



5602 Arsenal St.
St. Louis, MO 63139

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

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!!!

LINE DANCING WITH KATHY—FRIDAY, DECEMBER 2ND & 23RD—Kathy Madsen will be teaching line dancing 2 Fridays in December! It is a lot of fun and good exercise!

BINGO SPONSORED BY SOUTH CITY HOSPITAL—MONDAY, DECEMBER 5TH AT 11:30AM—Cyndi from South City Hospital will host a bingo with prizes on Monday, December 5th at 11:30am!

SHELDON COFFEE CONCERT—WEDNESDAY, DECEMBER 7TH—We will depart the Center at 8:30am. **MUST HAVE MADE YOUR RESERVATION BY NOVEMBER 21ST!**

CHRISTMAS POT LUCK LUNCH & DANCE—ON THURSDAY, DECEMBER 8TH, 11:00AM TO 2:00PM—On Thursday, December 8th, there will be a Pot Luck Lunch & Dance! Bring your favorite Christmas treat to share! COST: \$5.00.

CHRISTMAS ORNAMENT CRAFT WITH KATHY—FRIDAY, DECEMBER 9TH, 11:00AM—On Friday, December 9th, Kathy Madsen will be showing us how to make a Christmas Ornament! Please sign up by Wednesday, December 7th, at the desk in the Center.

CHRISTMAS CRAFT SPONSORED BY MIMI, ARCHWELL—MONDAY DECEMBER 12TH AT 11:15AM—Mimi will helping us make something decorative for our homes for Christmas!

CASINO QUEEN—WEDNESDAY, DECEMBER 14TH—On Wednesday, December 14th, we will be going to Casino Queen! **We will depart from the Center at 10:00am. Contribution for the bus is \$8.00.** Come join us for a good time!

BINGO SPONSORED BY THE MEDICARE INSURANCE LADY—WEDNESDAY, DECEMBER 14TH AT 11:30AM—Carol will have cookies & hot chocolate to enjoy as you play Bingo for prizes!

WONDERLIGHT DISPLAY—WEDNESDAY, DECEMBER 14TH AT 5:00PM—The WonderLight display consists of over 1 million LED lights synchronized to Christmas music! We will depart the Center at 5:00pm. **Cost: \$10.00 for members, \$15.00 for non-members,** includes transportation & admission fee.

BINGO—THURSDAY, DECEMBER 15TH—On Thursday, December 15th, 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!

CHRISTMAS PARTY—FRIDAY, DECEMBER 16TH, 11:00AM— We will be serving Turkey dinner with all the fixings! We will be playing “Rob your Neighbor. If you wish to participate in this activity, bring a wrapped, gently used white elephant gift. COST: Free for members; \$8.00 for nonmembers. Sign up at the desk in the Center by December 13th.

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, DECEMBER 21ST 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, December 21st, from 10:30-11:45am. Go see what they have to offer you!

BOOK CLUB—WEDNESDAY, DECEMBER 21ST, AT 11:00AM—Our Book Club is reading “The Almost Sisters” by Joshilyn Jackson. Come join us as we gather to discuss this book on December 21st at 11:00am!

BIRTHDAY CELEBRATION—WEDNESDAY, DECEMBER 21ST AT 10:45AM—On Wednesday, December 21st, we will celebrate our December birthdays! Birthday cake and coffee will be available for \$1.00. Happy Birthday to all our celebrants!

12 DAYS OF COOKIES—MONDAYS, WEDNESDAYS, & FRIDAYS THROUGH DECEMBER 23RD at NOON—A different type of cookie will be made each day (a cookie list is on the bulletin board). Cost is \$5.00 per day or \$50 for all 12 sessions to cover the ingredients & a dozen cookies to take home (bring your own container). Please sign up & pay at the front desk!

DOMINOES WITH ALICE—WEDNESDAY, DECEMBER 28TH—On Wednesday, December 28th, after exercise, we will be playing Dominoes! Come join in the fun!

BOWLING AT SHREWSBURY LANES—WEDNESDAY, DECEMBER 28TH, 11:45AM—On Wednesday, December 28th, we will be bowling at Shrewsbury Lanes! COST: \$10.00/Members, \$15.00/NonMembers, includes shoes, bowling, and transportation.

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!!!

St. Louis Activity Center Calendar

December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>5 10:00am Exercise 10:45am Coffee Talk 11:30am Bingo-S.City Hosp 11:30am Lunch 12:00pm 12 Days Cookies</p>	 <p>6 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	 <p>7 8:30am Sheldon Xmas Coffee Concert 10:00am Exercise 11:00am Pinochle 11:30am Lunch 12:00pm 12 Days Cookies 12:00-2:00pm Hand Foot Canasta</p>	<p>1 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>2 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch 12:00pm 12 Days Cookies</p>
<p>12 10:00am Exercise 10:45am Coffee Talk 11:15am Xmas Craft-Archwell 11:30am Lunch 12:00pm 12 Days Cookies</p>	<p>13 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>14 10:00am Exercise 10:00am Casino Queen 11:00am Pinochle 11:30am Bingo-Medicare Insurance Lady 11:30am Lunch 12:00pm 12 Days Cookies 5:00pm WonderLights Display</p>	<p>15 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>16 10:00am Exercise 11:30am Christmas Party & Luncheon</p>
<p>19 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm 12 Days Cookies</p>	<p>20 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>21 10:00am Exercise 10:30-11:45am St. Louis Public Library 10:45am Happy Birthday Cake & Coffee 11:00am Book Club 11:00am Pinochle 11:30am Lunch 12:00pm 12 Days Cookies 12:00-2:00pm Hand Foot Canasta</p>	<p>22 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>23 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch 12:00pm 12 Days Cookies</p>
<p>26 HOLIDAY </p>	<p>27 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>28 10:00am Exercise 10:45am Dominoes w/Alice 11:00am Pinochle 11:30am Lunch 11:45am Bowling at Shrewsbury Lanes 12:00-2:00pm Hand Foot Canasta</p>	<p>29 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>30 10:00am Exercise 11:30am Lunch</p>