

# St. Louis Senior Activity Center Newsletter



5602 Arsenal St.  
St. Louis, MO 63139

HOURS: 8:30am-2:30pm Monday-Friday  
314-645-3477 — FAX: 314-645-3813  
www.stlactivitycenter.com

## ST. PATRICK'S DAY LUNCH TUESDAY, MARCH 17TH

**Come join us as we celebrate St. Patrick's Day with a Corned Beef & Cabbage luncheon! Please sign up at the desk in the Center. COST: \$5.00.**

**SHOPPING EXPEDITIONS**—IN MARCH, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, MARCH 6TH—WAL MART & ALDI'S; FRIDAY, MARCH 13TH—St. Vincent DePaul Thrift Store; FRIDAY, MARCH 27TH—DOLLAR TREE & SCHNUCKS-CHIPPEWA. Call 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

**ST. VINCENT DE PAUL DINNER/DANCE**—TUESDAY, MARCH 10TH—St. Vincent de Paul Parish will hold their next quarterly dinner/dance on Tuesday, March 10th! You MUST have registered with the Center by February 25th!!! We will leave the Center at 3:30pm. COST: \$5.00 for transportation.

**HOMEMADE MACARONI AND CHEESE LUNCH**—FRIDAY, MARCH 13TH—On Friday, March 13th, Chef Kurt Joice will be serving his signature homemade Macaroni and Cheese for lunch! Sign up on the sheet on the desk in the hall. COST: \$3.00.

**HEALTHY LIVING WITH CHRONIC CONDITIONS WORKSHOP**—WEDNESDAY, MARCH 18TH—The next session of this workshop begins on Wednesday, March 18th, at 12 noon & continues for 6 weeks through April 22nd! If you struggle with a chronic disease, be sure & join us as we learn how to manage our chronic conditions, i.e. Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema & others! Lois Pastori-Rood & John Rood will be facilitating this event! Please sign up on the bulletin board in the Center.

**SHELDON COFFEE CONCERT**—WEDNESDAY, MARCH 18TH—8:45 AM—Ian Walsh & Kevin Buckley present "Keepin' It Reel"! The luck of the Irish will be on your side as you enjoy sparkling Celtic reels and more, performed by the popular duo of Ian Walsh and Kevin Buckley! Wear something green and join us as we celebrate St. Patrick's Day with good music and good friends! COST: \$20.00 includes transportation, coffee & donuts, and your concert ticket! We will depart the Center at 8:45am so we can get you to the Sheldon in time for coffee & donuts.

**RED HAT LADIES' LUNCHEON**—FRIDAY, MARCH 20TH—SEAMUS MCDANIEL'S—This a family restaurant serving the community some of the finest food in the area since 1985. No matter what your favorite food is, they have something that will make you happy! COST: \$5.00 for transportation. Lunch is on your own.

**RIVER CITY CASINO**—TUESDAY, MARCH 24TH—On Tuesday, March 24th, we will be going to River City Casino. Departure from the Center will be at 9:30am. Contribution for the bus is \$5.00. Bring your good luck charms & join us for a good time!

Guidelines for Daily Bus Trips: There are sign up sheets in the office. Please make bus contribution at time of sign up. Cancellations must be made 48 hours in advance of departure to receive a credit toward a future trip!

## UPCOMING EVENTS

### **CIRCUIT BREAKER ASSISTANCE—FIRST & THIRD FRIDAY OF THE MONTH**

Aimee Watson with St. Andrew's Senior Solutions, will be here on the first and third Friday of each month to help with applying for Circuit Breaker assistance. Call SLAAA, 314-612-5918, to schedule an appointment.

### **HEALTHY LIVING W/CHRONIC CONDITIONS—Ongoing Support Group—Wednesday, March 4th, 12:00 Noon**

This is an ongoing support group for the graduates of the Healthy Living w/Chronic Conditions classes. Come join us as we discuss our progress in healthy living! Bring healthy recipes to share!

**MATURE MILE 2020—Saturday, March 28th—10:30AM TO 12:30PM**—We will be going to Forest Park to participate in this year's Mature Mile! See the Office Staff for a registration form that must be completed by February 28th. COST for transportation to/from Forest Park is \$5.00. We will leave the Center at 10:00am.

### **BINGO, CRAFTS & MORE**

**CRAFT CLASS**—The March Craft Class, facilitated by Sue Molz, has been moved to Monday, March 23rd, at 10:30am. Join us as we create something wonderful and have fun doing it!

**BUNCO! BUNCO! BUNCO!**—Looking for fun, excitement, & just a good time? The 3rd Monday of every month Bunco is played at 12:00 noon! Don't know how to play? Come watch & learn! Fun & friendship plus neat prizes!!! See you there!!!

**BINGO**—Will be held every Thursday, from 10:30-11:30am; we break for lunch, then resume play from 12:00-1:00pm. 50/50 tickets will be sold each Thursday with the winner to be drawn on that day!

**PINOCHLE**—is played Wednesdays at 9:00am.

**HAND/FOOT CANASTA**—is played Wednesdays at 10am.

**SPADES**—is played every Friday at 10:00am.

**50/50 MONTHLY DRAWING**—Tickets are on sale in the office, 1 for a \$1.00 or 6 for \$5.00, for anyone interested in buying tickets & becoming one of our lucky winners. The drawing is held the last day of each month. You do not have to be present to win.

**SHELDON COFFEE CONCERT**—Wednesday, April 22nd—Miss Jubilee & the Humdingers! Hot vocals & a swingin' jazz band will keep your toes tapping as one of St. Louis' favorite ensembles takes the stage! Valerie Kirchoff, vocalist and an avid swing dancer, is "Miss Jubilee" and, with her band, revives great old songs that you know & love. A concert you won't want to miss! COST: \$20. We will leave the Center at 8:45am.

**TAILGATE SALE**—Saturday, April 25th—8:00am to 2:00pm—Call the Center at 314-645-3477 if you are interested in renting a table either outside or inside! If not interested in being a vendor, come on Saturday, April 25th, & shop! Chili Dogs & snacks will be available for purchase for lunch!

**CARDINALS BASEBALL GAME—MONDAY, MAY 18TH**—On Monday, May 18th, we will be going to see the Cardinals vs. Atlanta baseball game! Stay tuned for more information!

### **NIAGARA FALLS TRIP**

October 4th-10th, 2020!—Just \$659 per person, double occupancy, includes the following:

- Motorcoach transportation;
- 6 nights lodging (4 consecutive nights in the Niagara Falls area);
- 10 meals: 6 breakfasts & 4 dinners;
- Guided tours of Niagara Falls & Toronto;
- Visit Casa Loma, Canada's most magnificent castle;
- Visit Niagara-on-the-Lake & Queen Victoria Park;
- Journey to The Falls on a "Hornblower Niagara Cruise"!

Must have a valid U.S. Passport or U.S. Passport Card. \$75 due upon signing. Final Payment due 7/14/2020. Contact Nancy @ 314-645-3477 for information & reservations.

### **THE CENTER IS IN NEED OF DONATIONS OF THE FOLLOWING ITEMS:**

- Paper products, i.e. small plates, large plates & bowls (unopened packages);
- plastic utensils, i.e. knives, forks & spoons (unopened packages);
- paper towels;
- toilet paper;
- decaf coffee;
- foam or plastic cups;
- creamer & sugar;
- reams of 8 1/2" x 11" printer paper;
- individually-wrapped candies.

**LIBRARY:** Representatives from the St. Louis Public Library will be at the Center at 9:00am the first Wednesday of each month.

**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.

**MEMBERSHIP:** Don't forget to renew your yearly membership at the center. The 2020 membership is due January 1st. The cost is \$15.00 for the year. Membership cards are a different color and different style every year. A membership card is not required to participate in day-time activities at the Center, but this fee helps us to add additional programs to our schedule.

**HALL RENTALS AVAILABLE:** The Activity Center is available at affordable rates for your next meeting, anniversary or party. Weekly, monthly & special event rates are available. For a personalized tour & consultation call the Center at 314-645-3477.

**ST. LOUIS ACTIVITY CENTER TRANSPORTATION:** (Vans are NOT handicapped accessible.) Transportation is available for lunch and activities at the Center, medical appointments, business, essential shopping (5 bag limit), recreation, etc. Suggested bus donations are \$4.00 round trip to/from the Center & \$6.00 round trip for all other trips. The Center relies on donations to cover the cost of gas, insurance and maintenance.

**WEATHER INFORMATION:** For hot/cold weather assistance with cooling/heating information and utility assistance, call 211. Check for center closures due to inclement weather on all of the local news channels 2, 4, 5, and 11. KMOX for radio station.

**NOTE: If St Louis Public Schools are closed due to a weather event, the Center is closed!**

## DANCES

**Line Dance Classes** are every Tuesday at 12:30 p.m. Learn new dances with a professional teacher! Contribution is \$2.00 per class.

**Dances** are held on Friday Nights starting at 7:00 p.m. Admission is \$7.00 for non-members and \$6.00 for members.

## WRITING

**Second Monday of Each Month—10:30 a.m.**

Come join our writing group under the direction of Sylvia Duncan. Check out the essay by one of the members of the class that is posted on the bulletin board!

## EXERCISE CLASSES

**Low Impact Exercise Classes** are held every Monday and Friday at 9:00 a.m. and are done with weights. The contribution is \$1.00 per class.

**Arthritis Exercise Classes** are held on Tuesday and Thursday at 9:00 a.m. and are done with the elastic bands. The contribution is \$1.00 per class.

**Best of Both Exercise Classes** are held on Wednesday at 9:00 a.m. This is a combo class of Low Impact & Arthritis Exercise. The contribution is \$1.00 per class.

## BOARD OF DIRECTORS ELECTION MAY, 2020

**In May, St. Louis Activity Center members will vote for new/current board members who are running for election. Board Members serve for a three (3) year term & help make major decisions regarding the Center. If you wish to run, or know of anyone who would like to run for the Board, please ask at the front desk for an application!  
Stay tuned for more information!**

# St. Louis Activity Center Calendar

March 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	9:00am LI/Arthritis Exer 10:00am Well Home Bingo 11:30am Lunch	<b>3</b>	9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing	<b>4</b>	9:00am Pinochle 9:00am Best of Both Exercise 9:00am STL Public Library 10:00am Hand/Foot Canasta 10:00am United Hlthcare 11:30am Lunch 12:00pm Healthy Living Support grp	<b>5</b>	9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo	<b>6</b>	9:00am LI/ArthExer 9:30-11:30am Circuit Breaker Help 10:00am Spades 10:00am WalMart/Aldi's 11:30am Lunch 7:00pm Friday Dance
<b>9</b>	9:00am LI/Arthritis Exer 10:00am Census Presentation—Nate 10:30am Writing Class 11:30am Lunch	<b>10</b>	9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing	<b>11</b>	9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 11:30am Lunch	<b>12</b>	9:00am LI/Arth Exer 9:45am Van's Phar Pres 10:30am Bingo 11:30am Lunch 12:00pm Bingo	<b>13</b>	9:00am LI/ArthExer 10:00am Spades 10:00am St Vinc dePaul Thrift Store 11:30am Lunch—Chef Kurt Joice's Homemade Macaroni & Cheesel!! 7:00pm Friday Dance
<b>16</b>	9:00am LI/Arthritis Exer 11:30am Lunch 12:00pm Bunco	<b>17</b>	9:00am LI/Arthritis Exer 11:30am Corned Beef & Cabbage Lunch 12:30pm Line Dancing	<b>18</b>	8:45 Sheldon Coffee Concert 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:15am Board of Dir Meeting 11:30am Lunch 12:00pm Healthy Living w/ Chronic Conditions Workshop	<b>19</b>	9:00am LI/Arth Exercise 10:30am Bingo 11:30am Census Presentation—Nate 11:30am Lunch 12:00pm Bingo	<b>20</b>	9:00am LI/ArthExer 9:30-11:30am Circuit Breaker Help 10:00am Spades 10:30am Red Hat Lunch-Seamus McDaniels 11:30am Lunch 7:00pm Friday Dance
<b>23</b>	9:00am LI/Arthritis Exer 10:30am Craft Class 11:30am Lunch	<b>24</b>	9:00am LI/Arthritis Exer 9:30am River City Casino 11:30am Lunch 12:30pm Line Dancing	<b>25</b>	9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch 12:00pm Healthy Living w/ Chronic Conditions Workshop	<b>26</b>	9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo	<b>27</b>	9:00am LI/Arth Exercise 10:00am Spades 10:00am \$ Tree/Schnucks-Chip 11:30am Lunch 7:00pm Friday Dance
<b>30</b>	9:00am LI/Arthritis Exer 11:30am Lunch	<b>31</b>	9:00am LI/Arthritis Exer 10:00am Wells Fargo Fraud Seminar 11:30am Lunch 12:30pm Line Dancing						<b>NOTE: 3/28-MATURE MILE 2020</b>