



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

QUILTING GROUP—Our Quilters meet on Mondays at noon! Bring your 9 patch squares this month so you can start putting a quilt together! If you are a quilter and are interested in meeting with others who have similar interests or would like to learn to quilt.

PINOCHLE—WEDNESDAYS at 10:30am—We now have four pinochle players! They will be playing pinochle on Wednesdays at 10:30am. If you would like to join them, please contact the Center at 314-645-3477! Thanks!

POT LUCK LUNCH & DANCE—ON THURSDAYS (EXCEPT FOR JUNE 16TH)—11:00AM TO 2:30PM—On Thursdays in June, except for June 16th, 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!

BOOK CLUB—WEDNESDAY, JUNE 1ST, AT 11:00AM—Our Book Club is reading “The Bluest Eye” by Toni Morrison! On June 1st, they will meet to discuss this book. They will also be watching the movie, “Monument Men,” at the June meeting.

BIRTHDAY CELEBRATION—WEDNESDAY, JUNE 8TH AT 10:45AM—On Wednesday, June 8th, we will celebrate birthdays of all those who have a birthday in June! Birthday cake and coffee will be available for \$1.00! Happy Birthday to all our celebrants!!!

CASINO QUEEN—WEDNESDAY, JUNE 8TH—On Wednesday, June 8th, we will be going to Casino Queen! **We will depart from the Center at 11:00am. Contribution for the bus is \$8.00.** Bring your good luck charms & join us for a good time!

The MUNY June 13th Come and see the production of Chicago 7:00 PM. \$15 for non members and \$10 for members.

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JUNE 15TH, 10:30-11:45AM—The St. Louis Public Library Adult Outreach Department will be at the Center on Wednesday, June 15th from 10:30 to 11:45am. They will set up in one corner of the Center. Go check out what they have to offer you! They plan on being here the third Wednesday of every month going forward!

BINGO—THURSDAY, JUNE 16TH—On Thursday, June 16th, 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—MONDAY, JUNE 27TH, AT 10:45 AM—On Monday, June 27th at 10:45am, will be holding a craft class.

DIGITAL LITERACY SESSION WITH JOSHUA—WEDNESDAY, JUNE 22ND, 10:30-11:45AM—On the 4th Wednesday of each month, the St. Louis Public Library’s Digital Literacy specialist, Joshua, will be at the Center to provide training and answer questions regarding your smart phone, tablet, laptops & desktop computers!

Medicare 101 Educational Seminar by Archwell with Chicken and Waffles for lunch!!! June 22nd at 11:00

The Muny June 27th Come see the Production of Camelot . 7:00 PM \$15 for non members and \$10 for members.

The Activity Center will be closed from July 25-August 5th. Transportation will be available during that time. We will re-open on August 8th with normal activities.

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!

Guidelines for Daily Bus Trips: There are sign up sheets in the office. Please make bus contribution at time of sign up. Cancellations must be made 48 hours in advance of departure to receive credit toward a future trip!

St. Louis Activity Center Calendar

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>10:00am Exercise 10:45am Coffee Talk 11:00am Lunch 12:00-2:00pm Cards/Dominos</p>	<p>7</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>8</p> <p>10:00am Exercise 10:30am Pinochle 10:45am Happy Birthday Cake & Coffee!!! 11:00am Casino Queen 11:30am Lunch 12:00-2:00pm Hand Foot Canasta</p>	<p>9</p> <p>11:00am-2:30pm POT LUCK LUNCH & DANCE</p>	<p>10</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>13</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm Quilters Group 7:15 PM The Muny CHICAGO</p>	<p>14</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>15</p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 10:30am Pinochle 11:30am Lunch 12:00-2:00pm Hand Foot Canasta</p>	<p>16</p> <p>10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>17</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>20</p> <p>Center Closed Juneteenth</p>	<p>21</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>22</p> <p>10:00am Exercise 10:30am Pinochle 10:30-11:45am Digital Literacy w/Joshua 11:00 Medicare 101 Seminar with Chicken and Waffles Presented by Archwell</p>	<p>23</p> <p>11:00am-2:30pm POT LUCK LUNCH & DANCE</p>	<p>24</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>27</p> <p>10:00am Exercise 10:45am Coffee Talk 10:45am Crafting w/Sue 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos 7:15 The Muny Camelot</p>	<p>28</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>29</p> <p>10:00am Exercise 10:30am Pinochle 11:30am Lunch 12:00-2:00pm Hand Foot Canasta</p>	<p>30</p> <p>11:00am-2:30pm POT LUCK LUNCH & DANCE</p>	