



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: THE CENTER WILL BE CLOSED ON THURSDAY & FRIDAY, JULY 4 & 5, FOR THE INDEPENDENCE DAY HOLIDAY WEEKEND!

POT OF GOLD —JULY TICKET SALES BEGIN MONDAY, JULY 1ST—On Monday, July 1st, we will start Pot of Gold ticket sales for the drawing on Monday, July 29th. See Alice Jennings to purchase tickets. COST: 1 ticket = \$1.00/6 tickets = \$5.00. You do not need to be present to win. June's winners will be posted on the bulletin board in the Center.

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 PLAYERS—MONDAYS @ 9:00AM—On Mondays at 9:00am, a group gets together at the Center to play Pinochle! If you would like to play Pinochle, you are welcome to join them!

MUNY MONDAYS—DREAM GIRLS, MONDAY, JULY 1ST—LITTLE MERMAID, MONDAY, JULY 8TH—FIDDLER ON THE ROOF, MONDAY JULY 22ND—\$10 Members/\$15 Nonmembers—BE AT THE CENTER BY 7:00PM FOR TRANSPORTATION TO THE MUNY. Sign up & pay at the front desk. **PAYMENT MUST BE MADE AT TIME OF SIGN UP!**

BOWLING AT SHREWSBURY LANES—MONDAY, JULY 8TH, AT 11:30AM—On Monday, July 8th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

HORSE HOOKY TUESDAY AT FAIRMOUNT PARK—TUESDAY, JULY 9TH—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, July 8th. We will depart the Center at 11:30am.**

RIVER CITY CASINO—WEDNESDAY, JULY 10TH—On Wednesday, July 10th, we will be going to River City Casino! **We will depart from the Center at 10:00am. COST: \$8.00 for transportation.** Come join us for a good time!

BIRTHDAY CELEBRATION—WEDNESDAY, JULY 10TH, AT 10:45AM—On Wednesday, July 10th, we will celebrate our July birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

HODAK'S FOR LUNCH—FRIDAY, JULY 12TH, 11:15AM—On Friday, July 12th, we will be going to Hodak's Restaurant for lunch. COST: \$8.00 for transportation. Lunch is on your own. Sign up at the front desk. We will leave the Center at 11:15am.

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JULY 17TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, July 17th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BOOK CLUB—WEDNESDAY, JULY 17TH, 11:00AM—Our Book Club is reading "Mrs. Lincoln's Dressmaker", by Jenifer Chiaverini. Come join us as we gather to discuss this book on July 17th at 11:00am!

BINGO—THURSDAY, JULY 18TH, 10:30AM—On Thursday, July 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!

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JULY 24TH, 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!

CRAFTING WITH SUE—THERE WILL BE NO CRAFT CLASS IN JULY!

POLISH RUMMY—FIRST FRIDAY OF THE MONTH AT 10:00AM BEGINNING IN AUGUST—On the first Friday of the month beginning in August, a group will be playing Polish Rummy at the Center! If you would like to join them, come on in!

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

July 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

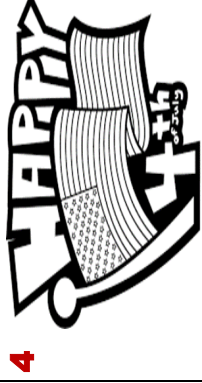
FRIDAY

1 Pot of Gold Sales Begin
9:00am Pinochle
10:00am Exercise
10:45am Coffee Talk
11:30am Lunch

7:00pm Muny-Dreamgirls

2
**NO ACTIVITIES
TRANSPORTATION
AVAILABLE**

3
10:00am Exercise
11:30am Lunch



5



8 Horse Hooky Deadline
9:00am Pinochle
10:00am Exercise
10:45am Coffee Talk
11:30am Lunch
11:30am Bowling
7:00pm-Little Mermaid

9
**11:30am HORSE HOOKY
TUESDAY
NO OTHER ACTIVITIES
NO OTHER
TRANSPORTATION
AVAILABLE**

10
10:00am Exercise
10:00am River City Casino
10:45am Birthday Cake

11:30am Lunch

11
**NO ACTIVITIES
TRANSPORTATION
AVAILABLE**

12
10:00am Exercise
11:15am Hodak's for lunch
11:30am Lunch

15
9:00am Pinochle
10:00am Exercise
10:45am Coffee Talk
11:30am Lunch

16
**NO ACTIVITIES
TRANSPORTATION
AVAILABLE**

17
10:00am Exercise
10:30-11:45 St Louis Public Library
11:00am Book Club
11:30am Lunch

18
10:30am BINGO
11:30am Lunch
12:00pm BINGO

19
10:00am Exercise
11:30am Lunch

22 9:00am Pinochle
10:00am Exercise
10:45am Coffee Talk
11:30am Lunch

7:00pm Muny-Fiddler on Roof

23
**NO ACTIVITIES
AND
NO TRANSPORTATION
AVAILABLE**

24
10:00am Exercise
10:30-11:45am Sarah-SLPL Digital Literacy
11:30am Lunch

25
**NO ACTIVITIES
AND
NO TRANSPORTATION
AVAILABLE**

26
10:00am Exercise
11:30am Lunch

29 Pot of Gold Drawing
9:00am Pinochle
10:00am Exercise
10:45am No crafts in July
10:45am Coffee Talk
11:30am Lunch

30
**NO ACTIVITIES
AND
NO TRANSPORTATION
AVAILABLE**

31
10:00am Exercise
11:30am Lunch

**THANK YOU ST. LOUIS CITY
SENIOR FUND FOR THE
GRANT WHICH ENABLED US
TO PURCHASE NEW TABLES
& CHAIRS!**

