



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.

NOTE: The Center will be closed on Monday, June 19th, for the Juneteenth holiday

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 DRAWING RETURNS—On Monday, June 5th, we will begin selling 50/50 tickets! The first drawing will be on Monday, June 26th! 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, JUNE 2ND & JUNE 16TH, 11:00AM—Kathy Madsen will be teaching line dancing on Friday, June 2nd and June 16th! It is a lot of fun and good exercise!

METRO TRANSIT PRESENTATION—MONDAY, JUNE 5TH, AT 11:30AM—Angela Taylor, Metro Transit, will be at the Center to give a talk about their transportation offerings. Please join us for this informative presentation!

LUNCH AT LOTAWATA CREEK—WEDNESDAY, JUNE 7TH, 10:45AM—On Wednesday, June 7th, we will do Lotawata Creek for lunch! COST: \$10 for transportation; lunch is on your own. Sign up & pay at the front desk. We depart from the Center at 10:45am.

POT LUCK LUNCH & LINE DANCING—ON THURSDAY, JUNE 8TH, 11:00AM TO 2:00PM—On Thursday, June 8th, there will be a Pot Luck Lunch & Line Dancing! COST: \$5.00.

SENIOR SAVERS: SAFETY TIPS WE CAN ALL USE—FRIDAY, JUNE 9TH AT 11:00AM—On Friday, June 9th at 11:00am, Donna Sciuto, BSN, RN, will give a presentation on plans & strategies to help you stay safe at home. Please join us!

BOWLING AT SHREWSBURY LANES—MONDAY, JUNE 12TH, AT 11:00AM—On Monday, June 12th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

THE MUNY—Beautiful, Monday, June 12th; **Beauty and the Beast**, Monday, June 26th—\$10 Members/\$15 Nonmembers—BE AT THE CENTER BY 7:00PM FOR TRANSPORTATION TO THE MUNY. Sign up & pay at the front desk.

CASINO QUEEN—WEDNESDAY, JUNE 14TH—On Wednesday, June 14th, 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, JUNE 14TH, AT 10:45AM—On Wednesday, June 14th, we will celebrate our June birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

TUPPERWARE PARTY FUNDRAISER—WEDNESDAY, JUNE 14TH, AT NOON—On Wednesday, June 14th, at Noon, we will have a Tupperware Party fundraiser! A percentage of sales will be donated to the Center!

BINGO—THURSDAY, JUNE 15TH, 10:30AM—On Thursday, June 15th, 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!

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JUNE 21ST, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, June 21st, from 10:30-11:45am. Visit their table to see what they have to offer you!

BOOK CLUB—WEDNESDAY, JUNE 21ST, AT 11:00AM—Our Book Club is reading "Murder Book" by Thomas Perry. Come join us as we gather to discuss this book on June 21st at 11:00am!





CRAFTING WITH SUE—MONDAY, JUNE 26TH—On Monday, June 26th, at 10:45am, Sue Molz will be having her Craft Class. Come join Sue and make something decorative for your home!

DIGITAL LITERACY SESSION WISARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, JUNE 28TH, 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!

AMIGHETTI'S FOR LUNCH—FRIDAY, JUNE 30TH, AT 11:30AM—On Friday, June 30th, at 11:30am, we will be going to Amighetti's on the Hill for lunch! COST: \$5.00 for transportation. Lunch is on your own.

St. Louis Activity Center Calendar

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>5 Purchase 50/50 Tickets 10:00am Exercise 10:45am Coffee Talk 11:30am Metro Transit Pres. 11:30am Lunch</p>	 <p>6 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	 <p>7 10:00am Exercise 10:45am Lotawata Creek for lunch 11:30am Lunch 12:00pm Pinochle</p>	<p>1 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>2 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p>12 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bowling 7:00pm MUNY: Beautiful</p>	<p>13 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>14 10:00am Exercise 10:00am Casino Queen 10:45am Happy Birthday Cake & Coffee 11:30am Lunch 12:00pm Tupperware Party Fundraiser 12:00pm Pinochle</p>	<p>15 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>16 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p>19  HOLIDAY</p>	<p>20 12-1:30pm Board Mtg NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>21 10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Book Club—"Murder Book" 11:30am Lunch 12:00pm Pinochle</p>	<p>22 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>23 10:00am Exercise 11:30am Lunch</p>
<p>26 50/50 Drawing 10:00am Exercise 10:45am Coffee Talk 10:45am Crafting w/Sue 11:30am Lunch 7:00pm MUNY: Beauty & Beast</p>	<p>27 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>28 10:00am Exercise 10:30-11:30am Digital Literacy w/Sarah-St. Louis Public Library 11:30am Lunch 12:00pm Pinochle</p>	<p>29 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>30 10:00am Exercise 11:30am Armighetti's for lunch 11:30am Lunch</p>