



5602 Arsenal St.  
St. Louis, MO 63139

**HOURS: 9am-3pm Monday-Wednesday-Friday**  
**314-645-3477 — FAX: 314-645-3813**  
**www.stlactivitycenter.com**

**EXERCISE PROGRAM**—Our Exercise Program is held on Mondays, Wednesdays, and Fridays at 10:00am! We exercise with **BANDS and WEIGHTS on Mondays and Wednesdays!** Suggested donation for this program is \$2.00 per session. Please join us!

**COFFEE TALK WITH ALICE—MONDAYS AFTER EXERCISE**—On Mondays after exercise, Alice Jennings will be hosting a Coffee Talk! Come join us as we discuss interesting topics along with coffee & dessert for \$1.00!!!

**QUILTING GROUP**—Our Quilters meet on **Mondays at noon!** If you are a quilter and are interested in meeting with others who have similar interests, come join us! If you would like to learn to quilt, come join us! Bring a friend!

**PINOCHLE—WEDNESDAYS, 12:15pm**—Our pinochle players will be playing pinochle on Wednesdays at 12:15pm. If you would like to join them, please contact the Center at 314-645-3477! Thanks!

**DIABETES CLASSES—WEDNESDAY, SEPTEMBER 7TH & 14TH, 11:00AM**—On Wednesday, September 7th & 14th, at 11:00am, we will be having our last 2 Diabetes Classes for this session! Call the Center at 314-645-3477 to register!

**POT LUCK LUNCH & DANCE—ON THURSDAY, SEPTEMBER 8TH & 22ND, 11:00AM TO 2:00PM**—On Thursday, September 8th & 22nd, there will be a Pot Luck Lunch & Dance! COST: \$5.00.

**CASINO QUEEN—WEDNESDAY, SEPTEMBER 14TH**—On Wednesday, September 14th, we will be going to Casino Queen! **We will depart from the Center at 10:00am. Contribution for the bus is \$8.00.** Bring your good luck charms & join us for a good time!

**BIRTHDAY CELEBRATION—WEDNESDAY, SEPTEMBER 14TH AT 10:45AM**—On Wednesday, September 14th, we will celebrate our September birthdays! Birthday cake and coffee will be available for \$1.00! Happy Birthday to all our celebrants!!!

**BINGO—THURSDAY, SEPTEMBER 15TH**—On Thursday, September 15th, we will be playing Bingo!!! We will play from 10:30-11:30am, break for lunch, and resume play at 12:00 Noon!!! Lunch will be available for purchase. Come and join in the fun!

**MO HISTORY MUSEUM RIVERFRONT TAKEOVER CRUISE—THURSDAY, SEPTEMBER 15TH, AT 12PM**—On Thursday, September 15th, at 12pm, we will be cruising down the Mississippi River with Amanda Clark, from the Missouri History Museum. She will lead an engaging, conversational tour uncovering the history of the bustling riverfront & the engineering marvel of the Eads Bridge while sharing hidden & unexpected stories with passengers along the way! COST: \$30 for members; \$40 for nonmembers includes transportation. LUNCH IS ON YOUR OWN! **We must have money and reservation by Wednesday, August 31st!!! We will leave the Center @ 11:15am.**

**BINGO SPONSORED BY MOREABLE—MONDAY, SEPTEMBER 19TH AT 11:30AM**—A Medicare Specialist from Moreable will be here on Monday, September 19th at 11:30am. They are sponsoring a Bingo with prizes! Come join us!

**LUNCH @ PICCADILLY AT MANHATTAN—WEDNESDAY, SEPTEMBER 21ST**—Come join us as we go out to lunch at the Piccadilly at Manhattan on Wednesday, September 21st! The Piccadilly offers a mouthwatering variety of American Classics served in a warm & comfortable atmosphere! LUNCH IS ON YOUR OWN! COST: \$8.00 for transportation. We will leave the Center at 11:30am.

**ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 21ST, 10:30-11:45AM**—The St. Louis Public Library will be at the Center on Wednesday, September 21st, from 10:30-11:45am. Go see what they have to offer you!

**CRAFTING WITH SUE—MONDAY, SEPTEMBER 26TH**—On Monday, September 26th, at 10:45am, Sue Molz will be having her Craft Class! Come join Sue and make something decorative for your home for Fall!

**DIGITAL LITERACY SESSION W/JOSHUA, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 28TH, 10:30-11:45AM**—Joshua will answer questions you might have on any digital device. Bring the device in question with you so Joshua can look at it!

**BOOK CLUB—WEDNESDAY, SEPTEMBER 28TH, AT 11:00AM**—Our Book Club is reading “Girl Waits With Gun” by Amy Stewart! Come join us as we gather to discuss this book on September 28th at 11:00am!

**TRANSPORTATION SERVICES** are available for lunch & activities at the Center, medical appointments, business, essential shopping (5 bag limit), recreation, etc. **PLEASE NOTE: DUE TO INCREASED FUEL COSTS, SUGGESTED BUS DONATIONS HAVE CHANGED TO \$8.00 ROUND TRIP FOR ALL TRIPS. TRANSPORTATION TO ST. LOUIS COUNTY (OR OVER 10 MILES) IS \$20.00. The Center relies on donations to cover the cost of gas, insurance & vehicle maintenance!!!**

**SUGGESTIONS**—Please let front office staff know of any suggestions you may have regarding ways to improve the Center, trips you would like to go on (short or long), new activities you would like us to start, etc. Your input is greatly appreciated!

# St. Louis Activity Center Calendar

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>2</b></p> <p>10:00am Exercise 11:30am Lunch</p>
<p><b>5 HOLIDAY</b></p> 	<p><b>6</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>7</b></p> <p>10:00am Exercise 11:00am Diabetes Class 11:30am Lunch 12:15pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>8</b></p> <p>11:00am-2:00pm POT LUCK LUNCH &amp; DANCE</p>	<p><b>9</b></p> <p>10:00am Exercise 11:30am Lunch</p>
<p><b>12</b></p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos</p>	<p><b>13</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>14</b></p> <p>10:00am Exercise 10:00am Casino Queen 10:45am Happy Birthday Cake &amp; Coffee!! 11:00am Diabetes Class 11:30am Lunch 12:15pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>15</b></p> <p>10:30am BINGO 11:30am Lunch 12:00pm BINGO <b>12:00pm MO History Museum River Cruise</b></p>	<p><b>16</b></p> <p>10:00am Exercise 11:30am Lunch-Chicken &amp; Waffles</p>
<p><b>19</b></p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Bingo w/Moreable 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos</p>	<p><b>20</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>21</b></p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 11:30am Lunch at Piccadilly @ Manhattan 11:30am Lunch 12:15pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>22</b></p> <p>11:00am-2:00pm POT LUCK LUNCH &amp; DANCE</p>	<p><b>23</b></p> <p>10:00am Exercise 11:30am Lunch</p>
<p><b>26</b></p> <p>10:00am Exercise 10:45am Coffee Talk 10:45am Crafts w/Sue 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos</p>	<p><b>27</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>28</b></p> <p>10:00am Exercise 10:30-11:45am Digital Literacy w/Joshua— St. Louis Public Library 11:00am Book Club "Girl Waits with Gun" 11:30am Lunch-Lasagna 12:15pm Pinochle</p>	<p><b>29</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>30</b></p> <p>10:00am Exercise 11:30am Lunch</p>