

# MUSIC, HEALTH AND WELLNESS SUMMER SERIES

# AT THE RONDO PLAZA

**TUES WED THURS EVENINGS AND SATURDAY MORNINGS**

**MEET YOUR LOCAL  
FIREFIGHTERS 5:30-7PM**  
6/25

**ROOTS AND BLUES MUSIC  
WITH LADY J 5:30-7PM**  
6/29, 7/27, 8/24

**CHESS FOR BEGINNERS  
10-11AM**  
7/6, 7/13, 7/27, 8/3, 8/10, 8/17,

**ZUMBA 11:30-12:15PM**  
7/6, 7/13, 7/27, 8/3, 8/10, 8/17

**JAZZ WITH JAMELA  
PETTIFORD AND TRIO- 5:30-  
6:30PM AND OPEN MIC 6:30-  
7PM**  
7/9, 7/23, 7/30, 8/20

**3M SCIENCE FOR KIDS**  
TBD

**TAI CHI 5:30-6:15PM**  
7/10, 7/31, 8/14, 8/28

**REGIONS HOSPITAL HEALTH  
& WELL-BEING WORKSHOPS  
5:30-6:15PM**  
7/11, 7/18, 7/25, 8/1

**HEART AND SOUL DRUM  
ACADEMY 5:30-6:30PM**  
7/17, 8/7, 8/21

**TERON BUFORD COLLEGE  
APPLICATION WORKSHOP  
5:30-6:15PM**  
8/6

**SAINT PAUL FIRE  
DEPARTMENT SUMMER  
SAFETY FAIR 5-7PM**  
8/13

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For more information or to register for workshops  
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