



5602 Arsenal St.
St. Louis, MO 63139

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

PLEASE NOTE—Nominations are being accepted for Board of Directors positions of the St. Louis Activity Center. The positions are strictly volunteer and assist in guidance, establishing new policy, and planning for the future of the Center. Board members meet once a month for about 2 hours. Please see Janet or Nate for an application.

50/50 DRAWING—MONDAY, AUGUST 28TH—The winner of August's 50/50 Drawing is **Judy Migneco! She won \$89.00!**

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!

50/50 TICKETS—On Wednesday, September 6th, we will start selling 50/50 tickets for September's drawing which will be held on Monday, September 25th! See Alice Jennings to purchase tickets. COST: 1 ticket for \$1.00 or 6 tickets for \$5.00. You do not have to be present to win.

LINE DANCING WITH KATHY—FRIDAY, SEPTEMBER 1ST AND SEPTEMBER 15TH, 11:00AM—Kathy Madsen will be teaching line dancing on Friday, September 1st and September 15th! It is a lot of fun and good exercise!

BOWLING AT SHREWSBURY LANES—MONDAY, SEPTEMBER 11TH, AT 11:00AM—On Monday, September 11th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

CASINO QUEEN—WEDNESDAY, SEPTEMBER 13TH—On Wednesday, September 13th, we will be going to Casino Queen! **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, SEPTEMBER 13TH, AT 10:45AM—On Wednesday, September 13th, we will celebrate our September birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

POT LUCK LUNCH & LINE DANCING—THURSDAY, SEPTEMBER 14TH, 11:00AM TO 2:00PM—On Thursday, September 14th, there will be a Pot Luck Lunch & Line Dancing! COST: \$5.00.

FLU SHOT CLINIC—MONDAY, SEPTEMBER 18TH, 11:00AM TO 1:00PM—On Monday, September 18th, from 11:00am to 1:00pm, Affton Medicine Shoppe will be giving flu shots at the Center. **Must sign up by September 11th!**

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 20TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, September 20th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BOOK CLUB—WEDNESDAY, SEPTEMBER 20TH, AT 11:00AM—Our Book Club is reading "Midnight in the Garden of Good and Evil" by John Berendt. Come join us as we gather to discuss this book on September 20th at 11:00am!

MARY KAY PARTY—MONDAY, SEPTEMBER 20TH, AT 11:30AM—On Monday, September 20th, at 11:30am, we will be having a Mary Kay party at the Center! Please sign up on the sheet in the Center if you will be attending.

BINGO—THURSDAY, SEPTEMBER 21ST, 10:30AM—On Thursday, September 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!

LUNCH AT CITY FOUNDRY FOOD HALL—FRIDAY, SEPTEMBER 22ND, AT 10:45AM—On Friday, September 22nd, we will be going to the City Foundry for lunch at their Food Hall! Cost: \$8.00 for transportation. Lunch is on your own. Sign up at front desk

CRAFTING WITH SUE—MONDAY, SEPTEMBER 25TH—On Monday, September 25th, at 10:45am, Sue Molz will be having her Craft Class. Come join Sue and make something decorative for your home!

HORSE HOOKY TUESDAY AT FAIRMOUNT PARK—TUESDAY, SEPTEMBER 26TH—Join us as we go to Fairmount Park for horse racing! Cost for transportation: \$10 for Members; \$15 for NonMembers. You are on your own for admission, food, etc. **Please sign up at the front desk and pay by Monday, September 25th. We will depart the Center at 11:30am.**

DIGITAL LITERACY SESSION WISARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 27TH, 10:30-11:30AM—Sarah will answer questions you might have on any digital device. Bring the device with you so Sarah can look at it!






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 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>REMEMBER 9-11 © Can Stock Photo</p>			 <p>August's 50/50 Winner is Judy Migneco! She won \$89.00!</p>	
<p>4</p>  <p>LABOR DAY HOLIDAY</p>	<p>5</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>6</p> <p>50/50 Ticket Sales 10:00am Exercise 11:30am Lunch</p>	<p>7</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>8</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>11</p> <p>SIGN UP FOR FLU SHOTS BY TODAY! 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bowling</p>	<p>12</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>13</p> <p>10:00am Exercise 10:00am Casino Queen 10:45am Birthday Cake 11:30am Lunch</p>	<p>14</p> <p>POT LUCK LUNCH & LINE DANCING 11:00am-2:00pm</p>	<p>15</p> <p>10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p>18</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11am—1:00pm Flu Shot Clinic</p>	<p>19</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>20</p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Book Club 11:30am Mary Kay Party w/Carol 11:30am Lunch 12:30pm Board Meeting</p>	<p>21</p> <p>10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>22</p> <p>10:00am Exercise 10:45am Lunch at City Foundry 11:30am Lunch</p>
<p>25</p> <p>50/50 Drawing 10:00am Exercise 10:45am Coffee Talk 10:45am Crafts with Sue 11:30am Lunch</p>	<p>26</p> <p>HORSE HOOKY TUESDAY—11:30AM NO OTHER ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>27</p> <p>10:00am Exercise 10:30-11:30am Digital Literacy w/Sarah-St. Louis Public Library 11:30am Lunch</p>	<p>28</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>29</p> <p>10:00am Exercise 11:30am Lunch</p>