Lenox has become an important part of her retirement, providing friendship, support, and a sense of belonging. She enjoys participating in many of the center's programs and appreciates the opportunity to stay active, meet new people, and build meaningful connections.



TRINA LEVIN

I grew up in a small farm town in the Midwest with 5 siblings. As an adult, I spent a couple of years in Minneapolis before moving out east for the majority of my working years. I moved back 21 years ago to be closer to family, many of whom live in St. Louis Park and surrounding areas.

I've traveled much of the country throughout the years, and love being in the Midwest, especially St. Louis Park, the most.

I can't believe I found Lenox Community Center only a year ago! This has been such an enormous gift to me. Every time I walk through the doors, I know I'm home.







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St. Louis Park Community Education
SENIOR PROGRAM



POP YOUR TRUNK FLEA MARKET

Sellers: Pop your trunk & sell your items in the Lenox parking lot.
$15 for 2 parking spots or
$25 for 4 parking spots.

Buyers: Come discover the joy of thrifting, shop great deals, and enjoy the experience!

Saturday, September 26 | 9am-1pm
Lenox Community Center Parking Lot
6715 Minnetonka Blvd.
St. Louis Park, MN 55426

COFFEE AT LENOX

GLOBAL POINTE SENIOR LIVING

Comfort Keepers



September & December: We are so thankful to Global Pointe Senior Living for sponsoring coffee at Lenox! Global Pointe Senior Living provides independent living, assisted living, memory care, and respite care in a boutique-style community in St. Louis Park with personalized support, modern amenities, and an active lifestyle for older adults.

October: We are so thankful to Comfort Keepers for sponsoring coffee at Lenox! Comfort Keepers helps older adults remain safe and independent at home by providing personalized care, companionship, personal care assistance, respite care, dementia care, and 24-hour support tailored to each individual's needs.

ST. LOUIS PARK LENOX FOUNDATION
Supporting the Senior Program

Lenox Foundation Fundraiser

Supporting the SLP Senior Program





DINE IN TAKE OUT DELIVERY

10% of all sales donated to the Lenox Foundation

11 a.m. - 10 p.m.
Tuesday, September 29, 2026
Tuesday, December 29, 2026

6325 Minnetonka Blvd. | 952-929-0095

For more info or to donate directly, visit
www.lenoxfoundation.net

Arts & Crafts



NEW Original Card Making

We've brought back card making to Lenox! Join us to re-purpose greeting cards with the finished cards being donated to various Twin Cities organizations. Some materials provided, we can't wait to meet you!

LX Rm. 110 Tu, Ongoing 9 - 11 a.m.



Needle Craft

Bring your project and join us weekly to work on needlecraft projects like knitting, crocheting, or felting.

Finished items support the Senior Program.

Free

LX Rm. 110 **Tu, Ongoing** 9 - 11 a.m.

Cigar Box Workshop

Open to anyone wanting to work on crafting their cigar boxes. *No Workshop Sept. 7*

Free

LX Rm 108

M, Ongoing 11 a.m. - 1 p.m.

Open Craft Time

Bring your own materials, spend time crafting and socializing. *No Crafting September 7.*

Free

LX Rm 108 **M, Ongoing** 1 - 3 p.m.



Women Only Beginner Woodshop: Simple Birdhouse

Learn to safely use power tools while building a birdhouse. Materials are provided; a $5 cash fee is due to the instructor. *Instructor: John Hein*

A141	LX Woodshop	$59/$55*
W, Sept. 9	5 - 9 p.m.	
A142	LX Woodshop	$59/$55*
W, Sept. 30	5 - 9 p.m.	
A143	LX Woodshop	$59/$55*
W, Oct. 14	5 - 9 p.m.	
A144	LX Woodshop	$59/$55*
W, Nov. 4	5 - 9 p.m.	

Beginner Woodshop: Simple Birdhouse

Learn to safely use common power tools while building a birdhouse. Materials are provided; a $5 cash materials fee is due to the instructor. *Instructor: John Hein*

A139	LX Woodshop	$59/$55*
W, Sept. 23	5 - 9 p.m.	
A140	LX Woodshop	$59/$55*
W, Oct. 28	5 - 9 p.m.	

Intermediate Knitting

Come join us for our very own knitter's workshop! *Instructor: Lara Neel*

A111	LX Rm 110	$69/$65*
W, Sept. 2 - 30	6 - 8 p.m.	

Arts & Crafts





Introduction to the Art of Bonsai

Explore the art of bonsai. Receive a tree, learn proper care, and create your own bonsai. $50 material fee due to the instructor on the first night. *Instructor: Lionel Flood*

A506	LX Rm 109	$49/$45*
Th, Sept. 24 - Oct. 1		7 - 9:30 p.m.

Open Woodshop

Open Woodshop is for all skill levels and for those 18+. Use Lenox's shop with a variety of power and hand tools.

LX Woodshop	$5/day / $2/day*
M-F, Ongoing	9 a.m. - 12 p.m.
Tu, Ongoing	1 - 4 p.m.
Tu/Th, Ongoing	6 - 9 p.m.

No Woodshop Sept. 7, Nov. 3, Nov. 26-27, Dec. 24-25, Dec. 31

Open Painting

Come and paint at Lenox! Bring your own painting materials. *No Painting Nov. 27 & Dec. 25.*

LX Rm 108	**F, Ongoing**
9 a.m. - 1 p.m.	Free







Sewing Machine Clinic/Learn to Sew Sessions

Do you have a sewing machine that is gathering dust because you're not comfortable using it? This is the class to fix that! *Instructor: Lara Neel*

A109	LX Rm 110	$69/$65*
W, Oct. 7 - Nov. 4		6 - 8 p.m.

NEW Paint like Bob Ross: Woodland Trees

Learn Bob Ross's step-by-step technique to paint a beautiful Woodland Trees scene. You'll leave with a 12×16 painting. All materials are provided; no experience is needed. *Instructor: Val Namen*

A011	LX Rm 108	$69/$65*
Th, Sept. 24		4:30 - 8 p.m.

NEW Batik on Paper

For all levels of experience. Learn a wax-resist technique to create the look of Batik fabric on paper using Cray-Pas, chalk, and India ink. Supply list provided with registration, or purchase materials from the instructor for $15 on the first night. *Instructor: Cid Skaalrud*

A107	LX Rm 110	$65/$59*
Tu, Oct. 13 - 27		7 - 9 p.m.

Arts & Crafts



Paint Your Pet's Portrait

Create a unique painted portrait of your pet with guided instruction. No refunds after Oct. 2. *Instructor: Emily Victory*

A068	LX Rm 108	$59
M, Oct. 12	6:30 - 8:30 p.m.	

Leathercraft 101: A Beginner's Guide

Explore the basics of leatherworking as you craft your own wallet, bag, or accessory. No experience needed. All tools and materials are included in the class fee. *Instructor: Jim Kern*

A105	LX Rm 109	$95
Tu, Oct. 13 & 20	5:30 - 8:30 p.m.	
A106	LX Rm 108	$95
M, Nov. 30 & Dec. 7	5:30 - 8:30 p.m.	

The Natural Way to Draw

Perfect for beginners, this class uses right-brain exercises to build drawing skills and confidence with pencil, charcoal, and sketching crayons. A supply list will be included in your course confirmation; purchase materials before the first class. *Instructor: Jeanne Aaron*

A013	LX Rm 108	$109
Tu, Oct. 13 - Dec. 8	4 - 6 p.m.	

No class Nov. 3 & Nov. 24

Beginning Knitting

Complete a hat and learn how to make a square that can grow into a scarf, afghan, or whatever you want! *Instructor: Lara Neel*

A110	LX Rm 110	$69/$65*
W, Nov. 11 - Dec. 9	6 - 8 p.m.	



NEW Pour Paint Ornaments

Dive into the festive holiday season making three gorgeous painted ornaments while enjoying balanced, structured learning and plenty of freedom to personalize your creations. *Instructor: Craft Academy*

A133	LX Rm 108	$39
M, Nov. 16	5 - 7 p.m.	

NEW Watercolor 101: The Basics

Designed for absolute beginners, this welcoming class breaks down complex techniques into approachable, bite-sized steps. All materials provided by instructor. *Instructor: Cleo Martin*

A122	LX Rm 108	$69
Th, Oct. 8 - 29	6 - 8 p.m.	

Stained Glass 101 - Copper Foil Method

Create a stained glass panel while learning cutting, grinding, and soldering techniques. Wear closed-toe shoes. Ages 16+ (under 18 with paid adult). $40 materials fee due at the first class. *Instructor: John Hanson*

A035	LX Rm 103	$149
M, Sept. 14 & Tu, Sept. 15	5:30 - 9 p.m.	
A036	LX Rm 103	$149
M, Oct. 19 & Tu, Oct. 20	5:30 - 9 p.m.	
A037	LX Rm 103	$149
M, Nov. 16 & Tu, Nov. 17	5:30 - 9 p.m.	
A038	LX Rm 103	$149
M, Dec. 7 & Tu, Dec. 8	5:30 - 9 p.m.	

Arts & Crafts



NEW Fun With Watercolor: The Beauty of "Negative" Painting

Students will learn step-by-step with this new technique, from simple to more complex images. They will use rich colors and create designs with leaves, blossoms, trees, and more. Class Level: Beyond Beginners/Intermediate. *Instructor: Vera Kovacovic*

S007	LX Rm 108	$65/$59*
W, Oct. 7 - Nov. 11		1 - 3 p.m.

No class Oct. 21

Discover Your Inner Artist

Discover or enhance your artistic style in a welcoming community of beginning and experienced painters. Work in the medium of your choice while exploring techniques, building confidence, and receiving demonstrations and optional feedback to support your creative process. There is no formal instruction. *Instructor: Suzi McArdle*

S061	LX Rm 108	$79/$69*
Tu, Sept. 29 - Nov. 3		11 a.m. - 1 p.m.
S062	LX Rm 108	$79/$69*
Tu, Nov. 17 - Dec. 22		11 a.m. - 1 p.m.

We have a new phone number at Lenox! Call us at 952-848-5510



NEW Fun With Watercolor: Light and Color in Winter Landscapes

Students will explore the role of light and color in winter landscapes. Focus will be on design, values and best techniques. Class Level: Beyond Beginners/Intermediate. *Instructor: Vera Kovacovic*

S008	LX Rm 108	$65/$59*
W, Nov. 18 - Dec. 16		1 - 3 p.m.

NEW Crushed Glass Suncatcher

Create a unique crushed-glass sun catcher sealed with resin. Choose from pumpkin, sunflower, Santa Claus, bird, or dragonfly designs, and take your finished piece home in a provided transport box. *Instructor: Art Innovators*

A069	LX Rm 108	$75
M, Dec. 14		6:30 - 8:30 p.m.

Glass Mosaic Photo Frame or Sign

Create a mosaic photo frame or decorative sign with colorful glass. Design and build your project in the first class, then grout and finish it in the second. Supply fee is listed in the confirmation email and paid to the instructor at the first class. *Instructor: Lindsey Guetter*

A058	LX Rm 103	$45
Th, Sept. 17 & 24		6 - 9 p.m.

Hand Knit Your Own Chunky Blanket

Create a cozy 40" x 50" chunky blanket in this beginner-friendly class. No experience needed; all supplies are included. *Instructor: Jeremy Ross*

A901	LX Cafeteria	$89
F, Oct. 9		5:30 - 9 p.m.

Cards & Games



All cards & games are $1 unless otherwise noted. No registration required.

Beginner Mahjong

Learn the basics of American Mahjong, including tiles, rules, forming sets, building hands, and gameplay. Laminated trainer cards are provided, and official Mahjong cards may be purchased from the instructor for $15. *Instructor: Northstar Mahjong Society*

A100	LX Rm 109	$95
Tu, Sept. 15 - Oct. 6		9:30 - 11 a.m.
A101	LX Rm 109	$95
Tu, Sept. 15 - Oct. 6		5:30 - 7 p.m.
A102	LX Rm 109	$95
Tu, Oct. 20 - Nov. 17		9:30 - 11 a.m.
No class Nov. 3		
A103	LX Rm 109	$95
Tu, Oct. 20 - Nov. 17		5:30 - 7 p.m.
No class Nov. 3		

Puzzle Pals - by Puzzler's Exchange

Do you love large-piece jigsaw puzzles with thicker puzzle pieces? Bring friends, family, or connect with others who love puzzling. A variety of puzzles to choose from with 20 to 300 pieces. All ages & abilities welcome. *Instructor: Puzzler's Exchange*

S110	LX Rm 15	$5
Tu, Sept. 22	10 a.m. - 12 p.m.	
S111	LX Cafeteria	$5
M, Oct. 19	6 - 8 p.m.	
S112	LX Rm 103	$5
F, Nov. 20	1 - 3 p.m.	
S113	LX Rm 110	$5
W, Dec. 16	3 - 5 p.m.	

Looking for a Rummikub partner?

We can help connect you with others who are interested in playing Rummikub. Contact the front office at Lenox to be matched with a fellow player.



Looking for a Ping Pong Partner? Need someone to play with? Let the front office know! They'll connect you with other seniors who are looking for a ping pong partner.

Table Tennis

LX Ping Pong Room — Daily

No Table Tennis Sept. 7, Nov. 26-27, Dec. 24-25, Dec. 31, Jan. 1

Social Bridge

LX Rm 19 — **Tu, Sept. 1 - Dec. 29** — 1 - 4 p.m

Mexican Train Dominoes

LX Rm 109 — **W, Sept. 2 - Dec. 30** — 1 - 3 p.m.

Mah-jongg

LX Rm 109	**W, Sept. 2 - Dec. 30**	6:30 - 9 p.m.
LX Rm 109	**F, Sept. 4 - Dec. 18**	1 - 3:30 p.m.
LX Rm 109	**M, Sept. 14 - Dec. 28**	10 a.m. - 12 p.m.

No Mah-jongg Sept. 7, Nov. 27, Dec. 25

Ponytail Canasta

LX Rm 109 — **Th, Sept. 3 - Dec. 17** — 1 - 3:30 p.m.

No Ponytail Canasta Nov. 26

Cribbage

LX Lounge	**F, Sept. 4 - Dec. 18**	1 - 3:30 p.m.
LX Rm 109	**M, Sept. 14 - Dec. 28**	1 - 3:30 p.m.

No Cribbage Sept. 7, Nov. 27, Dec. 25

Scrabble

LX Lounge — **M, Sept. 14 - Dec. 28** — 1 - 3:30 p.m



BINGO!

Join us for BINGO at Lenox! All BINGO sessions will be held in the Lenox Cafeteria from 1 - 2:30 p.m. on the designated date

- **F, Sept. 18: FREE BINGO!** Theme: **Badges & BINGO**, sponsored by Martin Luther Senior Living & Care, Bloomington, with special guests from the St. Louis Park Police Department
- **F, Oct. 23: FREE BINGO!** Theme: **Fall BINGO** - wear your favorite fall colors or sweater, sponsored by Heritage of Edina
- **F, Nov. 13: FREE BINGO!** Theme: **White Elephant**. Bring a wrapped funny or quirky gift, valued $5-$7
- **F, Dec. 4: FREE BINGO!** Theme: **Sweater Weather BINGO** - wear your favorite holiday or seasonal sweater, sponsored by Visiting Angels

Looking for a Vibrant Senior Living Community?

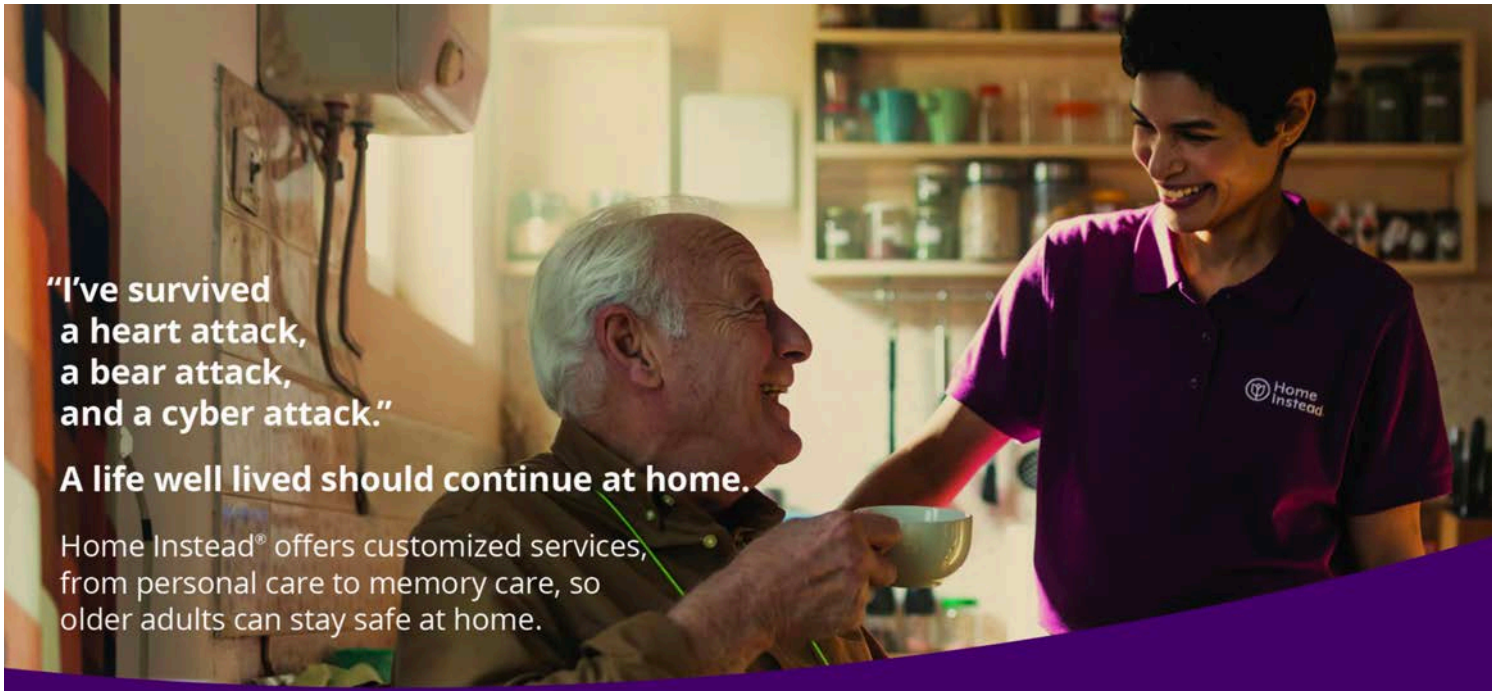
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Dance & Music



Ballroom Dancing

Join the crowd that loves to ballroom dance! Everyone is welcome. No partner necessary. Refreshments served. *No dancing Nov. 26.*

Lenox Gym $9/$6*
Every Thursday 1 - 3:30 p.m.

Wedding Dance - It's not too late to look great!

Learn fun moves and simple tips to have you feeling comfortable and looking great for any occasion! *Instructor: Monica Mohn*

A162 AQ Gym $45 / $39*
Th, Sept. 17 7 - 9 p.m.



Thriller Line Dance

Get into the spirit of fall and Halloween with this fun line dance version of the "Thriller", a dance that still inspires us all! *Instructor: Monica Mohn*

A168 AQ Gym
$29 (couple) $19 / $15*
Tu, Oct. 13 6 - 7 p.m.

Easy Line Dances for All Occasions

Step onto the floor and experience the fun of line dancing with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. *Instructor: Monica Mohn*

A167 AQ Gym
$29 (couple discount)
$19 / $15*
Th, Sept. 17 6 - 7 p.m.



Couples Date Night Dancing

Perfect for date night, this feel-good class will have you turning, twirling, and gliding together in no time. Instructor: Monica Mohn

A164 AQ Gym $45 / $39*
Tu, Oct. 13 7 - 9 p.m

Latin Dance Sampler

Learn sultry Cha Cha, sassy Salsa and romantic Rumba – a great combo of dances full of fun! Couples only please. *Instructor: Monica Mohn*

A161 LX Gym $45 / $39*
M, Nov. 9 7 - 9 p.m.

NEW Line Dance: I Just Might - Bruno Mars

Hit the dance floor to Bruno Mars' latest hit and enjoy a night of fun, laughter, and good ol' funky vibes. *Instructor: Monica Mohn*

A160 LX Gym
$29 (couple discount) $19 / $15*
M, Nov. 9 6 - 7 p.m.

Instant Piano for Hopelessly Busy People

Learn to play piano using the easy-to-learn chord method in this fun online class. Fee includes an online book, class recording, follow-up lessons, and optional Q&A sessions. Ages 13+ *Instructor: Craig Coffman*

A066 Online $69/$65*
Sa, Nov. 7 9 a.m. - 12 p.m.

Instant Guitar for Hopelessly Busy People

Learn to play guitar with basic chords and start playing your favorite songs in this fun online class. Fee includes an online book, class recording, follow-up lessons, and optional Q&A sessions. Ages 13+. *Instructor: Craig Coffman*

A067 Online $69/$65*
Sa, Nov. 7 1 - 3:30 p.m.

We have a new phone number at Lenox! Call us at 952-848-5510

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JONES-HARRISON
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Rooted in Service. Focused on You.

For generations, Jones-Harrison has been enriching the lives of older adults through compassionate care and innovative services. As a nonprofit community in a picturesque neighborhood near Cedar Lake, we're committed to honoring our legacy while continually evolving to meet the needs of those we serve.

3700 Cedar Lake Ave., Minneapolis, MN

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jones-harrison.org | 612.920.2030

Fitness



Parkshore Aquatics Partnership

In partnership with Parkshore Senior Living, this aquatic class uses water resistance and equipment to improve strength, mobility, and range of motion. Classes meet monthly on Tuesdays or Thursdays. Register through Parkshore Club at 952-848-5840 and mention you're part of the Lenox senior community. *No class Nov. 26, Dec. 24, 31.*

S297 Parkshore Senior Living $27/$24*
Tu/Th, Ongoing 1 - 1:50 p.m.

Drums Alive® Golden Beats®

Drums Alive® Golden Beats® combines drumming, dancing, and music to support fitness and well-being in active older adults. Wear comfortable workout clothes. *Instructor: My Buan*

LX Rm 15 12:30 - 1:15 p.m. $12 day

S142 Tu, Sept. 1 - 29
S242 F, Sept. 4 - 25
S442 F, Oct. 2 - 30
S342 Tu, Oct. 6 - 27
S542 Tu, Nov. 3 - 24
S642 F, Nov. 6 - 20 *No class Nov. 27*
S742 Tu, Dec. 1 - 29
S842 F, Dec. 4 - 18 *No class Dec. 25*

Senior Fitness

Senior Fitness focuses on stretching, balance, and low impact aerobics strength training shown through videos. *No class Sept. 7, 14, 16, 18, Nov. 27, Dec. 25*

LX Gym Free
M/W/F, Sept. 2 - Dec. 30 10:15 - 11:15 a.m.



Women's Open Adult Basketball

A553 LX Gym $12
Tu, Sept. 1 - 29 7 - 8:30 p.m.
No Basketball Sept. 15
A653 LX Gym $12
Tu, Oct. 6 - 27 7 - 8:30 p.m.

Open Adult Volleyball

A154 MS Field House 1 & 2 $36
Tu, Sept. 1 - Oct. 27 7 - 9 p.m.

Open Adult Basketball

A353 MS Field House 3 & 4 $36
W, Sept. 2 - Oct. 28 7 - 9 p.m.
A153 MS Field House 3 & 4 $28
M, Sept 14. - Oct 26 7 - 9 p.m.

Open Adult Futsal

A309 MS Field House 3 & 4 $36
F, Sept. 4 - Oct. 30 7 - 9 p.m.

Interval Circuit

Total body workout combining interval and circuit training. All levels are welcome. Bring a mat and a water bottle. *Instructor: Cathy O'Donnell*

A347 LX Gym $112/$84*
W, Sept. 2 - Dec. 16 7 - 7:45 a.m.
No class Oct. 28, Nov. 4
A547 LX Gym $112/$84*
F, Sept. 4 - Dec. 18 7 - 7:45 a.m.
No class Oct. 30, Nov 27
A147 LX Gym $104/$78*
M, Sept. 14 - Dec. 14 7 - 7:45 a.m.
No class Nov. 2



Adult Archery

Join us at Westwood Hills Nature Center in this beginner Adult Archery class. Participants should meet in the front of the building prior to each class. All equipment provided.

A120 Westwood Hills Nature Center $15
F, Sept. 18 6 - 7:30 p.m.
A121 Westwood Hills Nature Center $15
F, Oct. 30 6 - 7:30 p.m.

Matsubayashi Shorin-Ryu Karate

Learn new self-defense techniques every week. Class includes punches, kicks and grabs, along with Kata. No class Nov 3, 26, Dec 24, 31. *Instructor: Dennis Williams*

A115 CCC Cafeteria $96
Tu/Th, Sept. 1 - Dec. 29 5:30 - 7 p.m.

Zumba

High-energy, full-body workout with Latin and international music using aerobic interval training. $8 per session; bring exact change or a check to ISD 283. *Instructor: Katherine McGraw*

A503 LX Gym $18 for all 3 sessions
Th, Sept. 3 - 24 5:30 - 6:30 p.m.
No Zumba Sept. 17
A603 LX Gym $30 for all 5 sessions
Th, Oct. 1 - 29 5:30 - 6:30 p.m.
A703 LX Gym $18 for all 3 sessions
Th, Nov. 5 - 19 5:30 - 6:30 p.m.
A803 LX Gym $18 for all 3 sessions
Th, Dec. 3 - 17 5:30 - 6:30 p.m.

MONARCH
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Fitness



Dance Fitness for Seniors

This low-impact dance fitness class is designed for active older adults. Move at your own pace with easy-to-follow routines. Wear comfortable workout clothes. *Instructor: My Buan.*

S108	LX Gym	$6/day
Tu, Sept. 1 - 29	11:15 a.m. - 12:15 p.m.	
S208	LX Gym	$6/day
Tu, Oct. 6 - 27	11:15 a.m. - 12:15 p.m.	
S308	LX Gym	$6/day
Tu, Nov. 2 - 24	11:15 a.m. - 12:15 p.m.	
S408	LX Gym	$6/day
Tu, Dec. 1 - 29	11:15 a.m. - 12:15 p.m.	

Feldenkrais Awareness Through Movement®

Move better and feel better with the Feldenkrais Method®. Through gentle movement and awareness, you'll improve mobility, comfort, and function by engaging your brain's ability to learn and adapt. *Instructor: Margaret Vogel-Martin*

A300	Online	$60/$55*
Th, Sept. 17 - Oct. 15		5 - 6 p.m.
A400	Online	$72/$66*
Th, Nov. 5 - Dec. 17		5 - 6 p.m.

No class Nov 26

Kyudo Japanese Longbow Archery - New Students

Develop the body, mind, and spirit through the practice of Japanese archery, rooted in the traditions of the samurai. *Instructors John and Carly Born, both Renshi 5th dan*

A306	MS Activity Center	$78
Sa, Sept. 12 - Dec. 12	11 a.m. - 2:30 p.m.	

NEW Yoga for Chronic Pain: Gentle Strength + Mobility for Real-Life Relief

This gentle, pain-informed yoga class helps improve strength, mobility through mindful movement, breath, and nervous system awareness. Learn strategies to manage flare-ups and move with greater ease. Bring a yoga mat and water bottle. *Instructor: Bridgett Erickson*

S041	LX Rm 15	$69/$65*
Th, Oct. 15 - Nov. 19	10:30 - 11:30 a.m.	

T'ai Chi Ch'uan

An ancient Chinese martial art with slow, flowing movements that improve balance, coordination, and mindfulness. *Instructor: Rand Adams.* Drop-in fee: $5/day, $2/day*

S028	LX Gym	$75 All, $30* All Sessions
Th, Sept. 3 - Dec. 17		9 - 10 a.m.

No T'ai Chi Nov. 26

Kenpo Karate / Self Defense

We teach American Kenpo Karate - a no nonsense style of self-defense for women and men. Open to all levels. Learn basic moves and defense combinations. Teenagers may join, but they must act as responsibly. Not a sport karate class. *Instructor: Dennis Bechly*

A199	CCC Cafeteria	$1.50/day
Sa, Sept. 5 - Dec. 19	10:30 a.m. - 12 p.m.	

No Class Nov 28

Kyudo Japanese Longbow Archery - Returning Students

Develop the body, mind, and spirit through the practice of Japanese archery in the traditions of the samurai. *Instructors John and Carly Born, both Renshi 5th dan*

A305	MS Activity Center	$78
Sa, Sept. 12 - Dec 12	11 a.m. - 2:30 p.m.	

Adult Pickleball - Beginner Instruction



Learn the basics of serving, dink shots, volleys, and the rules of the game. Paddles, balls, and nets are provided; bring your own paddle if preferred. *Instructor: Steve Pohlen. No class Sept. 15*

A085	LX Gym	$59	**Tu, Sept. 8 - 29**	4:30 - 5:30 p.m.
A086	LX Gym	$59	**Tu, Oct. 13 - 27**	4:30 - 5:30 p.m.
A087	LX Gym	$59	**Tu, Nov. 10 - 24**	4:30 - 5:30 p.m.
A088	LX Gym	$59	**Tu, Dec. 1 - 15**	4:30 - 5:30 p.m.

Adult Pickleball - Intermediate Instruction

Take your Pickleball skills to the next level! Learn game strategies, court positioning, shot selection, and partner coordination, and improving your dinking. Paddles, balls, and nets are provided; bring your own paddle if preferred. *Instructor: Steve Pohlen. No class Sept. 15*

A089	LX Gym	$59	**Tu, Sept. 8 - 29**	5:30 - 6:30 p.m.
A090	LX Gym	$59	**Tu, Oct. 13 - 27**	5:30 - 6:30 p.m.
A091	LX Gym	$59	**Tu, Nov. 10 - 24**	5:30 - 6:30 p.m.
A092	LX Gym	$59	**Tu, Dec. 1 - 15**	5:30 - 6:30 p.m.

Open Senior Pickleball

Open play. Registration required. No refund for cancellations.

LX Gym $5/$3* **Tu,** 9 - 10 a.m. & 10 - 11 a.m. **F,** 8 - 9 a.m. and 9 - 10 a.m.

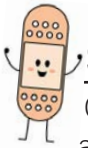
Health and Wellness



NEW Mandala + Mind: Drawing for Calm, Focus & Nervous System Regulation

Learn the relaxing art of mandala drawing using simple shapes and patterns to reduce stress and improve focus. No drawing or meditation experience is required. Children ages 12+ may attend with a registered adult. *Instructor: Bridgett Erickson*

A050	LX Rm 108	$35/$29*
M, Sept. 28	5:30 - 7:30 p.m.	



Free Flu & COVID-19 Shot Clinic

On-site Flu & COVID-19 shot clinic at Lenox by Cub Pharmacy. Free with most insurance; copay may apply. Bring insurance and Medicare Part B cards (65+). Walk-ins welcome; appointments preferred. Restrictions apply.

S409	LX Rm 15	Free
W, Oct. 7	9 a.m. - 12 p.m.	

Foot Care Options

Sparkling Feet

Need professional foot care? Call Sparkling Feet at 952-204-9406 to book your appointment. We charge $65 for 30 minutes for returning clients and $70 for new clients for 40 minutes. We provide nurse-delivered foot and nail care at Lenox on the 1st and 4th Wednesdays of each month.

Happy Feet

Happy Feet Footcare offers licensed foot care for $45 on the 2nd and 3rd Wednesdays each month at Lenox. Call 763-346-3390 to schedule.



NEW What is Dry Salt Therapy?

Experience the benefits of dry salt therapy (halotherapy). Learn how dry salt may help relieve symptoms related to respiratory conditions while promoting relaxation and immune support. *Instructor: Greta Sher*

A129	LX Rm 110	$19/$15*	**Tu, Sept. 15**	6 - 7 p.m.
A130	LX Rm 101	$19/$15*	**Tu, Oct. 20**	6 - 7 p.m.

Everything You Want to Know About Medicare

Learn Medicare basics (Parts A–D), costs, supplements, MAPD, enrollment, and timing. For those turning 65, leaving employer coverage, or already enrolled. *Instructor: Greg DeKeuster*

S034	LX Rm 110	$5/Free*	**Th, Sept.17**	6:30 - 8 p.m.

NEW Introduction to Neurographic Art

Explore a process-focused drawing technique using flowing lines and shapes to create abstract artwork. No experience needed. Youth ages 14-17 may attend with an adult. Register by calling 612.659.6500. *Instructor: Bayla McDougal.*

Art #313751	LX Rm 103	$75	**W, Sept. 23**	6 - 7:30 p.m.

Introduction to Meditation

Enjoy a relaxing body scan meditation. A calming and easy way to experience letting stress and tension go. *Instructor: Victoria Juster*

A055	Online	Free	**Tu, Oct. 13**	6:30 - 7 p.m.
A056	Online	Free	**Tu, Nov. 10**	6:30 - 7 p.m.
A057	Online	Free	**Tu, Dec. 15**	6:30 - 7 p.m.

NEW Harmony in the Home: Care, Connection and Music

Panel discussion on how connection and companionship support physical health, including insights from a home care representative and music therapist. *Instructors: Kay Ostrom & Joseph Neidorf*

S023	LX Rm 103	Free, please register	**W, Sept. 30**	1 - 2 p.m.

Medicare Counseling from Minnesota Aging Pathways

Get free, unbiased counseling on Medicare, Medigap, and Advantage plans. Appointments available at 1 & 2:15 PM on select Mondays at Lenox. Schedule at metroaging.org/medicareappt or call 800-333-2433.

Mindfulness-Based Stress Reduction (MBSR)

To help participants reduce stress, build resilience, and live mindfully. *Instructor: Paula Wieckert*

A132	Methodist Hospital-MN River Room	$329
M, Oct. 5 - Nov. 23		6 - 8:30 p.m.
Sa, Nov. 14		9:30 a.m. - 4 p.m.

Cooking



Farmer's Market Soups Cook Along

Join Kirsten live online to cook along—or watch and ask questions—as she prepares Colorful Chicken & Squash Soup and Greens & All Beet Soup. *Instructor: Kirsten Madaus*

A348	Online	$39 / $35*
Su, Oct. 4	3:30 - 5 p.m.	

Air Fryer Appetizers Free Mini Class for National Community Education Week

Cook along with Kirsten as she makes Air Fryer Crispy Polenta Rounds with Roasted Seasonal Vegetables in this free mini class. *Instructor: Kirsten Madaus*

A349	Online	Free
Th, Nov. 12	7 - 7:30 p.m.	



Friends in the Kitchen

Learn new recipes, techniques, and tips for healthy, budget-friendly meals. Includes tastings, recipes, and cooking for one. Space is reserved for registered participants only. Sponsored by St. Louis Park Community Education, and *instructor Stefanie Hailperin.*

S055	LX Cafeteria	Free
Tu, Sept. 8	2 - 4 p.m.	
S056	LX Cafeteria	Free
Tu, Oct. 13	2 - 4 p.m.	
S057	LX Cafeteria	Free
Tu, Dec. 8	2 - 4 p.m.	



Smørrebrød Smörgåsbord

Host a buffet the Scandinavian way with the tips and tricks you'll learn in this live online class. *Instructor: Kirsten Madaus*

A350	Online	$39 / $35*
Th, Dec. 10	6:30 - 8 p.m.	

Perfect Pasta

Create homemade pasta from scratch using simple ingredients and learn techniques for mixing, rolling, and cutting pasta by hand or with a pasta machine. Enjoy your creations with a variety of sauces and toppings while gaining tips and recipes to make fresh pasta at home. A $14 supply fee (cash) is due to the instructor, and participants should bring containers to take home their creations. *Instructor: Laurel Severson*

A080-F26	Wayzata Central MS	$39
M, Oct. 5	6 - 9 p.m.	

Cookie Decorating - Winter Theme

You'll be decorating 6 fall and cozy season- themed cookies using royal icing! Learn techniques and skills to expertly decorate. This is great for beginners with no experience but also has some fun intermediate tricks! Step up your cookie decorating game! When you attend class you will receive the icing and cookie recipe so you can try decorating at home too! *Instructor: Whitney Houge*

A082	Wayzata Central MS	$75
F, Dec. 11	6 - 8:30 p.m.	



Cookie Decorating - Fall Theme

You'll be decorating 6 fall and cozy season- themed cookies using royal icing! Learn techniques & skills to expertly decorate. This is great for beginners with no experience but also has some fun intermediate tricks! Step up your cookie decorating game! When you attend class you will receive the icing and cookie recipe so you can try decorating at home too! *Instructor: Whitney Houge*

A081	Wayzata Central MS	$75
Th, Oct. 22	6 - 8:30 p.m.	

How to Eat to Live to 100

Learn what dietary habits can have the biggest impact on extending life and avoiding chronic disease. Follow habits found in the 'Blue Zones' or areas with the highest centennials found. *Instructor: Methodist Hospital Dieticians*

A119	LX Rm 108	Free
W, Sept. 23	5 - 6 p.m.	
A120	LX Rm 2	Free
W, Oct. 21	5 - 6 p.m.	

Sourdough Starter Workshop

Participants receive an active starter, printed guides, and learn to feed, maintain, and bake sourdough through demonstrations, simple techniques, and troubleshooting tips for confident home baking. *Instructor: Sandra Brenes*

A045	LX Rm 103	$65/$59*
Tu, Nov. 10	6:30 - 8 p.m.	

Home & Garden



Centerpiece Workshop

Join us for a fun, hands-on class where you'll create a fall or winter inspired centerpiece to take home with you! We'll provide all the supplies. *Instructor: Jean Johnson*

S006	LX Rm 108	$10
F, Oct. 9	1 - 2:30 p.m.	

Bread Wednesdays at Lenox

Beginning at 8 a.m. every Wednesday, Lenox offers day-old bread and baked goods for the community, thanks to our generous local partners.

A suggested $1 donation per bag supports the St. Louis Park Senior Program.

Thank you to Panera Bread Knollwood for their generous donations, our dedicated volunteers who pick up and prepare the bread each week, and our custodial staff who help make this weekly tradition possible!

Thank you for your support!



We have a new phone number at Lenox!
Call us at 952-848-5510



NEW Fall Garden Clean Up

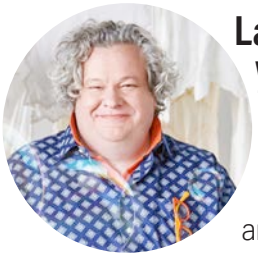
Wondering how to best prep your yard and garden for the winter? This presentation will help you do just that! This fall prep will, in turn, enhance your next gardening season. We will cover identifying and explaining the need for fall lawn and garden tasks and suggest some timing for completing them. We will cover lawns, shrubs and trees and flower and vegetable gardens. *Instructor: Hennepin County Master Gardener*

A135	Wayzata Central MS	$15
W, Sept. 30	6:30 - 7:30 p.m.	

NEW Extending the Growing Season

Frustrated by the short Minnesota growing season? There are several methods you can implement to add weeks to your growing calendar. We'll discuss techniques that range from simple to advanced and empower you to try one or multiple in the upcoming season to get the most out of your garden. This class covers soil warming methods, crop covers, basic succession planting, and protective structures. *Instructor: Hennepin County Master Gardener*

A134	Wayzata Central MS	$15
W, Sept. 16	6:30 - 7:30 p.m.	



Laundry and House Camp Hybrid with Patric Richardson

Join Patric Richardson, author of Laundry Love and House Love, for a session packed with his best laundry and home-care tips. Learn simple ways to care for your clothes, keep your home clean, save money, cut chemicals, and get your questions answered. *Instructor: Patric Richardson*

A131-F26	Wayzata HS Auditorium #2	$29
Th, Dec. 10	6:30 - 8:30 p.m.	

Lifelong Learning



55+ Driver Discount Program

The 55+ Driver Discount Program offers a 10% auto insurance discount for three years. The 4-hour class is $24. You must pre-register at 1-888-234-1294 or driverdiscountprogram.com. *Instructor: Kris Eidem*

LX Cafeteria

M, Oct. 12	5 - 9 p.m.
W, Dec. 9	9 a.m. - 1 p.m.

NEW Know Your Somali Neighbor

Join a lively discussion to learn about your Somali neighbors: their story, history, struggles, achievements, culture, faith, way of life and more. This event will provide you with a safe room to ask any related questions about your neighbor. We look forward to seeing you in our journey to break through any stereotypes and misconceptions about each other and build a stronger community together. *Instructor: Jennifer Zagozda*

A031	LX Rm 103	Free
Tu, Oct. 27	6 - 9 p.m.	



Join us for our free Fall Lunch and Learn series located in the Cafeteria at Lenox! Come learn about important topics for seniors and enjoy lunch. The program starts at 11:45 a.m.

S187 - September 14:

Mental Health and Aging: Building Resilience and Enhancing Quality of Life

S287 - October 19:

Virtual Museum Tours: Discover Art & History Online

S487 - December 7:

Understanding the Aging Brain: What's Normal and What Isn't

Five Phases of an IRA

Learn how to navigate the five phases of an IRA and use tax-efficient strategies to grow, spend, and transfer wealth more effectively. Instructor: Seamus Ott

S104	LX Rm 103	$5/Free*
W, Sept. 23	6 - 7 p.m.	
S105	LX Rm 108	$5/Free*
W, Nov. 11	6 - 7 p.m.	



Practical Tips For Brain Health As We Age

Discover simple habits to support brain health as you age and learn when to talk with your healthcare provider about memory changes. Refreshments and prizes included. *Instructor: Kate Blessing*

S210	LX Rm 109	Free
Tu, Oct. 13	10 - 11 a.m.	



Savvy Social Security

Understand how Social Security works and learn key strategies to maximize your retirement income and lifetime benefits. *Instructor: Seamus Ott*

S106	LX Rm 109	$5/Free*
Tu, Oct. 13	6 - 7 p.m.	
S107	LX Rm 109	$5/Free*
Tu, Dec. 8	6 - 7 p.m.	

Redefining Retirement

Redefining Retirement is a course designed to help you build confidence in your financial future by exploring retirement income strategies, investment management, tax-efficient planning, and Roth conversion opportunities to help you create a more secure and sustainable retirement plan. *Instructor: Logan Ehlenz*

S022	LX Rm 110	$9/$5*
W, Oct. 7	10 a.m. - 12 p.m.	

NEW Finding the Right Care & Planning Ahead

Learn about care options and how to create a personalized plan for future care with confidence. *Instructor: Home Instead*

S114	LX Rm 110	Free, but please register
Th, Sept. 3	10:30 - 11:30 a.m.	



We have a new phone number at Lenox!
Call us at 952-848-5510

JOIN US FOR PARTY IN THE PARK

Party in the Park is a fun event hosted by the St. Louis Park Senior Program. Everyone is welcome. Enjoy entertainment from 1 - 2pm and socializing with treats and coffee from 2 - 3pm. This event is FREE and no registration is required.

September 16: Join us outdoors, under the dome at the ROC (3700 Monterey Dr, St Louis Park, MN 55416)! Parking is available in the small lot nearest to the ROC. Entertainment will be provided by the Big Stoop Band and treats & bottles of water will be available during social hour.

November 18: Join us in the Lenox Gym for a Veteran's Day celebration. Entertainment will be provided by Ice Holes, a classic rock band playing 60s and 70s music. This event is sponsored by the Lenox Foundation.

Lifelong Learning

5 Biggest Expenses In Retirement & How to Reduce Them

Learn about the five biggest retirement expenses and practical strategies to reduce costs, protect your income, and make your savings last longer. *Instructor: Vaughn Kavlie*

S115	LX Rm 108	$5/Free*
Tu, Sept. 22	10 - 11:30 a.m.	

Senior Housing: Should I Stay Or Should I Go?

Explore senior living options, including aging in place or moving to a more accessible home. Learn how to assess your needs and make informed decisions for the future. *Instructor: Vaughn Kavlie*

S116	LX Rm 101	$5/Free*
Tu, Oct. 20	10 - 11:30 a.m.	



Confidence on the Go: Everyday Safety for Active Seniors

This one-hour talk with the County Sheriff's Community Engagement Team focuses on simple, practical ways seniors can feel confident and safe while out and about. Topics include walking safety, situational awareness, trusting your instincts, and what to do if you feel uncomfortable in public. The session will also review current road rules, pedestrian safety, and helpful guidance on roadside assistance and traffic stops. A supportive conversation centered on awareness, independence, and peace of mind. *Instructor: Hennepin County Sheriff's Office Engagement Team*

S860	LX Cafeteria	Free
W, Oct. 7	11 a.m. - 12 p.m.	



Lunch Bunch

Join us for Lunch Bunch at Lenox this Fall! All meals come with water, coffee, and dessert.

Lunch Bunch: Join us for a community meal at Lenox! Order your food option and we'll do the rest. All orders come with coffee, water, and dessert.

Lunch Bunch: **Park Tavern**

S283	LX Lounge	$16/$14*
W, Oct. 28	12:30 - 1:30 p.m.	

Lunch Bunch: **Chick-fil-A**

S284	LX Rm 113	$16/$14*
Th, Dec. 3	12:30 - 1:30 p.m.	



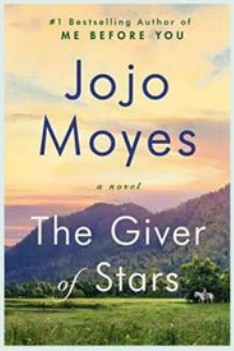


Social Groups

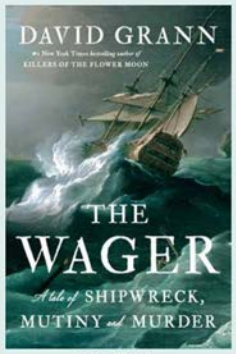


LENOX BOOK CLUB

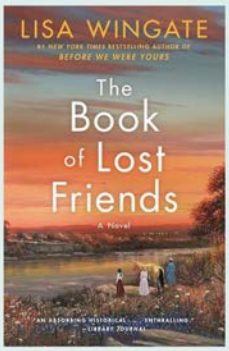
Book Club meets from 10-11:30am at Lenox



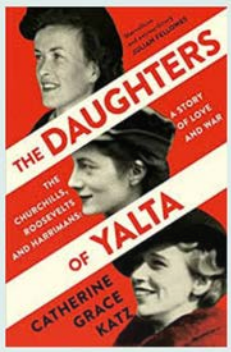
SEPT 23



OCT 21



NOV 18



DEC 16

Join the Lenox Book Club to read and discuss selected books. Meetings are held at Lenox from 10-11:30 a.m. No registration required. Dates and book list are below.

Sept. 23: **The Giver of Stars** by Jojo Moyes

Oct. 21: **The Wager: A Tale of Shipwreck, Mutiny and Murder** by David Gran

Nov. 18: **The Book of Lost Friends** by Lisa Wingate

Dec. 16: **The Daughters of Yalta** by Catherine Grace Katz

Women's Club

The Women's Club of St. Louis Park meets monthly for lunch and entertainment and to support scholarships and local charities. All women are welcome. Contact Lenox front office for details.

Men's Group

The Men's Group meets to discuss current events, personal challenges, and life happenings, with occasional guest speakers sharing their stories.

LX Cafeteria $4/day / $2/day*

Tu, ongoing 9 - 10 a.m.

Social Hour

Join us in the Lenox Lounge for coffee and a social hour with friends!

W, Sept. 9, Oct. 14, Nov. 11, Dec. 9 **10 - 11 a.m.**

Lenox Coffee & Tour

We invite you to Lenox to enjoy a cup of coffee, take a guided tour of the center, and learn about our programs, classes, and upcoming opportunities. It's a great way to stay connected and discover what's happening at Lenox!

LX Lounge Free

M, Sept. 14, Oct. 12, Nov. 9, Dec. 14 9:30 - 10:30 a.m.

Party in the Park

Party in the Park is a fun event hosted by the St. Louis Park Senior Program. Everyone is welcome. Enjoy entertainment from 1 - 2 p.m. and socializing with treats and coffee from 2 - 3 p.m. This event is FREE and no registration is required.

September 16: Join us outdoors, under the dome at the ROC (3700 Monterey Dr, St Louis Park, MN 55416)! Parking is available in the small lot nearest to the ROC. Entertainment will be provided by the Big Stoop Band and cookies & water will be available during social hour.

November 18: Join us in the Lenox Gym for a Veteran's Day celebration. Entertainment will be provided by Ice Holes, a classic rock band playing 60s and 70s music. This event is sponsored by the Lenox Foundation.

Senior Speed Friendship

Seniors 50+ are invited to Lenox's Speed Friendship event to meet and connect with others in a relaxed setting. Conversation starters provided.

S276	LX Rm 109	Free
Tu, Sept. 29	1 - 2:30 p.m.	
S277	LX Rm 113	Free
Tu, Dec. 9	10:30 a.m. - 12 p.m.	

Trips & Tours



NEW Bus Trip: Mankato Kiwanis Holiday Lights

Enjoy a festive evening in Mankato with dinner at Number 4 Restaurant followed by a visit to the Sibley Park Kiwanis Holiday Lights Display. Experience one million lights, animated displays, reindeer, and holiday favorites. The paved pathways make the display easy to explore, and guests can warm up in the heated building.

This holiday outing is a wonderful way to celebrate the season with friends. Bus will leave Lenox at 2:30 p.m. *No refunds after Nov. 5.*

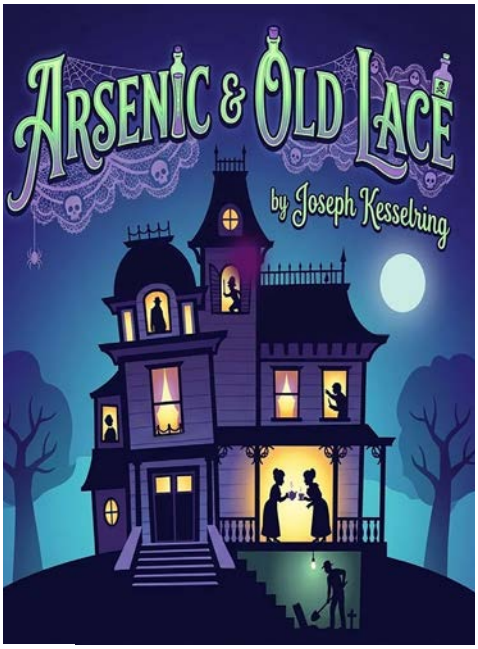
S090 LX Lounge / Mankato $105
W, Dec. 9 2:15 - 9 p.m.



NEW Honky Tonk Holiday at Sidekick Theatre

Combining some of the Twin Cities best vocalists with a dynamic band headed up by Brian Pierce, this spirited holiday show blends traditional Christmas songs and contemporary holiday tunes with a distinctly Nashville spin. Transportation is on your own. Lunch will be served before the show. *No refunds after Nov. 17.*

S092 Sidekick Theatre $59
Tu, Dec. 1 11:30 a.m. - 3:30 p.m.



NEW Arsenic and Old Lace at Sidekick Theatre

Mortimer Brewster's eccentric family takes "skeletons in the closet" to a whole new level in this beloved screwball comedy set in 1940s Brooklyn. Join the hilarious chaos as Mortimer navigates his unusual relatives, a new romance, and a house full of outrageous secrets. Transportation is on your own.Lunch will be served before the show. *No refunds after Sept. 23.*

S091 Sidekick Theatre $59
Th, Oct. 8 11:30 - 3:30 p.m.

Villages and Vineyards
SMALL GROUP TOURS IN FRANCE AND GERMANY
Conversation, Conviviality, Countryside
At a Casual Pace in Germany or France

Learn more at:
www.villagesandvineyards.com



Landmark Tours

Preview upcoming escorted trips with Landmark Tours, a locally owned, family-operated company offering domestic and international travel. Catalogs are available at Lenox.

S054 LX Rm 108 Free
Th, Nov. 5 10 - 11:30 a.m.

Technology



Nickie Welsh's classes are taught virtually, giving participants the flexibility to join from home or come to Lenox to watch the class with others. All sessions are recorded, so participants can learn at their own pace if they are unable to attend live. Nickie also offers personalized virtual support as needed.

Navigate with Uber: Achieve Transportation Freedom

Hate driving in bad weather or after dark? Learn to use Uber for airport trips, appointments, and errands, gaining confidence and independence with more travel options.

S010 Online or LX Rm 103 $35/$29* **Tu, Sept. 15** 12 - 1 p.m.

How to Use Venmo Safely!

Learn to use Venmo confidently and securely! This class covers sending and receiving payments, avoiding fees, setting up safely, and understanding key terms.

S011 Online or LX Rm 110 $35/$29* **Th, Sept. 17** 12 - 1 p.m.

Canva for Awesome Beginners!

Master Canva in this beginner-friendly class, create designs from scratch or templates for documents, business cards, and more.

S012 Online or LX Rm 110 $35/$29* **Th, Sept. 24** 12 - 1 p.m.

NEW Canva Creative Projects

You'll learn to design and create everything from custom greeting cards and party invitations to printable wall art, gift tags, and personalized crafts all in Canva.

S013 Online or LX Rm 110 $35/$29* **Th, Sept. 24** 12 - 1 p.m.

NEW Practical ChatGPT Tips for Beginners

Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class.

S014 Online or LX Rm 110 $35/$29* **Tu, Nov. 10** 12 - 1 p.m.

NEW Swipe Smart: A Safety Guide to Dating Apps

This one-hour class covers how to navigate today's most popular dating apps, protect your personal information, and use built-in safety features so you can connect with others confidently and securely.

S015 Online or LX Rm 110 $35/$29* **Tu, Dec. 8** 12 - 1 p.m.



Lecture: Intro. To Artificial Intelligence (AI)

Curious about AI? This lecture introduces the basics of artificial intelligence, how tools like ChatGPT are used today, their limitations, and how AI may shape the future. *Instructor: Jim Villars, Certified Senior Planet Instructor*

S068 Lenox Little Theater Free
Tu, Sept. 29 10:30 a.m. - 12 p.m.



Free Tech Help Thursdays at Lenox

Get one-hour tech help from Senior Community Services volunteers. By appointment only - call 952-848-5510 to schedule. For Hennepin County residents, ages 60+. First-time participants must complete required paperwork at their initial visit. *Instructor: Chuck Van De Weghe and Ed Rapoport.* Free

We have a new phone number at Lenox! Call us at 952-848-5510

Monday Movies & Popcorn

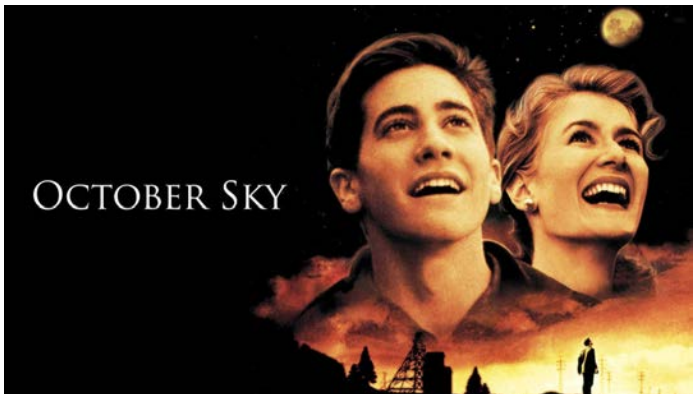
Join us at 2 p.m. for a Monday Matinee & Popcorn in the Lenox Little Theater!
Movies are free for all; registration is not required.



SEPTEMBER 14: THE DEVIL WEARS PRADA (2006) PG-13

The Devil Wears Prada follows aspiring journalist Andy Sachs, who takes a job as assistant to the demanding fashion editor Miranda Priestly and must navigate the pressures of the fashion industry while balancing her personal life and ambitions.

Comedy/Drama: 1h 49m



OCT. 12: OCTOBER SKY (1999) PG

October Sky is a coming-of-age drama based on a true story about Homer Hickam, a coal miner's son in West Virginia who becomes inspired by the launch of Sputnik in 1957. Despite resistance from his father and limited resources, Homer and his friends pursue their dream of building rockets, using science and perseverance to overcome obstacles and create opportunities beyond their small mining town. The film explores themes of ambition, education, friendship, and following one's dreams.

Family/Drama: 1h 48m



NOVEMBER 9: SISTER ACT 2 (1993) PG

Las Vegas singer Deloris Van Cartier returns as Sister Mary Clarence and goes undercover as a teacher at a struggling Catholic school. She transforms a group of unruly students into a talented choir, helping them build confidence and work together to save their school through music.

Family/Comedy: 1h 47m



DECEMBER 14: NATIONAL LAMPOON'S CHRISTMAS VACATION (1989) PG-13

Clark Griswold is determined to create the perfect family holiday celebration, but a series of mishaps, surprise visitors, and escalating disasters turn his plans into a chaotic and hilarious adventure. As tensions rise and expectations clash, the Griswold family learns to find joy amid the mayhem.

Comedy/Family: 1h 37m

Foreign Film Movie & Discussion

Join fellow film fans in the Little Theater at Lenox to watch and discuss engaging and thought-provoking foreign films. We'll view the movie and then have time for focused discussion led by Lisa Kjellander from the St. Louis Park Library. Sponsored by Friends of the St. Louis Park Library. Preregistration is required.



SEPTEMBER 8: PAN'S LABYRINTH (2006) MEXICO

Set after the Spanish Civil War, an 11-year-old girl escapes her harsh reality by entering a mysterious labyrinth where a faun sets her on a dark, magical journey amid the rise of fascism and violence.

A014 LX Theater Free **Tu, Sept. 8** 6 - 8:30 p.m.



SEPTEMBER 15: PLAN 75 (2022) JAPAN

Government program Plan 75 encourages senior citizens to be euthanized to remedy an aged society. An elderly woman whose means of survival are vanishing, a pragmatic Plan 75 salesman, and a Filipino laborer face life-and-death choices.

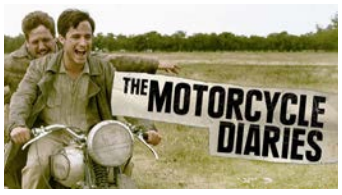
A015 LX Theater Free **Tu, Sept. 15** 6 - 8:30 p.m.



SEPTEMBER 22: THE OTHER WIDOW (2024) ISRAEL

A dark comedy about Ella, a mistress who attends her late lover's shiva and becomes unexpectedly close to his family — leading to complicated and revealing encounters.

A016 LX Theater Free **Tu, Sept. 22** 6 - 8:30 p.m.



SEPTEMBER 29: MOTORCYCLE DIARIES (2005) LATIN AMERICA

An inspirational adventure, based on the true story of two young men whose thrilling and dangerous road trip across Latin America becomes a life-changing journey of self-discovery.

A019 LX Theater Free **Tu, Sept. 29** 6 - 8:30 p.m.



OCTOBER 20: BRIEF ENCOUNTERS (1967) RUSSIA

Through an intricate play of flashbacks, this tangled romantic triangle that connects a hard-nosed city planner, her free-spirited geologist husband, and the young woman whom she hires as her housekeeper. Blending observational realism, it crafts a perceptive study of two very different women bound by chance and each navigating career, dreams, and disappointments.

A020 LX Theater Free **Tu, Oct. 20** 6 - 8:30 p.m.



OCTOBER : CAIRO STATION (1958) EGYPT

A newspaper salesman at the train station in Cairo develops an unhealthy obsession with a woman who sells refreshments.

A021 LX Theater Free **Tu, Oct. 27** 6 - 8:30 p.m.



NOVEMBER 10: VICTIMS OF SIN/VÍCTIMAS DEL PECADO (1951) MEXICO

This deliriously plotted blend of gritty crime film, heart-tugging maternal melodrama, and mambo musical is a dazzling showcase for iconic star Ninón Sevilla. She brings fierce charisma and fiery strength to her role as a rumbera, a female nightclub dancer who gives up everything to raise an abandoned boy, whom she must protect from his ruthless gangster father.

A022 LX Theater Free **Tu, Nov. 10** 6 - 8:30 p.m.



NOVEMBER 17: THE TEACHER'S LOUNGE (2023) GERMANY

An idealistic middle school teacher who advocates for a student accused of stealing becomes embroiled in conflict when she becomes the target of a theft herself.

A023 LX Theater Free **Tu, Nov. 17** 6 - 8:30 p.m.

Special Interest



Senior Police Academy

A 6-week program offering an inside look at the St. Louis Park Police Department. Learn about police operations, 911 dispatch, DWI enforcement, domestic violence response, and behavioral health. Final session includes a celebration with a department tour, squad demo, and K-9 visit.

S498	Lenox	Free
Tu, Sept. 22 - Oct. 27	10:30 - 11:30 a.m.	

NEW Cha-Cha-Ha! Healing Through Play

If you love to laugh or if it's been a really long time since you have, come on out to play, meet your neighbors, take a break, and LYAO in your new Adult Play Group where you'll find friendship, creativity and pure silliness just for the heck of it! *Instructor: Roxanne Sadovsky*

A108	LX Rm 15	$69
Th, Sept. 24 - Oct. 15	5:30 - 7:30 p.m.	

2026 Pop Your Trunk

Sell your wares at the Pop Your Trunk Flea Market in the parking lot at Lenox Community Center! Exact spaces will be given on the day of the event. Line up will start at 7:30am in the upper parking lot entrance off of Hampshire. At 8am, we will open our lot for cars to enter and set-up their space. All spaces must be set-up by 8:50am.

S195	LX Parking Lot $15 for 2 parking spots; $25 for 4 parking spots
Sa, Sept. 26	9 a.m. - 1 p.m.

Lenox Foundation

The Lenox Foundation is a non-profit organization whose sole mission is to raise funds to support the mission of the St. Louis Park Senior Program. Call 952-848-5510 to inquire.

Autumn Meetings: Sept. 18, Nov. 20
9:30 - 11 a.m.



NEW Comedy Show: If Growing Old Was Easy, Everyone Would Do It!

Clean, fun, nostalgic & interactive senior comedy. Former undercover detective, retired pastor, chaplain, nonprofit executive, trainer, lifelong humorist, and senior comedian, at age 70, Jeff Hanna launched his standup comedy career aimed at seniors. Now performing 75+ shows a year across four states, we welcome him to Lenox! *Sponsored by Griswold Home Care.*

S204	LX Little Theater	Free
W, Oct. 14	1 - 1:45 p.m.	

Discover Voice-Over

Use your natural speaking voice for commercials, films, and more. Learn a unique way to break into the lucrative voice-over industry on your own terms. Concludes with a professional voice evaluation with your instructor. *Instructor: Lisa Foster*

A017	Online	$59
Th, Sept. 24	6:30 - 8:30 p.m.	
A018	Online	$59
Tu, Nov. 17	6:30 - 8:30 p.m.	

NEW Basics of Estate Planning

This is a practical, easy-to-understand course that helps individuals and families learn how to protect their loved ones, avoid common mistakes, and create a plan for the future with confidence. *Instructor: Tom Stanton*

A071	LX Rm 103	$10
W, Oct. 21	6 - 7:30 p.m.	
A072	LX Rm 110	$10
Tu, Nov. 17	6 - 7:30 p.m.	

Senior Program Advisory Council

Help shape the future of the Senior Program. We're always seeking new members. Get involved and provide input on our growth and development. Call Lenox to inquire.

Autumn Meetings:
Sept. 8, Oct. 13, Nov. 10 — 1 - 3 p.m.

Intro. to Fly Fishing and Beginner Fly Casting

Curious about fly fishing? This beginner-friendly class covers casting basics, equipment, and technique - including four essential casts. Ages 12–17 must attend with a paid caregiver. *Instructor: Tom Kalgren*

A116	LX Gym	$69
M, Sept. 28	5 - 6:30 p.m.	
A117	LX Gym	$69
M, Oct. 12	5 - 6:30 p.m.	

Special Interest



National Coffee Day Celebration

Join us as we celebrate National Coffee Day with a special gathering for our senior community! This event is designed to bring people together for conversation, connection, and a great cup of coffee. *This event is proudly sponsored by Aquila Commons.*

S929 LX Cafeteria Free
Tu, Sept. 29 10 - 11 a.m.

NEW Discover the Creative YOU

You know YOU: the mom, the dad, the daughter, the neighbor YOU, the taxpayer YOU, the many well mannered, predictable YOU'S you know and love, but do you know the Creative YOU? *Instructor: Roxanne Sadovsky*

A112 LX Rm 103 + Online $65
Th, Oct. 22 + 29, Nov. 12 4 - 6 p.m.

NEW New Beginnings Luncheon

Lenox welcomes those retired within the last year for an informative afternoon. Learn about Lenox, meet new people, explore programs and activities, enjoy a guided tour, and connect with others in this new chapter. Complimentary lunch provided, sponsored by the Lenox Foundation.

S202 LX Cafeteria Free
W, Nov. 4 11:30 a.m. - 1 p.m.



Craft Fair

Join us for our 5th Annual Craft Fair at the Lenox Community Center. Shop a variety of local vendors and discover unique gifts, handmade crafts, and more!

LX Gym **Sa, Nov. 14** 10 a.m. - 2 p.m.

Developing Intuition

You have intuition that can help you navigate through life's challenges. This class will help you connect to your own natural ability. *Instructor: Victoria Juster*

A075 Online $35/$29*
Tu, Oct. 27 6:30 - 8 p.m.

Medical Examiner in Today's World

This engaging presentation explores the real-world role of the Medical Examiner beyond what is portrayed on TV. Learn how cause and manner of death are determined, when the Medical Examiner becomes involved, and the important role we play in supporting families, assisting law enforcement, and protecting public health. Discover the science, expertise, and responsibility behind this essential profession. *Presenter: Mike Opitz*

S087 LX Little Theater Free
Th, Nov. 5 1 - 2:30 p.m.



Improv-Ability

Build confidence, think on your feet and take creative risks in this beginner friendly Improv course – no experience needed. *Instructor: Janelle Ranek. No class Sept. 23*

A123 LX Rm 101 $79
W, Sept. 16 - Oct. 21 6:30 - 8 p.m.

NEW Advanced Improv - On Stage!

Take the next step in your improv journey! This course concludes with a supportive showcase for family and friends! *Improv-Ability or previous improv experience required for this advanced course. *Instructor: Janelle Ranek*

A124 LX Rm 15/Little Theater $89
Th, Sept. 15 - Oct. 13 6 - 8 p.m.

Discover Your Best Colors - Personal Color Analysis Session

Get a personal color analysis with a certified stylist, including a customized palette and handout. Participants will be contacted to schedule a 30-minute time slot. *Instructor: Best Me 360*

A032 LX Rm 108 $75
M, Oct. 26 4 - 8 p.m.



Pumpkin Pie Social - A Slice of Minnesota History

Join us for a Pumpkin Pie Social and a sweet and savory storytelling event as we dig into the roots of one of the Midwest's most iconic holiday desserts — the Festal Pumpkin Pie — and the incredible local woman behind the recipe that has stood the test of time. *Instructor: Kasey Summer*

S298 LX Cafeteria Free
F, Nov. 6 1 - 2:30 p.m.

Special Interest



NEW Dress For Your Body Shape

Discover how to dress your unique body shape with confidence in this personalized 20–30 minute session with a professional stylist. Learn which clothing cuts, patterns, and accessories flatter you best, and take home a customized guide to make shopping easier.Participants will be contacted to schedule a 30-minute time slot. *Instructor: Best Me 360*

A033 LX Rm 108 $75
M, Nov. 9 4 - 8 p.m.

Designing Your Well-Lived and Joyful Life

Based on a Stanford course and a best-selling book of the same name, this employs design thinking techniques to effectively design individual life paths. Over the course of 6 sessions, participants will create three 5-year plans, develop strategies for testing and evaluate those plans for successful implementation. *Instructor: Dean Kephart*

A034 LX Rm 110 $15/$9*
M, Sept. 21 - Oct. 26 3 - 4 p.m.



NEW You Can't Take It With You: Tidy Up Like There's No Tomorrow

Learn to declutter and simplify your home by addressing unused belongings and storage clutter for a lighter, healthier, guilt-free living space. *Instructor: Loris Sofia Gregory*

A093 LX Rm 109 $29/$25*
Th, Oct. 8 6 - 8 p.m.

NEW Teaching Your Kids and Grandkids About Climate Change

Join us for a discussion-based workshop on ways to teach children about the climate crisis through children's literature. *Instructors: Dr. Nick Kleese and Dr. Jasmine Tang*

A113 LX Rm 110 Free
T, Oct. 6 5:30 - 7 p.m.

A Conversation on Death & Dying

Spirits desire, their purpose is to share their love and ease our pain. *Instructor: Victoria Juster*

A076 Online $35/$29*
Tu, Dec. 1 6:30 - 8 p.m.

NEW Story Circle: Meaningful Listening Across Differences

Join us for a story circle, a structured discussion that encourages deep listening with the goal of cultivating community across differences of opinions and life experiences. *Instructors: Dr. Lee Fisher and Dr. Jasmine Tang*

A114 LX Rm 108 Free
W, Oct. 21 5:30 - 7 p.m.

Just in Case: Organizing Essential Documents for Loved Ones

Organize and share physical and digital life and home records to help next-of-kin save time and money. Materials emailed after registration; no refunds after delivery. *Instructor: Loris Sofia Gregory*

A094 LX Rm 103 $35/$29*
W, Oct. 28 6 - 7:30 p.m.

NEW Your Equity, Your Way

Join Kristi Nemec, Senior Home Coach™and local lender for three informative sessions: #1 Making the Most of Your Home's Equity in Retirement, #2: Navigating As-Is Home Sales and Investor Offers With Confidence, and #3: The Psychology of Decluttering and Why We Avoid It.

S205 LX Rm 103 Free
Tu, Oct. 6 1 - 2 p.m.
S206 LX Rm 103 Free
M, Oct. 12 1 - 2 p.m.
S207 LX Rm 110 Free
W, Oct. 28 1 - 2 p.m.

Reiki - Level 1

Training in hands-on technique covering basics, healing principles, hand positions, intuitive placement, attunements, meditation, practice, manual, and certification. *Instructor: Heidi Steffens*

A136 My Spirit Experience $149
Su, Sept. 13 9 a.m. - 4 p.m.

Reiki - Level 2

Usui Reiki training with attunement and sacred symbols to enhance healing energy. Covers physical, emotional, and distance healing. Includes manual and certification. Instructor: Heidi Steffens

A137 My Spirit Experience $199
Su, Oct. 4 9 a.m. - 4 p.m.

NEW Reiki - Level 3

Training includes Master attunement and commitment to deeper practice of Reiki. Covers use of the Master symbol, crystals, crystal grids, and drumming. Instructor: Heidi Steffens

A138 My Spirit Experience $400
Sa, Dec. 5 & Su, Dec. 6 9 a.m. - 3 p.m.

Special Interest



NEW

Public Speaking Without Panic

This class helps you build confidence speaking in front of others in a supportive, low-pressure environment, while learning techniques to manage nerves and engage an audience. *Instructor: Janelle Ranek. No class Sept. 23*

A125 LX Rm 103 $69
W, Sept. 16 - Oct. 21 5 - 6 p.m.

NEW

It's Never Too Late to Begin Again

Supportive women's group for self-discovery and life transition, using It's Never Too Late to Begin Again by Julia Cameron. Includes daily walks, journaling, weekly solo dates, and memoir writing. Participants purchase their own book. *Instructor: Sally Shepherd. No class Oct. 27 & Nov. 3*

S100 LX Lounge $149/$139*
Tu, Sept. 15 - Dec. 15 7 - 9 p.m.

NEW

Be SMART For Kids: A Conversation About Secure Firearm Storage

Be SMART for Kids promotes conversations on children, firearms, and safety for parents, caregivers, and groups, focusing on secure storage and preventing gun-related injuries and deaths. *Instructor: Susie Kaufman*

A004 LX Cafeteria Free, please register
Th, Nov. 12 7 - 8 p.m.

NEW

Later In Life ADHD/Autism Diagnosis - Why Now?

Learn why ADHD and autism are often missed until adulthood, who is most affected, and how masking, diagnosis, and support can shape well-being. *Instructor: Erin Shobe*

A118 LX Rm 110 Free, please register
Th, Oct. 1 6 - 8 p.m.



NEW

Author Event: Shayna

Join local author Miriam Ruth Black for a discussion of Shayna, a historical novel about Shayna Rifkin's 1919 journey from Ukraine to America, followed by a Q&A and book signing.

S117 LX Little Theater Free, please register
Th, Oct. 1 10:30 a.m. - 12 p.m.

New Year's Celebration - Games, Food & Fun!

Ring in 2027 with your friends at Lenox! Details are still being finalized, but registration is now open. Save your spot today!

S209 LX Cafeteria Free
W, Jan. 6 11:30 a.m. - 1 p.m.

MAGGIE'S FARM
FREE-RANGE THEATER

Maggie's Farm Theater - Participation Station

Join Maggie's Farm Theater's annual fundraiser & open house. Come and see the newly renovated Lenox Little Theater. The evening will feature entertainment by Terrell X and refreshments from local favorites.

LX Little Theater Free
M, Oct. 26 6 - 8 p.m.

Language

Spanish 1

Learn conversational and everyday use Spanish in a low-pressure setting. Register by calling 612.659.6500. *Instructor: Tyrel Nelson.*

Spanish 1 #313723 LX Rm 103 $185
M, Sept. 14 - Oct. 26 6:30 - 8:30 p.m.
No Class Oct. 19

Spanish 2

Build on your Spanish grammar and vocabulary from Spanish 1 in a conversational, low-pressure setting. Register by calling 612.659.6500. *Instructor: Tyrel Nelson.*

Spanish 2 #313724 LX Rm 103 $185
M, Nov. 2 - Dec. 14 6:30 - 8:30 p.m.
No Class Nov 16



Conversational American Sign Language

Learn the basics of American Sign Language. Courses focus on practice and real-life use, with levels 1 and 2 offered in sequence. Register by calling 612.659.6500. *Instructor: Susan Hagel*

ASL1 #313593 LX Rm 110 $165
M, Sept. 21 - Oct. 12 6 - 8:30 p.m.
ASL2 #313708 LX Rm 110 $165
M, Oct. 26 - Nov. 16 6 - 8:30 p.m.

We have a new phone number at Lenox! Call us at 952-848-5510

Senior Advisory Council

Happy Fall from the Senior Advisory Council!

As the leaves begin to change and we settle into the beauty of the autumn season, we hope you are enjoying all that this wonderful time of year has to offer. Fall at Lenox is always filled with opportunities to connect, learn, and celebrate together, and we look forward to seeing many of you at upcoming programs and events.

This year, the Senior Advisory Council is changing things up a bit. Rather than having traditional leadership positions, we have decided to move forward as a collaborative team, with one exception - our secretary, Jean Johnson, who will continue to help keep notes for our meetings. We would like to extend our sincere gratitude to all of the individuals who have served in leadership roles over the years. Their dedication, time, and commitment have helped shape the Senior Program and strengthen our community.

The Advisory Council plays an important role at Lenox. Council members help generate new ideas for programs and activities, provide valuable feedback and guidance to Lenox staff from a senior perspective, assist with hosting special events, and serve as leaders and ambassadors within our community. We are excited to welcome new members this year and encourage anyone interested in getting more involved to join us. Fresh ideas and new voices are always welcome!

We would also like to remind you about our Senior of the Season recognition program. Do you know someone who makes a positive impact, volunteers their time, or helps make our community a better place? We encourage you to submit a nomination. The deadline for consideration in the Winter Newscaster is November 1.

Finally, be sure to mark your calendars for two favorite fall events at Lenox: Pop Your Trunk and our Craft Fair. These events are wonderful opportunities to connect with friends, support local vendors, and enjoy our vibrant community. You can find more information about each event within the Newscaster.

On behalf of the Senior Advisory Council, we wish you a season filled with warmth, friendship, and plenty of autumn fun. We look forward to seeing you around Lenox this fall!

Warm regards, The Senior Advisory Council

2025-2026 Senior Program Advisory Council

Judith Cook, Chair

Linda Jirreh, Vice Chair

Jean Johnson, Secretary

Board Members:

Birdie Elkofska	Marti Sanville
Carol Kohler	Jane Spooner
Suzie McArdle	William H. Tape

Celia Anderson - School Board Liaison

Lisa Abernathy - City Liaison

Katie Elsbernd - Senior Program Staff Advisor

Patrice Howard - Director of Community Education Advisory

Join the St. Louis Park Senior Advisory Council

Help shape programming for seniors at Lenox!



Why Join?

- Make your voice heard!
- Get to know other senior leaders at Lenox
- Advise staff on ideas for programming and events

Who Can Join?

- Adults 50 and better
- St. Louis Park Senior Program Members
- Those committed to attending regular, monthly meetings

Call 952-848-5510 to inquire.

St. Louis Park Community Education SENIOR PROGRAM

Your voice matters!

Senior OF THE SEASON

Nominate someone who makes our community shine!

Do you know a senior who brings joy, kindness, leadership, or positivity to others? Someone who shows up, gives back, or simply makes our community a better place? We invite you to nominate them as our...

Senior of the Season!

Who can be nominated?

Any senior who:

- Makes a positive impact in our community, shows kindness, creativity, leadership, or generosity, or helps others feel connected and valued

What happens?

- Selected seniors will be highlighted through our marketing efforts and will be recognized at an upcoming Advisory Council meeting

How to nominate

- Complete a Senior of the Season nomination form, available in the front office at Lenox

Let's celebrate the seniors who inspire us all!



Lenox Foundation Board Members 2025-2026

President - Tom Schmitz

Vice President - Jami LaPray

Secretary - Kay Drache

Treasurer - John Kreuser

John Boline, Lynne Carper, Darlene Noll, Bill Davies, Kay Davies, Jan Benson, Trina Levin, John Markovich, Patti Norell, Carol Post

Advisors: Patrice Howard
Katie Elsbernd

Lenox Foundation Board Meeting Schedule:

Sept. 18, Nov. 20

9:30 - 11 a.m.

Lenox Foundation

As we move into another exciting season at Lenox, I continue to be inspired by the strength, generosity, and sense of community that make the Lenox Foundation and the St. Louis Park Senior Program so special.

It was wonderful to see so many members come together for the National Senior Citizens Celebration in August. The Lenox Foundation was proud to provide two giveaways for the event and celebrate the incredible community that makes Lenox such a welcoming place.

We also have several exciting opportunities ahead. On November 4 at 11:30 a.m., the Lenox Foundation is pleased to sponsor the New Beginnings Luncheon at Lenox. This new event is designed to welcome recent retirees, new members of the St. Louis Park community, and anyone beginning a new chapter who wants to learn more about the programs, activities, and friendships that make Lenox such a vibrant place. Whether you're joining us for the first time or have been part of the Lenox community for years, we hope you'll discover new opportunities to connect and get involved.

Later in the month, we look forward to sponsoring the Veterans Day Party in the Park Celebration on November 18 at 1:00 p.m. in the Lenox Gym. We welcome everyone to attend as we honor our veterans and celebrate together as a community.

Building and strengthening this sense of community is at the heart of everything we do, and it is made possible through the generosity of those who support the Lenox Foundation. Thanks to the incredible support of our donors and the success of this year's fundraising efforts, the Lenox Foundation recently completed another successful Annual Campaign. Because of your generosity, the Foundation is proud to make its largest-ever financial contribution to the St. Louis Park Senior Program for the upcoming fiscal year. This milestone reflects the commitment of our donors, the dedication of our Board, and the outstanding partnership we share with the Senior Program staff. On behalf of the Lenox Foundation Board, thank you for believing in our mission and helping us enhance programs, activities, and opportunities that enrich the lives of older adults in our community.

As we begin ramping up for this year's Annual Campaign, we invite you to continue making a difference. Your support helps ensure that the Adult Program can continue to offer meaningful programs, activities, and opportunities that foster connection, lifelong learning, health, and well-being for older adults in our community. Whether you've supported the Foundation for many years or are considering your first gift, we hope you'll join us in investing in the future of the St. Louis Park Senior Program. Together, we can continue building a welcoming community where everyone can connect, learn, and thrive.

Thank you for your continued support. We look forward to seeing you at Lenox this fall.

Tom Schmitz,
President – The Lenox Foundation

We have a new phone number at Lenox! Call us at 952-848-5510

Senior Resources

FREE Legal Consultations

Serving low income residents of Minnesota. Call 612-334-5970 or visit them online at lawhelpmn.org.

Transportation Options:

Metro Transit: 612-373-3333 or **metrotransit.org**
Metro Mobility: 651-602-1111 or **metrocouncil.org**
Garber Transportation: 952-546-0616

East Side Neighborhood Services

Vital Living supports an intergenerational community that focuses on health and well-being for all generations.
Contact: 612-787-4086

Hennepin County Library — Home Service

Call 612-543-8850 or visit the website:
hclib.org/en/about/outreach

STEP: St. Louis Park Emergency Program

STEP distributes extra food every Tuesday from 1 p.m.-3 p.m. - no appointment needed. STEP is committed to increasing access to nutritional food and stocks the Mini Market with fresh produce, nonperishable stables, bread and milk. Open to all (no city requirements) during distribution hours. STEP's Mini Market is located at STEP's Library Lane entrance.

Community Action Partnership of Suburban Hennepin County Services

For help with energy assistance, community resources, home buyers or owners services, renters services and homeless services call 952-930-3541.

Grocery Shopping for an Elderly Neighbor/Parent?

Help at Your Door is a nonprofit grocery shopping and delivery service to seniors age 60 +, delivering groceries throughout the Twin Cities every other week. Minimum $40 order. To register or if you have questions, call 651-642-1892.

Individual Senior Outreach & Caregiver services

Provided by a licensed social worker. Please call 612-770-7005 to schedule an appointment.

Second Harvest Heartland

The CSFP Program provides free food once a month to seniors 60+ and 130% below the poverty level. Call Second Harvest Heartland at 651-484-5117.

Hotline for Vets — LinkVet

Call 1-888-546-5838 or www.linkvet.org
www.**slpcommunityed**.com

Medicare Counseling from Minnesota Aging Pathways

Appointments available select Monday afternoons at Lenox. Schedule at metroaging.org/medicareappt or call 800-333-2433

Senior Asset Senior Transportation Service

Contact: seniorassetmn.com or 612-444-5611.

The Senior Community Service Employment Program (SCSEP) Met, Inc.

Met, Inc., provides training and employment services to help low-income participants 55 or older gain the skills needed to get jobs and become financially self-sufficient. SCSEP participants work roughly 20 hours a week for nonprofit organizations, school districts or government offices to receive work-based training. Eligible participants earn during training assignments. Contact at 651-207-6290.

Senior Community Services

A local nonprofit organization with a mission to empower people as they age. The following services are available for adults age 60 and older and their caregivers.

- **Individual Senior Outreach & Caregiver Services** Call 612-770-7005 to schedule an appointment.
- **The HOME Program** provides help with indoor and outdoor chores. Call 952-746-4046 or email home@seniorcommunity.org
- **Technology Services** can help you use technology to its fullest potential with one-on-one support and coaching. Offering free technology clinics at community locations and in-home appointments for a fee. Call 952-888-5530.

Project Soar (Adults with Disabilities Program)

A leader in providing specially designed enrichment classes for adult with disabilities, Project SOAR is a Community Education Program offering classes in arts, cooking, and recreation activities like bowling, bingo and dances. Accommodations such as sign language interpreters can be provided if needed. See www.projectsoarmn.org or call 952-401-6898.

St. Louis Park Historical Society

Sat., 1 – 4 p.m. or by appointment, call 612-465-9288.

Registration & Membership Information



Online

slpcommunityed.com

By Mail

Complete registration form, including a check payable to ISD #283.

Lenox Community Center, Room 113
6715 Minnetonka Blvd.
St. Louis Park, MN 55426

In Person

Lenox Community Center, Room 113
9 a.m. – 4 p.m. Mon. – Fri.

By Phone

952-848-5510

Register Early

Registrations are on a first-come, first-served basis. Although some registrations are accepted up to and including the time of class, the decision to run or cancel a class is made in advance, so register early! This could ensure your spot in a class or trip that may fill up quickly or prevent your class from being canceled due to enrollment.

Confirmations & Cancellations

Please include your email address so our system can send you an automated confirmation. You will be notified by email or phone of any class changes or cancellations. To cancel your registration, contact us at least five business days before the class for a refund (minus a $5 fee). Full refunds are given if the class is cancelled by the site/program.

Exercise Insurance Statement

Many insurance companies encourage fitness and will help pay for your classes. Bring your insurance card to the front office to check your eligibility.

Tuition Assistance

The St. Louis Park Senior Program offers two tuition assistance options. Adults ages 50 and better are eligible to receive a $20 scholarship toward one class per calendar year, with no additional qualifications required. This is offered through the generosity of the St. Louis Park Senior Advisory Council and the Lenox Foundation. For those experiencing financial hardship, income-based assistance of up to 30% off one class per calendar year is also available. Please contact the Senior Program Manager to learn more and discuss next steps.

Disability Access

Call Project SOAR to request accommodations for successful participation in classes or programs 952-401-6898.

Friends of the Arts Scholarships

If you want to grow or develop in the arts but lack the financial resources, consider this resource. Residents are eligible to apply for scholarships. For information call 952-848-5504 or email info@SLPFriendsoftheArts.org.

Membership Benefits

Are you 50 years old or better and are interested in being a Senior Program Member? Call 952-848-5510 to inquire today! Membership benefits include:

- The Newscaster, our senior publication, mailed to members three times per year
- Targeted communication about upcoming classes, activities, and events
- Reduced or nominal fees for program activities
- Volunteer and leadership opportunities
- Becoming part of a warm and welcoming community.
- Volunteer and leadership opportunities.

★ **Senior Program Membership Rate** **$30/year**

Registration

Partipant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Preferred Phone: _____

E-mail: _____

Date of Birth: __ / __ / __ ☐ Female ☐ Male

Ethnicity/Race: _____

If student: Grade _____ School _____

Emergency Contact: _____

Contact Phone: _____

Partipant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Preferred Phone: _____

E-mail: _____

Date of Birth: __ / __ / __ ☐ Female ☐ Male

Ethnicity/Race: _____

If student: Grade _____ School _____

Emergency Contact: _____

Contact Phone: _____

COURSE NUMBER	CLASS TITLE	START DATE	TIME	PRICE
			TOTAL:	

Total Fees _____ Check # _____

Please enclose a check payable to ISD #283 or register online with

☐ Mastercard ☐ Visa ☐ Amex ☐ Discover

Permission and Waiver

I hereby, for myself and my heirs, waive any and all rights and claims for damages I may have against ISD #283 or the City of St. Louis Park and its representatives, for any and all injuries from whatever cause suffered by the above participation in the indicated activity. In case of emergency, the staff has my permission to use their judgment with regard to treatment until I can be contacted.

Photo Consent

Unless you notify St. Louis Park Community Education in writing, photos taken within classes, programs, activities, and events may be included in SLP publications and websites.

Signature _____ Date _____

Questions? Call Lenox Community Center at 952-848-5510. Please send your registration to the address below.

Lenox Community Center
6715 Minnetonka Boulevard
St. Louis Park, MN 55426
Phone: 952-848-5510



Walk the Park

ALL AGES

Join this community walking event where we'll meet for a 1- to 2-mile leisure walk on a Saturday of every month to explore parts of the St. Louis Park trail system. If it is raining, snowing or the temperature is below 40 degrees, we will walk inside the St. Louis Park Middle School, 2025 Texas Ave. S. (meet at the front entrance door 1).

DAY	DATE+TIME+LOCATION
Sa	Sept. 19, 9:30 – 10:30 a.m., meet at Melrose Center Parking lot, 3525 Monterey Drive, to walk Bass Lake Preserve/George Haun Trail
Sa	Oct. 10, 9:30 – 10:30 a.m., meet at Westwood Hills Nature Center main entrance, 8300 W. Franklin Ave., to walk the trails around Westwood Lake
Sa	Nov. 14, 9:30 – 10:30 a.m., meet at Nelson Park parking lot, 2500 Georgia Ave. S., to walk North Cedar Lake Regional Trail
Sa	Dec. 12, 9:30 – 10:30 a.m., meet at West 16th Street and Pennsylvania Avenue South to walk around the pond at Lamplighter Park
FEE	Free; no registration required

Howl-O-Ween!



ALL AGES

Wolfe Park, 3700 Monterey Drive

Bring your furry friends and best costumes for Howl-O-Ween. Visitors can stroll through the park with their pets, meet different vendors to redeem prizes and do a little shopping. At 2:30 p.m. there will be a costume contest for all pets with fantastic prizes. Note: Pets must be on a leash that can be shortened to six feet.

DAY	DATE+TIME
Su	Oct. 11, noon – 3 p.m.
FEE	Free

Somatic Yoga

AGES 16+

Wolfe Park building, 3700 Monterey Drive

In this, the movements are very intentional, slower and designed to release patterns of chronic tension. The focus is on body awareness by noticing how the body feels during subtle movements. Please bring a mat. Instructor: Judy Coughlin

DAY	DATE+TIME
M	Nov. 9 – Dec. 14, 7 – 7:45 p.m.
FEE	$43 per person (resident) / $48 (non-resident)
Registration deadline: Nov. 6	



FOREST THERAPY WALK

AGES 18+

Westwood Hills Nature Center, 8300 W. Franklin Ave.

Forest therapy is the Japanese art of "shinrun yoku," or absorbing the forest atmosphere with all your senses. This practice offers an immersive approach to experience the forest in a meditative and restorative environment. Forest bathing has been scientifically proven to improve immune function and reduce stress and anxiety. Join a certified forest therapist as we take a mindful approach to the outdoors.

DAY	DATE+TIME
Sa	Oct. 3, 11 a.m. – 12:30 p.m.
FEE	$17 per person (resident) / $20 (non-resident)
Registration deadline: when program is full	



BE THE LIGHT
Winter Solstice Walk

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave.

Join us on the shortest day of the year to remember that many in our community aren't able "to see the light" because of struggles with mental illness or difficult situations. Follow the luminary walk through the forest guided by visual messages from the community. Light a candle in honor or memory of someone who struggles with or struggled with mental health. Gather around a fire in the glowing winter light. To share the light, create a luminary with your own message to take home and light your neighborhood.

DAY	DATE+TIME
M	Dec. 21, 6 – 8:30 p.m.
FEE	Free; registration required
Registration deadline: when program is full	

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	**2** Intermediate Knitting 6p	**3** A Future Care Plan 10:30a	**4**
7 **Lenox Closed LABOR DAY**	**8** Inner Artist 11a **Advisory Council Meeting 1p** Friends in the Kitchen 2p Pickleball - Beginner 4:30p Pickleball - Int. 5:30p Foreign Film - *Labyrinth* 6p	**9** Social Hour 10a Women Beginner Woodshop - Birdhouse 5p Intermediate Knitting 6p	**10**	**11**
14 **Lenox Coffee & Tour 9:30a** Lunch & Learn: Mental Health and Aging 11:45a Monday Matinee: *The Devil Wears Prada* (2006) PG13 2p Stained Glass 101 5:30p	**15** Beginner Mahjong 9:30a Inner Artist 11a Navigate with Uber 12p Beginner Mahjong 5:30p Stained Glass 101 5:30p Advanced Improv 6p Foreign Film - *Plan 75* 6p What is Dry Salt Therapy? 6p Never Too Late to Begin 7p	**6** **Party in the Park (ROC) 1p** Public Speaking Without Panic 5p Intermediate Knitting 6p Extending The Growing Season 6:30p Improv-Ability 6:30p	**17** Use Venmo Safely! 12p Feldenkrais 5p Easy Line Dances 6p Glass Mosaic 6p Everything Medicare 6:30p	**18** Foundation Meeting 9:30a Bingo! 1p Adult Archery 6p
21 Designing Your Joyful Life 3p	**22** Beginner Mahjong 9:30a 5 Biggest Expenses in Retirement 10a Puzzle Pals 10a Senior Police Acad. 10:30a Pickleball - Beginner 4:30p Beginner Mahjong 5:30p Pickleball - Int. 5:30p Advanced Improv 6p Film - *The Other Widow* 6p Never Too Late to Begin 7p	**23** Lenox Book Club: *The Giver of Stars* 10a Beginner Woodshop - Birdhouse 5p How to Eat to Live to 100 5p Five Phases of IRA 6p Intermediate Knitting 6p Intro. to Neurographic Art 6p	**24** Canva for Awesome Beginners! 12p Paint Like Bob Ross: Woodland Trees 4:30p Feldenkrais 5p Cha-Cha-Ha! Healing Through Play 5:30p Glass Mosaic 6p Intro. to Bonsai 7p	**25** **POP YOUR TRUNK FLEA MARKET** **9a-1p** Lenox Parking Lot
28 Designing Your Joyful Life 3p Intro. to Fly Fishing 5p Mandala + Mind 5:30p	**29** Beginner Mahjong 9:30a National Coffee Day 10a Lecture: Intro. to AI 10:30a Senior Police Acad. 10:30a Your Inner Artist 11a Senior Speed Friendship 1p Pickleball - Beg. 4:30p Beginner Mahjong 5:30p Pickleball - Int. 5:30p Advanced Improv 6p Film - *Motorcycle Diaries* 6p Never Too Late to Begin 7p	**30** Harmony in the Home 1p Public Speaking Without Panic 5p Women Beginner Woodshop - Birdhouse 5p Intermediate Knitting 6p Fall Garden Clean Up 6:30p Improv-Ability 6:30p		

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Interval Circuit 7a Woodshop 9a-12p Mah-Jongg 10a Senior Fitness 10:15a Cigar Box Workshop 11a Cribbage 1p Scrabble 1p Open Craft Time 2p	Men's Group 9a Needle Craft 9a Open Pickleball 9a & 10a Woodshop 9a-12p Dance Fitness 11:15a Drums Alive 12:30p Social Bridge 1p Woodshop 1-4p, 6-9p	Interval Circuit 7a Woodshop 9a-12p Senior Fitness 10:15a Mexican Train Dominoes 1p Mah-Jongg 6:30p Bread for Sale 8a	T'ai Chi 9a Woodshop 9a-12p Ballroom Dance 1p Ponytail Canasta 1p Zumba 5:30p Woodshop 6-9p	Interval Circuit 7a Open Painting 9a Open Pickleball 8a & 9a Woodshop 9a-12p Senior Fitness 10:15a Cribbage 1p Drums Alive 12:30p Mah-Jongg 1p

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Author Event: *Shayna* 10:30a Feldenkrais 5p Healing Through Play 5:30p ADHD/Autism Diagnosis 6p Intro. to Bonsai 7p	**2**
5 Designing Your Joyful Life 3p Perfect Pasta 6p	**6** Beginner Mahjong 9:30a Senior Police Acad. 10:30a Your Inner Artist 11a Your Equity Your Way #1 1p Beginner Mahjong 5:30p Advanced Improv 6p Never Too Late to Begin 7p	**7** **Flu & Covid Shots 9a-12p** Redefining Retirement 10a Safety for Active Seniors 11a Fun With Watercolor 1p Public Speaking 5p Sewing Machine Clinic/ Learn to Sew 6p Improv-Ability 6:30p	**8** Sidekick Theatre: "Arsenic and Old Lace" 11:30a Feldenkrais 5p Healing Through Play 5:30p Can't Take It With You 6p Watercolor 101 6p	**9** Centerpiece Workshop 1p
12 **Lenox Coffee & Tour 9:30a** Your Equity, Your Way #2 1p Monday Matinee: *October Sky* (1999) PG 2p Designing Your Joyful Life 3p 55+ Driver Discount Class 5p Intro. to Fly Fishing 5p Your Pet's Portrait 6:30p	**13** Tips for Brain Health 10a Senior Police Acad. 10:30a Your Inner Artist 11a **Advisory Council 1p** Friends in the Kitchen 2p The Natural Way to Draw 4p Leathercraft 101 5:30p Advanced Improv 6p Batik on Paper 6p Thriller Line Dance 6p Intro. to Meditation 6:30p Savvy Social Security 6p Couples Dancing 7p Never Too Late to Begin 7p	**14** Social Hour 10a **Comedy Show - If Growing Old Was Easy 1p** Fun With Watercolor 1p Public Speaking 5p Women Beginner Woodshop - Birdhouse 5p Sewing Machine Clinic/Learn to Sew 6p Improv-Ability 6:30p	**15** Yoga for Chronic Pain 10:30a Feldenkrais 5p Healing Through Play 5:30p Watercolor 101 6p	**16**
19 Lunch & Learn: Virtual Museum Tours 11:45a Designing Your Joyful Life 3p Stained Glass 101 5:30p Puzzle Pals 6p	**20** Beginner Mahjong 9:30a Housing: Stay or Go? 10a Senior Police Acad. 10:30a Your Inner Artist 11a The Natural Way to Draw 4p Beginner Mahjong 5:30p Leathercraft 101 5:30p Stained Glass 101 5:30p Batik on Paper 6p Film: *Brief Encounters* 6p Dry Salt Therapy? 6p Never Too Late to Begin 7p	**21** Lenox Book Club: *The Wager* 10a Meaningful Listening 4p How to Eat to Live to 100 5p Public Speaking 5p Basics of Estate Planning 6p Sewing Machine Clinic/Learn to Sew 6p Improv-Ability 6:30p	**22** Yoga for Chronic Pain 10:30a Discover the Creative YOU 4p Fall Cookie Decorating 6p Watercolor 101 6p	**23** Bingo! 1p
26 Designing Your Joyful Life 3p Personal Color Analysis 4p	**27** Beginner Mahjong 9:30a Senior Police Acad. 10:30a Your Inner Artist 11a The Natural Way to Draw 4p Beginner Mahjong 5:30p Batik on Paper 6p Cairo Station 6p Developing Intuition 6:30p Your Somali Neighbor 6p	**28** Lunch Bunch: Park Tavern 12:30p Fun With Watercolor 1p Your Equity Your Way #3 1p Beg. Woodshop - Birdhouse 5p Just In Case 6p Sewing Machine Clinic/Learn to Sew 6p	**29** Yoga for Chronic Pain 10:30a The Creative YOU 4p Watercolor 101 6p	**30** Adult Archery 6p
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY

Tuesday Pickleball Classes

10.13		10.20		10.27	
Pickleball: Beg.	4:30p	Pickleball: Beg.	4:30p	Pickleball: Beg.	4:30p
Pickleball: Int.	5:30p	Pickleball: Int.	5:30p	Pickleball: Int.	5:30p

SEE PAGE 40

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3** Your Inner Artist 11a **Election Day!** No Classes after 6 p.m. and No Open Woodshop	**4** **New Beginnings Luncheon 11:30a** Fun With Watercolor 1p Women Beginner Woodshop - Birdhouse 5p Sewing Machine Clinic/Learn to Sew 6p	**5** Travel Show 10a Yoga for Chronic Pain 10:30a The Creative YOU 11a Medical Examiner 1p Feldenkrais 5p	**6** **Pumpkin Pie Social 1p**
9 **Lenox Coffee & Tour 9:30a** Monday Matinee: *Sister Act 2* (1993) PG 2p Dress for Your Body Shape 4p Line Dance: Bruno Mars 6p Latin Dance Sampler 7p	**10** Beginner Mahjong 9:30a Practical ChatGPT Tips 12p **Advisory Council Meeting 1p** The Natural Way to Draw 4p Pickleball - Beginner 4:30p Beginner Mahjong 5:30p Pickleball - Int. 5:30p Film: *Victims of Sin* 6p Intro. to Meditation 6:30p Sourdough Workshop 6:30p Never Too Late to Begin 7p	**11** **Veteran's Day - thank you to all who have served!** Social Hour 10a Fun With Watercolor 1p Beginning Knitting 6p Five Phases of IRA 6p	**12** **National Community Education Day!** Yoga for Chronic Pain 10:30a The Creative YOU 11a Feldenkrais 5p Airfryer Appetizers 7p	**13** Bingo! 1p **SATURDAY CRAFT FAIR November 14 10a - 2p**
16 Pour Paint Ornaments 5p Stained Glass 101 5:30p	**17** Beginner Mahjong 9:30a Inner Artist 11a The Natural Way to Draw 4p Pickleball - Beginner 4:30p Beginner Mahjong 5:30p Pickleball - Int. 5:30p Stained Glass 101 5:30p Basics of Estate Planning 6p Film: *The Teacher's Lounge* 6p Never Too Late to Begin 7p	**18** Book Club: *The Book of Lost Friends: A Novel* 10a Fun With Watercolor 1p **Party in the Park 1p** Beginning Knitting 6p	**19** Yoga for Chronic Pain 10:30a Feldenkrais 5p	**20** Foundation Meeting 9:30a **Friendsgiving at Lenox! 11:30a** Puzzle Pals 1p
23	**24** Inner Artist 11a Pickleball - Beg. 4:30p Pickleball - Int 5:30p Never Too Late to Begin 7p	**25** Fun With Watercolor 1p Beginning Knitting 6p	**26** **THANKSGIVING LENOX CLOSED**	**27**
30 Leathercraft 101 5:30p				

EVERY MONDAY		EVERY TUESDAY		EVERY WEDNESDAY		EVERY THURSDAY		EVERY FRIDAY	
Interval Circuit	7a	Men's Group	9a	Interval Circuit	7a	T'ai Chi	9a	Interval Circuit	7a
Woodshop	9a-12p	Needle Craft	9a	Woodshop	9a-12p	Woodshop	9a-12p	Open Painting	9a
Mah-Jongg	10a	Open Pickleball	9a & 10a	Senior Fitness	10:15a	Ballroom Dance	1p	Open Pickleball	8a & 9a
Senior Fitness	10:15a	Woodshop	9a-12p	Mexican Train Dominoes	1p	Ponytail Canasta	1p	Woodshop	9a-12p
Cigar Box Workshop	11a	Dance Fitness	11:15a	Mah-Jongg	6:30p	Zumba	5:30p	Senior Fitness	10:15a
Cribbage	1p	Drums Alive	12:30p	Bread for Sale	8a	Woodshop	6-9p	Cribbage	1p
Scrabble	1p	Social Bridge	1p					Drums Alive	12:30p
Open Craft Time	2p	Woodshop	1-4p, 6-9p					Mah-Jongg	1p

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Inner Artist 11a The Natural Way to Draw 4p Pickleball - Beg. 4:30p Pickleball - Int. 5:30p Conversation on Death & Dying 6:30p Never Too Late to Begin 7p	**2** Fun With Watercolor 1p Beginning Knitting 6p	**3** Lunch Bunch: Chick-fil-A 12:30p Feldenkrais 5p	**4** Bingo 1p
7 Lunch & Learn: Understanding the Aging Brain 11:45a Leathercraft 101 5:30p Stained Glass 101 5:30p	**8** Inner Artist 11a Swipe Smart: Dating 12p **Advisory Council Meeting 1p** Friends in the Kitchen 2p The Natural Way to Draw 4p Pickleball - Beg. 4:30p Pickleball - Int. 5:30p Stained Glass 101 5:30p Savvy Social Security 6p Never Too Late to Begin 7p	**9** 55+ Driver Discount Class 9a Social Hour 10a Speed Friendship 10:30a Fun With Watercolor 1p Bus Trip: Mankato Holiday Lights 2:15p Beginning Knitting 6p	**10** Feldenkrais 5p Laundry & House Camp 6:30p	**11** Winter Cookie Decorating 6p
14 **Lenox Coffee & Tour 9:30a** Monday Matinee: *National Lampoon's Christmas Vacation* (1989) PG-13 2p Crushed Glass Suncatcher 6:30p	**15** Inner Artist 11a Pickleball - Beg. 4:30p Pickleball - Int. 5:30p Intro. to Meditation 6:30p Never Too Late to Begin 7p	**16** Book Club: *The Daughters of Yalta* 10a Fun With Watercolor 1p Puzzle Pals 3p	**17** Feldenkrais 5p	**18**
21	**22** Inner Artist 11a	**23** **LENOX CLOSED FOR THE HOLIDAYS** **DECEMBER 24, 25, 31 and JANUARY 1**	**24**	**25**

EVERY MONDAY		EVERY TUESDAY		EVERY WEDNESDAY		EVERY THURSDAY		EVERY FRIDAY	
Interval Circuit	7a	Men's Group	9a	Interval Circuit	7a	T'ai Chi	9a	Interval Circuit	7a
Woodshop	9a-12p	Needle Craft	9a	Woodshop	9a-12p	Woodshop	9a-12p	Open Painting	9a
Mah-Jongg	10a	Open Pickleball	9a & 10a	Senior Fitness	10:15a	Ballroom Dance	1p	Open Pickleball	8a & 9a
Senior Fitness	10:15a	Woodshop	9a-12p	Mexican Train Dominoes	1p	Ponytail Canasta	1p	Woodshop	9a-12p
Cigar Box Workshop	11a	Dance Fitness	11:15a	Mah-Jongg	6:30p	Zumba	5:30p	Senior Fitness	10:15a
Cribbage	1p	Drums Alive	12:30p	Bread for Sale	8a	Woodshop	6-9p	Cribbage	1p
Scrabble	1p	Social Bridge	1p					Drums Alive	12:30p
Open Craft Time	2p	Woodshop	1-4p, 6-9p					Mah-Jongg	1p

Co-sponsored by ISD #283, Community Education and City of St. Louis Park

St. Louis Park
Community Education
SENIOR PROGRAM

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TIME SENSITIVE
MATERIAL



Looking to Make a Difference in St. Louis Park?

Volunteer with St. Louis Park Public Schools!

slpcommunityed.com/volunteer

SCAN ME