

St. Louis Senior Activity Center Newsletter

OCTOBER 2019
Issue



HALLOWEEN COSTUME BALL FRIDAY, OCTOBER 25TH

**Join us at our first
Costume Ball! Finger
foods, desserts &
Witches' Brew will be
served! Music by our
own DJ Nate! Prizes will
be given for best
costume but you don't
need a costume to join in
the fun!**

**Doors open at 6:00pm.
COST: \$15.00
in advance!**

Trips, Etc.

IN OCTOBER, THE CENTER WILL BE GOING TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, OCT 4TH—WAL MART & ALDI'S; FRIDAY, OCT 11TH —ST. VINCENT DEPAUL THRIFT STORE; WEDNESDAY, OCT 23RD—TARGET; FRIDAY, OCT 25TH—DOLLAR TREE/SCHNUCKS-CHIPPEWA. Call the Office at 314-645-3477 for transportation. COST: \$4.00.

FALL SILVER STAGES SERIES—AT MISSOURI HISTORY MUSEUM—WEDNESDAY, OCTOBER 2ND—10:00-11:30am—THE QUEENS OF SWING—This all girl band performs music with a narrative about the all-girl bands of the 1940s. COST: \$5.00 for transportation. The concert is free! We will leave the center at 9:30am.

ECKERT'S BELLEVILLE—TUESDAY, OCTOBER 8TH—Join us as we visit Eckert's Country Farm in Belleville! Check out their Country Store where you can buy fresh, flavorful, & affordable produce & other items. Visit their plant nursery, enjoy lunch at their Country Restaurant or treat yourself to something sweet from the Custard Shop. We will leave the Center at 10:15am. COST: \$10.00 for transportation. Lunch & other purchases are on your own.

OCTOBERFEST—MONDAY, OCTOBER 14TH—10:30am to 1:00 pm—JOIN US FOR OUR OCTOBERFEST CELEBRATION!!! WE WILL BE PLAYING PRICE IS RIGHT & LET'S MAKE A DEAL FOR PRIZES! LUNCH WILL BE HAMBURGERS, HOT DOGS, BRATWURST WITH SAUERKRAUT, BAKED BEANS, & DRINK! Sign up at the Center! COST: \$5.00.

SHELDON COFFEE CONCERT—WEDNESDAY, OCTOBER 16TH AT 9:00AM—The first Sheldon Coffee Concert of the season features jazz vocalist, Kim Fuller, and pianist, Carolbeth True, performing great songs from the 1950s, '60s and '70s. Reservations needed by October 2nd. We will leave the Center around 9:00am. COST: \$20.00.

RED HAT LADIES' LUNCHEON—FRIDAY, OCTOBER 18TH—CAFÉ OSAGE & BOWOOD FARMS—Café Osage is a bright, light-filled bistro with a menu focusing on seasonal, garden-fresh fare from their Central West End garden. While there, visit Bowood Farms Garden/Supply next door to the café & Holliday, their expanded gift & home store, across the street! COST: \$5.00. Lunch is on your own. We will leave the Center at 9:45am to give you time to shop before lunch at 11:00am.

CASINO QUEEN—TUESDAY, OCTOBER 22ND—On Tuesday, October 22nd, we will be going to the Casino Queen. Departure from the Center will be at 9:30am. COST: \$5.00 for the bus. Bring your good luck charms & join us for a good time!

COSTUME BALL—FRIDAY, OCTOBER 25TH—Join us at our first Costume Ball! Finger foods, desserts & Witches' Brew will be served! Music by our own DJ Nate! Prizes will be given for best costume but you don't need a costume to join in the fun! Doors open at 6:00pm. COST: \$15.00 in advance!

FALL FOLIAGE TOUR TO MONTELLE WINERY, AUGUSTA, MO—TUESDAY, OCTOBER 29TH—Join us as we view the Fall foliage & visit Montelle Winery! Enjoy a wine tasting event for \$8.00 (includes logo souvenir glass)! Have lunch at the Klondike Café offering gourmet wraps, salads, sandwiches & pizzas to be enjoyed on their deck overlooking the Missouri River Valley! We will leave the Center at 10:00am. COST: \$15.00 for transportation. Wine tasting & lunch are on your own.

Guidelines for Daily Bus Trips: There are sign up sheets in the office. 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!

Special Events & Announcements

SPAGHETTI & MEATBALL LUNCH BY CHEF MIKE—MONDAY, OCTOBER 21ST—

Join us for Spaghetti & Meatballs! Please sign up at desk.

TAI-CHI CLASS—SEE BULLETIN BOARD FOR SCHEDULE OF CLASSES

TAILGATE SALE—SATURDAY, OCTOBER 5TH, 8:00AM—2:00PM. COST: \$15.00 FOR OUTSIDE SPACE & \$20.00 FOR INSIDE. Register with front office staff ASAP! ALSO, COME AND SHOP ON OCTOBER 5TH!

A MATTER OF BALANCE CLASS—FRIDAY, OCTOBER 25TH—12:00-2:00PM—Schedule is on bulletin board--Do you have concerns about falling? Are you interested in improving balance, flexibility & strength? A MATTER OF BALANCE is an award-winning program designed to manage falls & increase activity levels. Please sign up at desk in Center.

HALLOWEEN PARTY—WEDNESDAY, OCTOBER 30th—

—Come join us, from 10:00am on, in costume, for our Center Halloween Party on Wednesday, October 30th! There will be games & prizes for the best costumes, & a BBQ lunch. Please sign up & indicate what dessert or sweets you will bring! COST: \$3.00.

TRUNK OR TREAT—THURSDAY, OCTOBER 31ST AT 3:00PM—Come & join us as we hand out candy to children on Thursday, October 31st at 3:00pm in the Center's parking lot! Bring your grandchildren in costume for this Halloween treat and/or bring a trunk full of goodies to hand out!

LIVING A HEALTHY LIFE (Formerly CHRONIC DISEASE SELF MANAGEMENT) WORKSHOPS—CONTINUING ON WEDNESDAYS THROUGH OCTOBER 23RD AT 12 NOON—Come join us as we learn how to live a healthy life with Chronic Conditions, i.e. Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema & others!

Presentations/Health Screening

HEALTH SCREENING BY NURSE MARY—On the first Thursday of each month Nurse Mary (or her representative) from Lutheran Senior Services will be here to provide health screenings beginning at 9:15am.

UNITED HEALTHCARE—A representative from United Healthcare, Carl Berger, will be at the Center the first Wednesday of every month at 10:00am to answer your questions about United Healthcare's Medicare insurance offerings.

Phyllis Sanders, Agent Manager with United Healthcare, is sponsoring the Bunco cash prizes on the third Monday of each month!

MARK MANNE—CARPENTER BRANCH LIBRARY—Mark will be here on Wednesday, October 16th, to discuss the following topic: BOO-OGRAPHY! Boris Karloff is the center of this annual event Boo-ography. Find out what Boris Karloff did after the Universal Films. What can you find from the library? Join in on an activity or two.

Bingo, Crafts & More

CRAFT CLASS—A Craft Class, facilitated by Sue Molz, will be held the last Monday of the month 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 right after lunch! Don't know how to play? Come watch & learn! Fun & friendship plus neat prizes, including cash 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—will be played every Wednesday at 10:00am.

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 and 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.

Future Events

SHELDON COFFEE CONCERT—WEDNESDAY, NOVEMBER 13TH, 9:30AM—Tommy Halloran & band perform classic & original jazz, with elements of bossa nova, blues, folk & swing. **COST: \$20.00** includes transportation, coffee/doughnuts & show!

OPEN BOARD MEETING—WEDNESDAY, NOVEMBER 13TH, 10:00AM—Come & make your voice heard regarding our Center! Meeting will be followed by a lunch of homemade chicken soup!

RED HATS LUNCH—On Friday, November 15th, the Red Hat Ladies will be going to the Piccadilly at Manhattan. We will depart the Center at 10:30am. **COST: \$5.00.** Lunch is on your own.

THANKSGIVING DINNER—On Monday, November 25th, the Center will be having a Thanksgiving Dinner! Please sign up & bring a side dish to share! **COST: \$5.00.**

ST. VINCENT'S CHRISTMAS DINNER/DANCE—MONDAY, DECEMBER 2ND—St. Vincent de Paul Parish will hold their annual Christmas dinner/dance on Monday, December 2nd! You **MUST** register by November 18th!!! We will leave at 3:30pm. **COST: \$5.00**

UPCOMING TRIP

BRANSON HOLIDAY SHOW EXTRAVAGANZA!—NOVEMBER 19TH-21ST, 2019—Just \$395 per person, double occupancy, includes the following:

- Motorcoach transportation;
- 2 nights lodging;
- 4 meals: 2 breakfasts and 2 dinners;
- Admission to 5 fabulous shows!

Including:

- 2 morning shows—*Amazing Acrobats of Shanghai & Doug Gabriel*
- 2 evening shows—*Miracle of Christmas at the Sight & Sound Theatre & Presley's Country Christmas*;
- One Dinner Show: *Showboat Branson Belle*.

The \$395 is due upon signing. Still time to sign up! Deadline is October 31st! Contact Nancy Ackermann for questions at 314-645-3477.

Miscellaneous

Board Meeting: The St. Louis Activity Center **Board Meeting** will be held on the third Tuesday of the month at **10:15am**. The meeting is held at Gethsemane Lutheran Church on Hampton. All are welcome.

Health Screening: The first Thursday of each month, Nurse Mary, or one of her co-workers, from Lutheran Senior Services will be here to provide health screenings for all who are interested beginning at 9:15 am.

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

Lunches: Lunch reservations must be made at least one day in advance before 11:30am. Suggested contribution is \$3.00 per day for our lunch. It is imperative that everyone donate as much as possible on a daily basis to help support the lunch program.

Meals On Wheels: If you know anyone who is in need of **Home Delivered Meals**, please call the St. Louis Area Agency on Aging at 314 612-5918.

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.

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 every Friday Night starting at 7:00 p.m. Admission is \$7.00 for non-members and \$6.00 for members.

Writing, Reading & Fun

Second Monday of Each Month at 10:30 a.m.

Come join our writing group under the direction of Sylvia Duncan. Check out the essay in this newsletter under Active Lives by one of the members of the Writing Class.

Exercise

Reasons to Exercise for Seniors

*Exercise: *Improves aging and sleep problems *Lessens daytime drowsiness *Improves restless leg syndrome (RLS) and leg cramps *Can provide important social activity too.*

Come and enjoy one of our 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 from 9:00-9:45 a.m. This is a combo class of Low Impact & Arthritis Exercise. The contribution is \$1.00 per class.

SUGGESTED DONATIONS

Coffee—Regular and DeCaf Coffee is served every day at the suggested donation of \$.25 a cup.

Pool Tables—The Center has two pool tables which several of our members really enjoy. The suggested donation for using the pool tables is \$1.00.

Computers—The Center has several computers that members can use. You can play games, do research, etc. Individual instructions are available; please contact the office for help. Suggested donation is \$1.00.

Library—The Center has a small library of books that are lent out free for people's enjoyment to read at home and then return. (Donations are welcome.)

Bread, Bagels & Pastries, etc. - On Mondays we receive bakery items from Panera's. Most Tuesdays we receive donations from "Feed My People". A "free will offering" is appreciated for this service!

Members are welcome to take one bag of these items home. ONE BAG PER MEMBER UNLESS OTHERWISE NOTED. DONATIONS ARE WELCOME!!!

ACTIVE LIVES

ABOUT TREES

By Dana Scott

**Majestic,
Oxygen producing,
Beautiful shades of green ~
All Heights offering Shade and Delights
Trees are a Sight to be Seen!**

**Many are tall....or sometimes they're not,
Provide shade when it's hot—I like them a lot!
A wonderful place to play hide and seek
Or climb up the rungs to a Tree House by the creek ~**



**A favorite Poem; The Sugar Plum Tree
Such imagination—I'm sure you agree
Was written by a Field...Eugene by name,
It described an adventure hard to explain,
But off with the poet to Shut Eye Town,
A great tree to visit before laying down!**

**Our new Missouri State FRUIT Tree:
The Paw Paw Tree was named to be.
There's a song about "putting them in your pockets..."
If you hear it — you have to sing along ~ don't knock it :)
So all in all—I'd say—as you'd guess,
I think that Trees are just wondrous!**

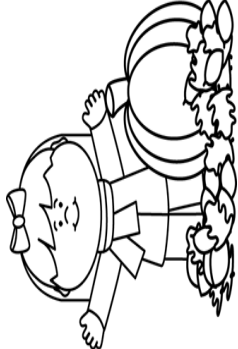
The Paw Paw tree was recently named our Missouri State Fruit Tree. Evidently they sometimes grow in patches called colonies—or alone—but can be found in Missouri in many places. The fruit is called "Missouri's Banana" and when ripe has a taste resembling banana and mango with a hint of melon—or similar to custard-like. It is the largest edible fruit native to the United States. Lewis and Clark even ate them along their way through Missouri. Who knew?!

St. Louis Activity Center Calendar

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>7 9:00am LI/Arthritis Exercise 11:30am Lunch</p>	<p>1 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p>2 9:00am STL Public Library 9:00am Pinochle 9:00am Best of Both Exercise 9:30am Queens of Swing-MHM 10:00am Hand/Foot Canasta 10:00am United Healthcare 10:30am Tai-Chi 11:30am Lunch 12:00pm Living A Healthy Life</p>	<p>3 9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>4 9:00am LI/ArthExer 10:00am Spades 10:00am WalMart/Aldi's 10:30am Tai-Chi 11:30am Lunch 7:00pm Friday Night Dance Tailgate Sale Tomorrow!!!</p>
<p>7 9:00am LI/Arthritis Exercise 11:30am Lunch</p>	<p>8 9:00am LI/Arthritis Exer 10:15am Eckerts Belleville 11:30am Lunch 12:30pm Line Dancing</p>	<p>9 9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 10:30am Tai-Chi 11:30am Lunch 12:00pm Living A Healthy Life</p>	<p>10 9:00am LI/Arth Exer 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>11 9:00am LI/ArthExer 10:00am Spades 10:00am St V DePaul Thrift Store 10:30am Tai-Chi 11:30am Lunch 7:00pm Friday Night Dance</p>
<p>14 9:00am LI/Arthritis Exercise 10:30am Writing Class 10:30am-1:00pm-OCTOBER-FEST</p>	<p>15 9:00am LI/Arthritis Exer 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p>16 9:00am Pinochle 9:00am Best of Both Exer 9:00am Sheldon Coffee Concert 10:00am Hand/Foot Canasta 10:30am Tai-Chi 10:30am Manne—Boo-ography 11:30am Lunch 12:00pm Living A Healthy Life</p>	<p>17 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>18 9:00am LI/ArthExer 10:00am Spades 10:30am Tai-Chi 10:30 Red Hats-Café Osage 11:30am Lunch 7:00pm Friday Night Dance</p>
<p>21 9:00am LI/Arthritis Exercise 10:00am Well Home Bingo 11:30am Chef Mike-Spaghetti & Meatballs Lunch 12:00pm Bunco</p>	<p>22 9:00am LI/Arthritis Exercise 9:30am Casino Queen 11:30am Lunch 12:30pm Line Dancing</p>	<p>23 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:00am Target Shopping Trip 10:30am NO TAI-CHI TODAY 11:30am Lunch 12:00pm Living A Healthy Life</p>	<p>24 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>25 9:00am LI/Arth Exercise 10:00am Spades 10:00AM \$Tree/Schnucks-Chip 10:30am NO TAI-CHI TODAY 11:30am Lunch 12:00pm Matter of Balance 6:00pm COSTUME BALL</p>
<p>28 9:00am LI/Arthritis Exercise 10:30am Craft Class 11:30am Lunch</p>	<p>29 9:00am LI/Arthritis Exer 10:15am Fall Foliage Tour & Montelle Winery 11:30am Lunch 12:30pm Line Dancing</p>	<p>30 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:00am Halloween Party w/BBQ Lunch 10:30am Tai-Chi Review 12:00pm A Matter of Balance</p>	<p>31 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo 3:00pm Trunk or Treat</p>	

SLAAA Nutrition Program Menu

October 2019			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 A Hamburger Patty Au Jus B Twisted Mac & Cheese	2 A Turkey Sliced w/ Country Pepper Gravy B Pork Riblet in BBQ Sauce	3 A Rib Shaped Beef Patty w/Spanish Braised Sauce B Honey Mustard Chicken Breast
7 A Beef Steak Patty w/ Herbed Mshrm Gravy B Cheese Enchilada w/ Pulled Pork & Cheese	8 A Pork Riblet in BBQ Sauce B Southern Style Pollock Nuggets	9 A Baked Chicken, Southern Rice B Cavatappi Bolognese	10 A WG Fish Fillet B Mojo Chicken
14 A Chicken Sausage Bean Ragout B Manicotti Alfredo	15 A Meatballs & Penne Pasta in Sauce B Batter Dipped Fish Nuggets	16 A Hot Dog w/Chili Topping B Sesame Chicken	17 A Scrambled Eggs, Turkey Sausage Links B Beef Steak Patty w/ Herbed Mshrm Gravy
21 A Meatloaf w/Apple Brown Gravy B Chicken Breast Patty over Rice	22 A Western Omelet B Turkey Sausage & Peppers, Onions, Tomatoes	23 A Batter Dipped Fish Nuggets B Macaroni & Cheese	24 A Macaroni & Beef Casserole B Sliced Turkey
28 A Pork Chop Patty w/ Gravy B Western Omelet	29 A Hamburger Patty Au Jus B Twisted Mac & Cheese	30 A Turkey Sliced w/ Country Pepper Gravy B Pork Riblet in BBQ Sauce	31 A Rib Shaped Beef Patty w/Spanish Braised Sauce B Honey Mustard Chicken Breast
			4 A Chicken Parmesan B Hot Dog w/Chili Meat Sauce
			11 A Chicken Teriyaki B Meatloaf w/Sofrito
			18 A Vegetarian Chili B Chicken Marsala
			25 A Sweet & Sour Chicken B Beef Patty w/Onion Gravy
Listed on the menu are your choices of the A or B entrees. The rest of the menu is listed at the Center on the Lunch Board or call the office at 314 645-3477			

How You Can Help

Long Term Financial Support Please consider leaving a gift to the Activity Center in your will. Your contribution will ensure continued operation of the Center for years to come.

Volunteers We need volunteers to keep our outdoor area clean and free of weeds. Your green thumb will be greatly appreciated. Volunteers are needed for help in the Kitchen and they must have Hep A shots. Thanks for your support!

Memorial Gifts A Memorial Gift to the St. Louis Activity Center is a good way to honor the memory of a friend or relative while providing opportunities for others. Such generous and thoughtful giving serves the St. Louis Activity Center and secures the future of the programs we provide. If you would like to give a memorial gift, please make your checks payable to St. Louis Activity Center.

Tax-Deductible Contributions If you would like to make a tax-deductible contribution, please make checks payable to: St. Louis Activity Center, 5602 Arsenal Street, St. Louis, MO 63139.

Schnucks eScrip - Using a Schnucks eScrip card helps the Center earn thousands of dollars for much needed programs and activities. See office for more information.

Information Center

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. The 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. 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, the Center is closed!

St. Louis Activity Center

5602 Arsenal Street

St. Louis, MO 63139

(314) 645-3477

FAX (314) 645-3813

www.stlactivitycenter.com

Hours: Monday - Friday

8:30 am - 2:30 pm

Personnel

Nate Borgsmiller— Executive Director

Janet Finley — Program Coordinator

Daniel Garvey — Transportation Provider

Sam Strother — Transportation Provider

Board Members

Dixie Lohse, President

Nancy Ackermann,
Vice President

Ann Bretz

Robert Carter

Mary Ann Heil

Ronald Hicks

Alice Jennings

Ann Neukomm

Mike Quinn

Betty Robinson

Maggie Simpson

Steven Spreck

Services partially funded through a grant from the St. Louis Area Agency on Aging.

D.I.D. You Know?

1 violent crime occurs
EVERY 26 SECONDS

1 IN 3 WOMEN

experience domestic violence

from their partners

1 IN 5 WOMEN

are survivors of rape

1 child is abducted

EVERY 40 SECONDS



PROTECT YOURSELF
with a **BODY ALARM**
Contact Mike Quinn at
the Senior Center or at
314-305-4177



**HAPPY BIRTHDAY
TO ALL WITH
OCTOBER
BIRTHDAYS!!!**