



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 MONDAY, MAY 25TH, FOR MEMORIAL DAY!

POT OF GOLD—DRAWING, WEDNESDAY, APRIL 29TH—MAY TICKET SALES BEGIN FRIDAY, MAY 1ST—On Friday, May 1st we will start Pot of Gold ticket sales for the drawing on Wednesday, May 27th! See Mike Quinn or the front office to purchase tickets. COST: 1 ticket = \$1.00; 6 tickets = \$5.00. You need not be present to win.

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—Come join us as we discuss interesting topics.

PINOCHLE PLAYERS—MONDAYS @ 9:00AM—If you would like to play Pinochle, you are welcome to join this group!

POLISH RUMMY— FIRST OPEN FRIDAY OF THE MONTH, MAY 1ST, AT 10:00AM—Come join us for Polish Rummy!

MOVIE DAY: “WESTWARD THE WOMEN”, MONDAY, MAY 4TH @ 11:15AM—Come join us for a good time!

SAVERS THRIFT STORE, TUESDAY MAY 5TH @10:00AM—COST: \$10.00 for transportation.

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK—TUESDAY, MAY 5TH, 12TH, & 26TH, 12:15 DEPARTURE—Cost for transportation: \$10 Mbrs/\$15 NonMbrs. You are on your own for admission, food, etc. **Please sign up & pay by Monday, May 4th, 11th, & Friday, May 22nd.**

SHELDON COFFEE CONCERT: THE SUNNY 60S WEST COAST SWING—WEDNESDAY, MAY 6TH—Must have made reservation & payment by Wednesday, April 22nd! We will depart the Center at 8:30am for coffee & doughnuts before the show!

LUNCH OUT @ BLUEBERRY HILL—FRIDAY, MAY 8TH—DEPART THE CENTER AT 11:15—COST: \$10.00 transportation.

HORSESHOE CASINO—WEDNESDAY, MAY 13TH—We will depart at **10:00am. COST: \$10.00 for transportation.**

BOOK CLUB—MONDAY, MAY 18TH, AT 10:45AM—Our Book Club is reading “Westering Women” by Sandra Dallas. They will meet on Monday, May 18th, at 10:45am to discuss this book. Come and join them!

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, MAY 20TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, May 20th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BIRTHDAY CELEBRATION—WEDNESDAY, MAY 20TH, AT 10:45AM—Join us as we celebrate our May birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

GAME DAY!— WEDNESDAY, MAY 20TH @11:00AM—Please sign up at the desk in the Center. You can play one of our games or bring your own!

BINGO—THURSDAY, MAY 21ST, 10:30AM—On Thursday, May 21st, 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!

BRINGING IT TOGETHER—FRIDAY, MAY 22ND—10:00AM TO 2:00PM—Transportation: \$10.00.

SAVERS THRIFT STORE & SAN JOSE RESTAURANT, TUESDAY, MAY 26TH, 10:00AM—Following shopping at Savers, we will go to San Jose Mexican Restaurant for lunch! COST: \$10.00 for transportation. Lunch is on your own.

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, MAY 27TH 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!

SPRING FLING—WEDNESDAY, MAY 27TH—11:30AM TO 2:30PM—Transportation is by donation.

MISSOURI HISTORY MUSEUM—THURSDAY, MAY 28TH FROM 10:00AM TO 12:00PM—Transportation by donation.






BOWLING—FRIDAY, MAY 29TH, 11:00AM—COST: \$12.00/Members/\$17.00/NonMembers, incl shoes/bowling/transportation.

CRAFTING WITH SUE—THERE WILL BE NO CRAFTING WITH SUE IN MAY! SUE IS TAKING THE MONTH OFF!

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 \$10.00 ROUND TRIP FOR ALL TRIPS. TRANSPORTATION TO ST. LOUIS COUNTY (OR OVER 10 MILES) IS \$40.00.** 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, new activities you would like us to start, etc.

St. Louis Activity Center Calendar

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>4 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:00am Lunch 11:15am Movie: Westward the Women</p>	 <p>5 HORSE HOOKY TUESDAY/DEPART THE CENTER AT 12:15PM 10:00AM TRIP TO SAVERS</p>	 <p>6 8:30am Sheldon Coffee Concert 10:00am Exercise 11:30am Lunch</p>	 <p>7 TRANSPORTATION AVAILABLE</p>	<p>1 Pot of Gold Sales Begin 10:00am Exercise 10:00am Polish Rummy 11:30am Lunch</p>
<p>11 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p>12 HORSE HOOKY TUESDAY DEPART THE CENTER AT 12:15PM</p>	<p>13 10:00am Exercise 10:00am Horseshoe Casino 11:30am Lunch</p>	<p>14 TRANSPORTATION AVAILABLE</p>	<p>8 10:00am Exercise 11:15am Lunch out at Blueberry Hill 11:30am Lunch</p> <p>15 10:00am Exercise 11:30am Lunch</p>
<p>18 9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:30am Lunch</p>	<p>19 TRANSPORTATION AVAILABLE</p>	<p>20 10:00am Exercise 10:30-11:45am St. Louis Public Library 10:45am Birthday Cake 11:00am Game Day 11:30am Lunch</p>	<p>21 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>22 10:00am Exercise 10:00am-2:00pm Bringing It Together 11:30am Lunch</p>
<p>25 HOLIDAY </p>	<p>26 HORSE HOOKY TUESDAY/DEPART THE CENTER AT 12:15PM 10:00AM TRIP TO SAVERS & LUNCH AT SAN JOSE</p>	<p>27 Pot of Gold Drawing 10:00am Exercise 10:30-11:30am Sarah-SLPL Digital Literacy 11:30am-2:30pm Spring Fling 11:30am Lunch</p>	<p>28 TRANSPORTATION AVAILABLE 10:00AM—NOON MO. HISTORY MUSEUM</p>	<p>29 10:00am Exercise 11:00am Bowling 11:30am Lunch</p>