



5602 Arsenal St.  
St. Louis, MO 63139

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

**NOTICE! NOTICE! NOTICE! THE ST. LOUIS ACTIVITY CENTER WILL BE CLOSED THE FIRST WEEK OF AUGUST, AUGUST 1ST- AUGUST 5TH. TRANSPORTATION WILL BE AVAILABLE ONLY ON TUESDAY & THURSDAY OF THAT WEEK!**

**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!!!

**QUILTING GROUP**—Our Quilters meet on **Mondays at noon!** 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!

**PINOCHLE—WEDNESDAYS, 12:15pm**—Our pinochle players will be playing pinochle on Wednesdays at 12:15pm. If you would like to join them, please contact the Center at 314-645-3477! Thanks!

**MUNY—Color Purple, Monday, August 8th & Joseph & The Amazing Technicolor Dreamcoat, Monday, August 15th**—\$10 Members/\$15 Nonmembers—BE AT THE CENTER BY 7:00PM FOR TRANSPORTATION TO THE MUNY.

**LUMIERE CASINO—WEDNESDAY, AUGUST 10TH**—On Wednesday, August 10th, we will be going to Lumiere Casino! **We will depart from the Center at 10:00am. Contribution for the bus is \$8.00.** Bring your good luck charms & join us for a good time!

**BIRTHDAY CELEBRATION—WEDNESDAY, AUGUST 10TH AT 10:45AM**—On Wednesday, August 10th, we will celebrate our August birthdays! Birthday cake and coffee will be available for \$1.00! Happy Birthday to all our celebrants!!!

**DIABETES CLASSES BEGIN WEDNESDAY, AUGUST 10TH, 11:00AM**—On Wednesday, August 10th, at 11:00am, we will begin a 6-week course of telephone Diabetes Classes by Lois & John Rood! Call the Center at 314-645-3477 to register!

**POT LUCK LUNCH & DANCE—ON THURSDAY, AUGUST 11TH & AUGUST 25TH —11:00AM TO 2:00PM**—On Thursday, August 11th & August 25th, 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 Jess Giesler, 314-849-4977, if interested or if you have any questions!

**ICE CREAM SOCIAL SPONSORED BY ARCHWELL, FRIDAY, AUGUST 12TH AT 11:00AM**—On Friday, August 12th, at 11:00am, we will be having an Ice Cream Social being provided by Archwell! Please join us for a delicious & fun time!

**BINGO SPONSORED BY MOREABLE—MONDAY, AUGUST 15TH AT 11:30AM**—A Medicare Specialist from Moreable will be here on Monday, August 15th at 11:30am. They are sponsoring a Bingo with prizes! Come join us!

**ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, AUGUST 17TH, 10:30-11:45AM**—The St. Louis Public Library will be at the Center on Wednesday, August 17th, from 10:30-11:45am. They will set up in one corner of the Center. Go see what they have to offer you!

**BINGO—THURSDAY, AUGUST 18TH**—On Thursday, August 18th, 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!

**PAINTING WITH A TWIST—MONDAY, AUGUST 22ND, 11:30AM**—On Monday, August 22nd, Dedicated Senior Medical Center will be sponsoring "Painting with a Twist". Please sign up by Friday, August 19th so we know how many will be in attendance!

**DIGITAL LITERACY SESSION W/JOSHUA, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, AUGUST 24TH, 10:30-11:45AM**—Joshua will answer questions you might have on any digital device. Bring the device in question with you so Joshua can look at it!

**BOWLING AT SHREWSBURY LANES—WEDNESDAY, AUGUST 24TH AT 11:45AM**—On Wednesday, August 24th, we will be bowling at Shrewsbury Lanes! COST: \$10.00/Members, \$15.00/NonMembers, includes shoes, bowling, and transportation

**CRAFTING WITH SUE—MONDAY, AUGUST 29TH**—On Monday, August 29th, at 10:45am, Sue Molz will be having her Craft Class! Come join Sue and make something decorative for your home for Fall!

**BOOK CLUB—WEDNESDAY, AUGUST 31ST, AT 11:00AM**—Our Book Club is reading "Eleanor Oliphant is Completely Fine" by Gail Honeyman! Come join us as we gather to discuss this book on August 31st at 11:00am!

**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

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>2</b></p> <p><b>CENTER CLOSED</b> TRANSPORTATION AVAILABLE</p>	<p><b>3</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>4</b></p> <p><b>CENTER CLOSED</b> TRANSPORTATION AVAILABLE</p>	<p><b>5</b></p> <p><b>CENTER CLOSED</b></p>
<p><b>8</b></p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos 7:00pm Muny-Color Purple</p>	<p><b>9</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>10</b></p> <p>10:00am Exercise 10:00am Lumiere Casino 10:45am Happy Birthday Cake &amp; Coffee!!! 11:00am Diabetes Class 11:30am Lunch 12:15pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>11</b></p> <p>11:00am-2:00pm <b>POT LUCK LUNCH &amp; DANCE</b></p>	<p><b>12</b></p> <p>10:00am Exercise 11:00am Archwell Ice Cream Social 11:30am Lunch</p>
<p><b>15</b></p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Bingo w/Moreable 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos 7:00pm Muny-Joseph &amp; Amazing Tech Dreamcoat</p>	<p><b>16</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>17</b></p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Diabetes Class 11:30am Lunch 12:15pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>	<p><b>18</b></p> <p>10:30am <b>BINGO</b> 11:30am Lunch 12:00pm <b>BINGO</b></p>	<p><b>19</b></p> <p>10:00am Exercise 11:30am Lunch NOTE: You MUST Sign up for Painting with a Twist by today!!!</p>
<p><b>22</b></p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Painting w/Twist 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos</p>	<p><b>23</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>24</b></p> <p>10:00am Exercise 10:30-11:45am Digital Literacy w/Joshua— St. Louis Public Library 11:00am Diabetes Class 11:30am Lunch 12:15pm Pinochle 11:45-2:00pm Bowling @ Shrewsbury Lns</p>	<p><b>25</b></p> <p>11:00am-2:00pm <b>POT LUCK LUNCH &amp; DANCE</b></p>	<p><b>26</b></p> <p>10:00am Exercise 11:30am Lunch</p>
<p><b>29</b></p> <p>10:00am Exercise 10:45am Coffee Talk 10:45am Crafts w/Sue 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos</p>	<p><b>30</b></p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>31</b></p> <p>10:00am Exercise 11:00am Diabetes Class 11:00am Book Club 11:30am Lunch 12:15pm Pinochle 12:00-2:00pm Hand Foot Canasta</p>		