



5602 Arsenal St.
St. Louis, MO 63139

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

POT OF GOLD—DRAWING, MONDAY, FEBRUARY 24TH—MARCH TICKET SALES BEGIN MONDAY, MARCH 3RD—

On Monday, March 3rd, we will start Pot of Gold ticket sales for the drawing on Monday, March 31st! See Alice Jennings 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—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!

FYZICAL THERAPY & BALANCE CENTERS PRESENTATION—MONDAY, MARCH 3RD, 11:00AM—On Monday, March 3rd, at 11:00am, Scottie w/Fyzical Therapy & Balance Centers will talk about what his new clinic has to offer. Join us to learn more!

POLISH RUMMY—FRIDAY, MARCH 7TH, AT 10:00AM—On Friday, March 7th, 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, MARCH 12TH, AT 10:45AM—On Wednesday, March 12th, we will celebrate our March birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

CASINO QUEEN—WEDNESDAY, MARCH 12TH—On Wednesday, March 12th, we will be going to Casino Queen! **We will depart from the Center at 10:00am. COST: \$8.00 for transportation.** Come join us for a good time

BINGO—THURSDAY, MARCH 13TH, 10:30AM—On Thursday, March 13th, 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!

BOOK CLUB—MONDAY, MARCH 17TH, AT 10:45AM—Our Book Club is reading “The Plot and the Pendulum”, by Jenn McKinlay. The Book Club will meet on Monday, March 17th at 10:45am to discuss this book. Come and join them!

ST. PATRICK’S DAY DINNER, MONDAY, MARCH 17TH, AT 11:30AM—On Monday, March 17th at 11:30am, we will be having our St. Patrick’s Day dinner! The menu will consist of Irish Stew, and dessert! COST: \$10 for members; \$15 for nonmembers. Please sign up at the desk in the Center!

WASHINGTON UNIVERSITY LOW INCOME TAX CLINIC, WEDNESDAY, MARCH 19TH, 11:00AM—On Wednesday, March 19th at 11:00am, the Washington University low income tax clinic people will be here to give a presentation. Bring your questions and join us to learn more about doing your taxes!

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, MARCH 19TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, March 19th, from 10:30-11:45am. Visit their table to see what they have to offer you!

VISIT-A-BIT PROGRAM PRESENTATION—MONDAY, MARCH 24TH, 11:00AM—Michele w/the Visit-A-Bit Program will talk about their program to help address older adult loneliness in the Greater St. Louis area. Join us to learn more!

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, MARCH 26TH, 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!

LUNCH AT SEAMUS MCDANIEL’S—WEDNESDAY, MARCH 26TH, 11:15AM—On Wednesday, March 26th, we will be going to Seamus McDaniel’s in Dogtown for lunch! We will depart the Center at 11:15am. Lunch is on your own. Cost: \$8.00 transportation.

BOWLING AT SHREWSBURY LANES—FRIDAY, MARCH 28TH, AT 11:30AM—On March 28th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/Non Members, includes shoes, bowling, & transportation.

CRAFTING WITH SUE—MONDAY, MARCH 31ST, AT 10:45AM—Sue Molz will be having her Craft Class on Monday, March 31st, at 10:45am. Come join Sue and make something decorative for your home!

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 \$30.00. 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.**

