



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**—Quilters will meet on **Monday, November 7th & November 21st 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!

**PINOCHLE—WEDNESDAYS, 11:00AM**—Our pinochle players will be playing pinochle on Wednesdays at 11:00am. If you would like to join them, please contact the Center at 314-645-3477! Thanks!

**BOWLING AT SHREWSBURY LANES—WEDNESDAY, NOVEMBER 2ND, 11:45AM**—On Wednesday, November 2nd, we will be bowling at Shrewsbury Lanes! COST: \$10.00/Members, \$15.00/NonMembers, includes shoes, bowling, and transportation.

**LINE DANCING WITH KATHY—FRIDAY, NOVEMBER 4TH & 18TH AT 11:00AM**—Kathy Madsen will be teaching line dancing 2 Fridays in November! Come join in the fun!

**DOMINOES WITH ALICE—WEDNESDAY, NOVEMBER 9TH & 23TH**—On Wednesday, November 9th & 23th, after exercise, we will be playing Dominoes! Come join in the fun!

**HORSESHOE CASINO—WEDNESDAY, NOVEMBER 9TH**—On Wednesday, November 9th, we will be going to Horseshoe Casino! **We will depart from the Center at 10:00am. Contribution for the bus is \$8.00.** Come join us for a good time!

**BIRTHDAY CELEBRATION—WEDNESDAY, NOVEMBER 9TH AT 10:45AM**—On Wednesday, November 9th, we will celebrate our November birthdays! Birthday cake and coffee will be available for \$1.00. Happy Birthday to all our celebrants!

**POT LUCK LUNCH & DANCE—ON THURSDAY, NOVEMBER 10TH, 11:00AM TO 2:00PM**—On Thursday, November 10th, there will be a Pot Luck Lunch & Dance! COST: \$5.00.

**HEALTH FAIR—MONDAY, NOVEMBER 14TH—10:00AM-1:00PM**—Health information will be available from a variety of vendors as well as attendance prizes. Lunch: Hot Dogs, Chili, Chili Dogs, will be available for \$5.00.

**ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, NOVEMBER 16TH, 10:30-11:45AM**—The St. Louis Public Library will be at the Center on Wednesday, November 16th, from 10:30-11:45am. Go see what they have to offer you!

**BOOK CLUB & MOVIE—WEDNESDAY, NOVEMBER 16TH, AT 11:00AM**—Our Book Club is reading “Sisters in Arms” by Kaia Alderson. Come join us as we discuss this book & watch a movie on November 16th at 11:00am!

**BINGO—THURSDAY, NOVEMBER 17TH**—On Thursday, November 17th, 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!

**SAVERS THRIFT STORE & SAN JOSE MEXICAN RESTAURANT—FRIDAY, NOVEMBER 18TH**—Join us for Savers Thrift Store & lunch at San Jose Mexican Restaurant. Departure at 10:45am. COST: \$8.00 for transportation. Lunch is on your own.

**BINGO SPONSORED BY MOREABLE—MONDAY, NOVEMBER 21ST AT 11:30AM**—A Medicare Specialist from Moreable will be here on Monday, November 21st, at 11:30am. They are sponsoring a Bingo with prizes! Come join us!

**CRAFTING WITH SUE—MONDAY, NOVEMBER 28TH**—On Monday, November 28th, at 10:45am, Sue Molz will be having her Craft Class! Come join Sue and make something decorative for your home for the Holidays!


**12 DAYS OF COOKIES—BEGINS NOVEMBER 28TH & 30TH**—12 Days of Cookies returns! A cookie list is on the bulletin board. Cost: \$5.00 each or \$50 for all 12 days. Bring your own container to take home a dozen. Please sign up & pay at the front desk!

**SHELDON COFFEE CONCERT—WEDNESDAY, DECEMBER 7TH**—Tim Schall returns with the music of the holiday season! COST: \$25 Members/\$30 NonMembers for transportation, ticket to the show, & coffee/donuts. We will depart the Center at 8:30am. **MUST MAKE YOUR RESERVATION BY NOVEMBER 21ST!**

**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

November 2022

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <p><b>1</b></p>  <p>NO ACTIVITIES<br/>TRANSPORTATION AVAILABLE</p>  | <p><b>2</b></p> <p>10:00am Exercise<br/>11:00am Pinochle<br/>11:30am Lunch<br/>11:45am Bowling—Shrewsbury Lanes<br/>12:00-2:00pm Hand Foot Canasta</p> | <p><b>3</b></p> <p>NO ACTIVITIES<br/>TRANSPORTATION AVAILABLE</p>  | <p><b>4</b></p> <p>10:00am Exercise<br/>11:00am Line Dancing<br/>11:30am Lunch</p>   |   |
| <p><b>7</b></p> <p>10:00am Exercise<br/>10:45am Coffee Talk<br/>11:30am Lunch<br/>12:00pm Quilters Group<br/>12:00-2:00pm Cards/Dominos</p>  | <p><b>8</b></p> <p>NO ACTIVITIES<br/>TRANSPORTATION AVAILABLE</p>  | <p><b>9</b></p> <p>10:00am Exercise<br/>10:00am Horseshoe Casino<br/>10:45am Happy Birthday Cake &amp; Coffee<br/>10:45am Dominoes w/Alice<br/>11:00am Pinochle<br/>11:30am Lunch<br/>12:00-2:00pm Hand Foot Canasta</p> | <p><b>10</b></p> <p>11:00am-2:00pm<br/>POT LUCK LUNCH<br/>&amp;<br/>DANCE</p>  | <p><b>11 HOLIDAY</b></p>  <p>Veterans Day</p>               |
| <p><b>14</b></p> <p>10:00am-1:00pm Health Fair<br/>10:00am Exercise<br/>10:45am Coffee Talk<br/>11:30am Lunch-Chili or Chili Dog</p>   | <p><b>15</b></p> <p>NO ACTIVITIES<br/>TRANSPORTATION AVAILABLE</p>   | <p><b>16</b></p> <p>10:00am Exercise<br/>10:30-11:45am St. Louis Public Library<br/>11:00 Book Club-Sisters in Arms<br/>11:00am Pinochle<br/>11:30am Movie-Sisters in Arms<br/>12:00-2:00pm Hand Foot Canasta</p>        | <p><b>17</b></p> <p>10:30am BINGO<br/>11:30am Lunch<br/>12:00pm BINGO</p>  | <p><b>18</b></p> <p>10:00am Exercise<br/>10:45am Savers Thrift Store &amp; Lunch at San Jose<br/>11:00am Line Dancing<br/>11:30am Lunch</p> |
| <p><b>21 SHELDON SIGN UP DUE FOR 12-7 CONCERT</b></p> <p>10:00am Exercise<br/>10:45am Coffee Talk<br/>11:30am Bingo w/Moreable<br/>11:30am Lunch<br/>12:00pm Quilters Group<br/>12:00-2:00pm Cards/Dominos</p> | <p><b>22</b></p> <p>NO ACTIVITIES<br/>TRANSPORTATION AVAILABLE</p>   | <p><b>23</b></p> <p>10:00am Exercise<br/>10:45am Dominoes w/Alice<br/>11:00am Pinochle<br/>11:30am Lunch<br/>12:00-2:00pm Hand Foot Canasta</p>  | <p><b>24 HOLIDAY</b></p>  <p>Thanksgiving</p> | <p><b>25 HOLIDAY</b></p>                                  |
| <p><b>28</b></p> <p>10:00am Exercise<br/>10:45am Coffee Talk<br/>10:45am Crafts w/Sue<br/>11:30am Lunch<br/>12:00pm 12 Days Cookies<br/>12:00-2:00pm Cards/Dominos</p>   | <p><b>29</b></p> <p>NO ACTIVITIES<br/>TRANSPORTATION AVAILABLE</p>   | <p><b>30</b></p> <p>10:00am Exercise<br/>11:00am Pinochle<br/>11:30am Lunch<br/>12:00pm 12 Days Cookies<br/>12:00-2:00pm Hand Foot Canasta</p>   |  <p>EAT BEEF!!</p>                            |   |