



5602 Arsenal St.
St. Louis, MO 63139

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

PLEASE SIGN UP FOR THE FLU SHOT BY MONDAY, SEPTEMBER 9TH!

POT OF GOLD—SEPTEMBER TICKET SALES BEGIN WEDNESDAY, SEPTEMBER 4TH—On Wednesday, September 4th, we will start Pot of Gold ticket sales for the drawing on Wednesday, September 25th. See Alice Jennings to purchase tickets. COST: 1 ticket = \$1.00/6 tickets = \$5.00. You do not need to be present to win. We will post August's winners on the bulletin board.

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!

PINOCHLE PLAYERS—MONDAYS @ 9:00AM—On Mondays at 9:00am, a group gets together at the Center to play Pinochle! If you would like to play Pinochle, you are welcome to join them!

POLISH RUMMY—FRIDAY, SEPTEMBER 6TH, AT 10:00AM—On Friday, September 6th, at 10:00am, a group will be playing Polish Rummy at the Center! They will be playing the first Friday of the month ongoing. If you would like to join them, come on in!

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK—TUESDAY, SEPTEMBER 10TH & 24TH—Join us as we go to Fairmount Park for horse racing! Cost for transportation: \$10 Members; \$15 NonMembers. You are on your own for admission, food, etc.

Please sign up at the front desk and pay by Monday, September 9th & 23rd. We will depart the Center at 11:30am.

CASINO QUEEN—WEDNESDAY, SEPTEMBER 11TH—On Wednesday, September 11th, we will be going to Casino Queen! We will depart from the Center at 10:00am. COST: \$8.00 for transportation. Come join us for a good time!

BIRTHDAY CELEBRATION—WEDNESDAY, SEPTEMBER 11TH, AT 10:45AM—On Wednesday, September 11th, we will celebrate our September birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

BOWLING AT SHREWSBURY LANES—MONDAY, SEPTEMBER 16TH, AT 11:30AM—On Monday, September 16th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

BOOK CLUB—MONDAY, SEPTEMBER 16TH, 10:45AM—Our Book Club is reading "I Know Why the Caged Bird Sings", by Maya Angelou. Come join us as we gather to discuss this book on Monday, September 16th, at 10:45am!

BOATHOUSE IN FOREST PARK FOR LUNCH—WEDNESDAY, SEPTEMBER 18TH, AT 11:15AM—On Wednesday, September 18th, we will be going to the Boathouse in Forest Park for lunch! Cost for transportation: \$8.00. Lunch is on your own. We will leave the Center at 11:15am.

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 18TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, September 18th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BINGO—THURSDAY, SEPTEMBER 19TH, 10:30AM—On Thursday, September 19th, 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!

FLU SHOT CLINIC—AFFTON MEDICINE SHOPPE—MONDAY, SEPTEMBER 23RD, FROM 11:00AM TO 1:00PM—On Monday, September 23rd, from 11:00am to 1:00pm, Affton Medicine Shoppe will be at the Center to give flu shots to all who are interested. Sign up at the desk in the Center by Monday, September 9th, so they know how much vaccine to bring.

DIGITAL LITERACY SESSION WISARAH REDDICK, ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 25TH, 10:30-11:45AM—Sarah will answer questions you might have on any digital device. Bring the device with you so Sarah can look at it!

BINGO SPONSORED BY TOWER GROVE MANOR—FRIDAY, SEPTEMBER 27TH, 10:45AM—On Friday, September 27th, Tina from Tower Grove Manor will be hosting Bingo! Come join us for fun & prizes!



CRAFTING WITH SUE—MONDAY, SEPTEMBER 30TH, 10:45AM—On Monday, September 30th at 10:45am, Sue Molz will be hosting a craft class! Come join us as we make something decorative for our homes!

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 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>LABOR DAY HOLIDAY</p>	<p>3</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>4</p> <p>Pot of Gold Ticket Sales 10:00am Exercise 11:30am Lunch</p>	<p>5</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>6</p> <p>10:00am Exercise 10:00am Polish Rummy 11:30am Lunch</p>
<p>9</p> <p>Horse Hooky Deadline 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p>10</p> <p>11:30am <u>HORSE HOOKY TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE</p>	<p>11</p> <p>10:00am Exercise 10:00am Casino Queen 10:45am Birthday Cake 11:30am Lunch</p>	<p>12</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>13</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>16</p> <p>9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:30am Lunch 11:30am Bowling</p>	<p>17</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>18</p> <p>10:00am Exercise 10:30-11:45 St Louis Public Library 11:15am Boathouse in Forest Park lunch 11:30am Lunch</p>	<p>19</p> <p>10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>20</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>23</p> <p>Horse Hooky Deadline 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p>24</p> <p>11:30am <u>HORSE HOOKY TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE</p>	<p>25</p> <p>Pot of Gold Drawing 10:00am Exercise 10:30-11:45am Sarah-SLPL Digital Literacy 11:30am Lunch</p>	<p>26</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>27</p> <p>10:00am Exercise 10:45am Bingo/Tower Grv Mnr 11:30am Lunch</p>
<p>30</p> <p>9:00am Pinochle 10:00am Exercise 10:45am Crafts with Sue 10:45am Coffee Talk 11:30am Lunch</p>	 <p>ClipartOf.com/224972</p>	