



5602 Arsenal St.
St. Louis, MO 63139

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

NOTICE! — THE CENTER WILL BE CLOSED ON MONDAY, JANUARY 2ND, FOR THE NEW YEAR'S HOLIDAY AND ON MONDAY, JANUARY 16TH, FOR THE MARTIN LUTHER KING HOLIDAY.

AMAZON SMILE DONATIONS—When you shop at **smile.amazon.com**, Amazon will donate 0.5% of eligible purchases to the **Metropolitan Senior Citizens Corporation, Inc.** (aka St. Louis Activity Center). Thank you for your donation.

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—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!

QUILTING GROUP—Our Quilters will meet on **Mondays at noon except for January 9th**. 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! Bring a friend!

LINE DANCING WITH KATHY—FRIDAY, JANUARY 6TH AND 20TH—Kathy Madsen will be teaching line dancing 2 Fridays in January! It is a lot of fun and good exercise!

BINGO SPONSORED BY SOUTH CITY HOSPITAL—MONDAY, JANUARY 9TH AT 11:30AM—On Monday, January 9th, South City Hospital will host a Bingo with prizes!

MO HISTORY MUSEUM—ST LOUIS SOUND EXHIBIT—TUESDAY, JANUARY 10TH AT 10:00AM—This exhibit serves as an introduction to St. Louis' contributions to American popular music! Sign up at the front desk. COST: \$8.00 for transportation.

RIVER CITY CASINO—WEDNESDAY, JANUARY 11TH—On Wednesday, January 11th, we will be going to River City 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, JANUARY 11TH AT 10:45AM—On Wednesday, January 11th, we will celebrate our January birthdays! Birthday cake and coffee will be available for \$1.00. Happy Birthday to all our celebrants!

GAMES WITH ALICE—WEDNESDAY, JANUARY 11TH—On Wednesday, January 11th, after exercise, we will be playing Games! Come join in the fun!

POT LUCK LUNCH & DANCE—ON THURSDAY, JANUARY 12TH, 11:00AM TO 2:00PM—On Thursday, January 12th, there will be a Pot Luck Lunch & Dance! COST: \$5.00.

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

BOOK CLUB—WEDNESDAY, JANUARY 18TH, AT 11:00AM—Our Book Club is reading "Killers of a Certain Age" by Deanna Raybourn. Come join us as we gather to discuss this book on January 18th at 11:00am!

BINGO—THURSDAY, JANUARY 19TH—On Thursday, January 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!

BOWLING AT SHREWSBURY LANES—MONDAY, JANUARY 23RD, 11:00AM—On Monday, January 23rd, we will be bowling at Shrewsbury Lanes! COST: \$10.00/Members, \$15.00/NonMembers, includes shoes, bowling, and transportation.

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, JANUARY 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!

LOTAWATA CREEK FOR LUNCH—WEDNESDAY, JANUARY 25TH AT 11:00AM—We will be going to Lotawata Creek restaurant for lunch! Sign up at the front desk. COST: \$10.00 for transportation. Lunch is on your own.

CRAFTING WITH SUE—MONDAY, JANUARY 30TH—On Monday, January 30th, at 10:45am, Sue Molz will be having her Craft Class. Come join Sue and make something decorative for your home!

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

January 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>2</p>  <p>HOLIDAY</p> | <p>3</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p> | <p>4</p> <p>10:00am Exercise 11:00am Pinochle 11:30am Lunch 12:00-2:00pm Hand Foot Canasta</p> | <p>5</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p> | <p>6</p> <p>10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p> |
| <p>9</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Bingo-South City Hospital sponsored 11:30am Lunch</p> | <p>10</p> <p>10:00am Mo History Museum St. Louis Sound Exhibit Trip NO OTHER ACTIVITIES TRANSPORTATION AVAILABLE</p> | <p>11</p> <p>10:00am Exercise 10:00am River City Casino 10:45am Happy Birthday Cake & Coffee 11:00am Pinochle 11:30am Games w/Alice 11:30am Lunch 12:00-2:00pm Hand Foot Canasta</p> | <p>12</p> <p>POT LUCK LUNCH & DANCE 11:00am-2:00pm</p> | <p>13</p> <p>10:00am Exercise 11:30am Lunch</p> |
| <p>16</p>  <p>HOLIDAY</p> | <p>17</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p> | <p>18</p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Pinochle 11:00am Book Club 11:30am Lunch</p> | <p>19</p> <p>BINGO 10:30am Lunch 11:30am BINGO 12:00pm BINGO</p> | <p>20</p> <p>10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p> |
| <p>23</p> <p>10:00am Exercise 10:45am Coffee Talk 11:00am Bowling at Shrewsbury Lanes 11:30am Lunch 12:00pm Quilters Group</p> | <p>24</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p> | <p>25</p> <p>10:00am Exercise 10:30-11:45am Digital Literacy w/Sarah-St. Louis Public Library 11:00am Lotawata Creek for lunch 11:00am Pinochle 11:30am Lunch</p> | <p>26</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p> | <p>27</p> <p>10:00am Exercise 11:30am Lunch</p> |
| <p>30</p> <p>10:00am Exercise 10:45am Coffee Talk 10:45am Crafting w/Sue 11:30am Lunch 12:00pm Quilters Group</p> | <p>31</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p> |  |  |  |