



5602 Arsenal St.
St. Louis, MO 63139

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

NOTE: THE CENTER WILL BE CLOSED ON WEDNESDAY, JANUARY 1ST, FOR NEW YEAR'S DAY, & MONDAY, JANUARY 20TH, FOR MARTIN LUTHER KING, JR. DAY!

POT OF GOLD—JANUARY TICKET SALES BEGIN FRIDAY, JANUARY 3RD—On Friday, January 3rd, we will start Pot of Gold ticket sales for the drawing on Monday, January 27th. See Alice Jennings to purchase tickets. COST: 1 ticket = \$1.00 or 6 tickets = \$5.00. You do not need to be present to win. December'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!

POLISH RUMMY—FRIDAY, JANUARY 3RD, AT 10:00AM—On Friday, January 3rd, at 10:00am, a group will be playing Polish Rummy at the Center! They will be playing the first Friday of the month ongoing. If you would like to join them, come on in!

BIRTHDAY CELEBRATION—WEDNESDAY, JANUARY 8TH, AT 10:45AM—On Wednesday, January 8th, we will celebrate our January birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

BOOK CLUB—MONDAY, JANUARY 13TH, 10:45AM—Our Book Club is reading "The Four Winds", by Kristin Hannah. Come join us as we gather to discuss this book on Monday, January 13th, at 10:45am!

RIVER CITY CASINO—WEDNESDAY, JANUARY 15TH—On Wednesday, January 15th, 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!

BINGO SPONSORED BY COMPASSUS—WEDNESDAY, JANUARY 15TH, 10:45AM—On Wednesday, January 15th, at 10:45am, Compassus Hospice will sponsor a Bingo! Come join us for fun and prizes!

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JANUARY 15TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, January 15th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BINGO—THURSDAY, JANUARY 16TH, 10:30AM—On Thursday, January 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!

PICADILLY AT MANHATTAN FOR LUNCH — WEDNESDAY, JANUARY 22ND, AT 11:30AM—On Wednesday, January 22nd, we will be going to Picadilly at Manhattan for lunch. COST: \$8.00 for transportation. Lunch is on your own.

DIGITAL LITERACY SESSION W/ SARAH REDDICK, ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JANUARY 22ND, 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!

BOWLING AT SHREWSBURY LANES—FRIDAY, JANUARY 24TH, AT 11:30AM—On Friday, January 24th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

CRAFTING WITH SUE—MONDAY, JANUARY 27TH, 10:45AM—On Monday, January 27th, at 10:45am, Sue Molz will be hosting a craft class! Come join us as we make something decorative for our homes!



"THE SIX TRIPLE EIGHT" MOVIE—MONDAY, JANUARY 27TH, AT 11:30AM—On Monday, January 27th, at 11:30am, we will be watching the movie, "The Six Triple Eight"! Come join us for the movie and some lunch!

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

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>6 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	 <p>7 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>1 HAPPY NEW YEAR HOLIDAY</p> <p>8 10:00am Exercise 10:45am Birthday Cake 11:30am Lunch</p>	<p>2 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>3 Pot of Gold Sales 10:00am Exercise 10:00am Polish Rummy 11:30am Lunch</p>
<p>13 9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:30am Lunch</p>	<p>14 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>15 10:00am Exercise 10:00am River City Casino 10:30-11:45am St. Louis Public Library 10:45am Bingo sponsored by Compassus Hospice 11:30am Lunch</p>	<p>16 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>17 10:00am Exercise 11:30am Lunch</p>
<p>20 Martin Luther King Day HOLIDAY</p>	<p>21 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>22 10:00am Exercise 10:30-11:45am Sarah Reddick—St. Louis Public Library, Digital Literacy Spec. 11:30am Lunch 11:30am Picadilly at Manhattan for lunch</p>	<p>23 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>24 10:00am Exercise 11:30am Lunch 11:30am Bowling</p>
<p>27 Pot of Gold Drawing 9:00am Pinochle 10:00am Exercise 10:45am Crafts with Sue 10:45am Coffee Talk 11:30am Lunch 11:30am The 6888 movie</p>	<p>28 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>29 10:00am Exercise 11:30am Lunch</p>	<p>30 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>31 10:00am Exercise 11:30am Lunch</p>