



5602 Arsenal St.  
St. Louis, MO 63139

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

**NOTICE! NOTICE! NOTICE! THE ST. LOUIS ACTIVITY CENTER WILL BE CLOSED THE LAST WEEK OF JULY, JULY 25TH - JULY 29TH, & THE FIRST WEEK OF AUGUST, AUGUST 1ST- AUGUST 5TH. TRANSPORTATION WILL BE AVAILABLE ONLY ON TUESDAY & THURSDAY OF THOSE WEEKS!**

**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—MONDAY, JULY 18TH, AFTER EXERCISE**—On Monday, July 18th, 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 at NOON**—We now have four pinochle players! They will be playing pinochle on Wednesdays at Noon. If you would like to join them, please contact the Center at 314-645-3477! Thanks!

**BINGO SPONSORED BY MOREABLE—WEDNESDAY, JULY 6TH AT 11:15AM**—A Medicare Specialist from Moreable will be here on Wednesday, July 6th at 11:15am. They are sponsoring a Bingo with prizes! Come join us!

**POT LUCK LUNCH & DANCE—ON THURSDAY, JULY 7TH & JULY 14TH —11:00AM TO 2:30PM**—On Thursday, July 7th & July 14th, there will be a Pot Luck Lunch & Dance with DJ! COST: \$5.00 with a dish or \$10.00 without a dish. Call Kathy Huckaby, 314-229-5926, or Jeff Giesler, 314-849-4977, if interested or if you have any questions!

**CARE ACCESS ALZHEIMERS TALK—MONDAY, JULY 11TH, AT 11:00AM**—On Monday July 11th, at 11:00am, Care Access will be here to give a talk on Alzheimers! They will also be providing some light refreshments! Come join us to learn more re: this topic!

**BIRTHDAY CELEBRATION—WEDNESDAY, JULY 13TH AT 10:45AM**—On Wednesday, July 13th, we will celebrate birthdays of all those who have a birthday in July! Birthday cake and coffee will be available for \$1.00! Happy Birthday to all our celebrants!!!

**RIVER CITY CASINO—WEDNESDAY, JULY 13TH**—On Wednesday, July 13th, we will be going to the River City Casino! **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!

**DIGITAL LITERACY SESSION W/JOSHUA FROM THE ST LOUIS PUBLIC LIBRARY—MONDAY, JULY 18TH, 10:30-11:45AM**—Joshua will be at the Center to answer questions you might have on any digital device, i.e. Computers, Tablets, Phones, etc. Bring the device in question with you, if possible, so Joshua can look at it!

**BOOK CLUB—WEDNESDAY, JULY 20th, AT 10:45AM**—Our Book Club is reading “The Bluest Eye” by Toni Morrison! Come join us as we gather to discuss this book on July 20th at 10:45am!

**ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JULY 20TH, 10:30-11:45AM**—The St. Louis Public Library will be at the Center on Wednesday, July 20th, from 10:30-11:45am. They will set up in one corner of the Center. Go check out what they have to offer you!

**LUNCH AT CITY FOUNDRY—WEDNESDAY, JULY 20TH**—On Wednesday, July 20th, we will be going to the City Foundry for lunch! We will depart the Center at 11:15am & bring you back to the Center at 2:00pm. COST: \$10.00.

**BINGO—THURSDAY, JULY 21ST**—On Thursday, July 21st, 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!

**CRAFTING WITH SUE—THERE WILL BE NO CRAFT CLASS IN JULY!**

**MUNY**—Mary Poppins, Monday, July 11th; Sweeney Todd, Monday, July 18th—\$10 Members/\$15 Nonmembers—**BE AT THE CENTER BY 7:00PM FOR TRANSPORTATION TO THE MUNY**—Legally Blonde, Monday, July 25th—**NO TRANSPORTATION AVAILABLE**—\$5 donation per ticket requested—pick up tickets at the Center between 11:00am & 2:00pm on Monday, July 25th!

**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!!!**

# St. Louis Activity Center Calendar

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>10:00am Exercise 11:30am Lunch</p>
<p><b>4</b> <b>HOLIDAY</b> <b>HAPPY 4TH OF JULY!</b></p> <p>10:00am Exercise 11:00am Alzheimers Talk + Light Refreshments 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos 7:00pm Muny-Mary Poppins</p>	<p><b>5</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>6</b></p> <p>10:00am Exercise 11:15am Bingo with Moreable 11:30am Lunch 12:00pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>7</b></p> <p>11:00am-2:30pm POT LUCK LUNCH &amp; DANCE</p>	<p><b>8</b></p> <p>10:00am Exercise 11:30am Lunch</p>
<p><b>11</b></p> <p>10:00am Exercise 11:00am Alzheimers Talk + Light Refreshments 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos 7:00pm Muny-Mary Poppins</p>	<p><b>12</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>13</b></p> <p>10:00am Exercise 10:00am River City Casino 10:45am Happy Birthday Cake &amp; Coffee!!! 11:30am Lunch 12:00pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>14</b></p> <p>11:00am-2:30pm POT LUCK LUNCH &amp; DANCE</p>	<p><b>15</b></p> <p>10:00am Exercise 11:30am Lunch</p>
<p>18 10:00am Exercise 10:30-11:45am Digital Literacy w/Joshua, SLPL 10:45am Coffee Talk 11:30 Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos 7:00pm Muny-Sweeney Todd</p>	<p><b>19</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>20</b></p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 10:45am Book Club 11:15am-2:00pm Lunch @ City Foundry 11:30am Lunch 12:00pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>21</b></p> <p>10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p><b>22</b></p> <p>10:00am Exercise 11:30am Lunch</p>
<p><b>25</b></p> <p><b>CENTER CLOSED</b> 11:00am-2:00pm Pick up Muny tickets for Legally Blonde from Center</p>	<p><b>26</b></p> <p><b>CENTER CLOSED</b> TRANSPORTATION AVAILABLE</p>	<p><b>27</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>28</b></p> <p><b>CENTER CLOSED</b> TRANSPORTATION AVAILABLE</p>	<p><b>29</b></p> <p><b>CENTER CLOSED</b></p>