



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 FRIDAY, JULY 4TH, FOR INDEPENDENCE DAY!
PLEASE NOTE: THERE WILL BE FIREWORKS IN SUBLETTE PARK ON SATURDAY, JULY 12TH!

POT OF GOLD—June & July Pot of Gold tickets will be combined for the drawing on Monday, July 28th! 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!

MUNY MONDAYS!—FROZEN, JULY 7TH; EVITA, JULY 21ST; DEAR EVAN HANSEN, JULY 28TH!—\$10 Members/\$15 Non-members—BE AT THE CENTER BY 7:00PM FOR TRANSPORTATION TO THE MUNY. Sign up & pay at the front desk. **PAYMENT MUST BE MADE AT TIME OF SIGN UP!**

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK!—TUESDAY, JULY 8TH—Join us as we go to Fairmount Park for horse racing! Cost for transportation: \$10 Members; \$15 NonMembers. You are on your own for admission, food, etc. **Please sign up at the front desk & pay by Monday, July 7th. We depart the Center at 11:30am.**

RIVER CITY CASINO—WEDNESDAY, JULY 9TH—On Wednesday, July 9th, 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!

BIRTHDAY CELEBRATION—WEDNESDAY, JULY 9TH, AT 10:45AM—On Wednesday, July 9th, we will celebrate our July birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

POLISH RUMMY—FRIDAY, JULY 11TH, AT 10:00AM—On Friday, July 11th, at 10:00am, a group will be playing Polish Rummy at the Center! Due to the July 4th holiday, they are playing Polish Rummy on the 2nd Friday in July. They will be playing the first Friday of the month ongoing. If you would like to join them, come on in!

THE BREAKFAST CORNER—FRIDAY, JULY 11TH—On Friday, July 11th, we will be going to The Breakfast Corner on Hampton for lunch! We will depart the Center at 11:30am. COST: \$8.00 for transportation. Lunch is on your own.

BOOK CLUB—MONDAY, JULY 14TH, AT 10:45AM—Our Book Club is reading "The Sirens" by Emilia Hart! The Book Club will meet on Monday, July 14th, at 10:45am to discuss this book. Come and join them!

BOWLING AT SHREWSBURY LANES—WEDNESDAY, JULY 16TH, AT 11:00AM—On Wednesday, July 16th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/Non Members, includes shoes, bowling, & transportation.

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, JULY 16TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, July 16th, from 10:30-11:45am. Visit their table to see what they have to offer you!

ALLIANCE CREDIT UNION BINGO—MONDAY, JULY 21ST, 11:00AM—Representatives from Alliance Credit Union will be having a bingo with prizes on Monday, July 21st, at 11:00am. Come join in for fun and prizes!



DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, JULY 23RD, 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!

CRAFTING WITH SUE—THERE WILL BE NO CRAFTING WITH SUE IN JULY!

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.

St. Louis Activity Center Calendar

July 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  <p>1</p> <p>NO ACTIVITIES NO TRANSPORTATION AVAILABLE</p> | <p>1</p> <p>NO ACTIVITIES NO TRANSPORTATION AVAILABLE</p> | <p>2 Pot of Gold Ticket Sales</p> <p>10:00am Exercise 11:30am Lunch</p> | <p>3</p> <p>TRANSPORTATION AVAILABLE</p> | <p>4</p> <p>HAPPY 4TH OF JULY! HOLIDAY</p> |
| <p>7</p> <p>9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 7:00pm <u>Munty - Frozen</u></p> | <p>8</p> <p>11:30am <u>HORSE HOOKY</u> <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE</p> | <p>9</p> <p>10:00am Exercise 10:00am River City Casino 10:45am Birthday Cake 11:30am Lunch</p> | <p>10</p> <p>TRANSPORTATION AVAILABLE</p> | <p>11 10:00am Exercise 10:00am Polish Rummy 11:30am Lunch 11:30am The Breakfast Corner FIREWORKS AT SUBLETTE PARK ON SATURDAY, JULY 12th</p> |
| <p>14</p> <p>9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:15am Fyzical Presentation 11:30am Lunch</p> | <p>15</p> <p>TRANSPORTATION AVAILABLE</p> | <p>16</p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Bowling 11:30am Lunch</p> | <p>17</p> <p>10:30am BINGO 11:30am Lunch 12:00pm BINGO</p> | <p>18</p> <p>10:00am Exercise 11:30am Lunch</p> |
| <p>21 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:00am Alliance CU Bingo 11:30am Lunch 7:00pm <u>Munty-Evita</u></p> | <p>22</p> <p>TRANSPORTATION AVAILABLE</p> | <p>23</p> <p>10:00am Exercise 10:30-11:30am St. Louis Public Library Sarah Reddick—Digital Literacy 11:30am Lunch</p> | <p>24</p> <p>TRANSPORTATION AVAILABLE</p> | <p>25</p> <p>10:00am Exercise 11:30am Lunch</p> |
| <p>28 Pot of Gold Drawing 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch <u>7pm Munty-Deer Evan Hansen</u></p> | <p>29</p> <p>TRANSPORTATION AVAILABLE</p> | <p>30</p> <p>10:00am Exercise 11:30am Lunch</p> | <p>31</p> <p>TRANSPORTATION AVAILABLE</p> |  |