



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!

**QUILTS OF VALOR PRESENTATION—WEDNESDAY, MARCH 1ST AT 11:00AM**—The organization, Quilts of Valor, will be here on Wednesday, March 1st, at 11:00am to present a quilt to Robert Beauchamp who is one of our Veterans!

**LINE DANCING WITH KATHY—FRIDAY, MARCH 3RD & 17TH**—Kathy Madsen will be teaching line dancing 2 Fridays in March! It is a lot of fun and good exercise!

**QUILTING GROUP—MONDAY, MARCH 6TH**—Our Quilters will meet on **Monday, March 6th, at noon.**

**BINGO SPONSORED BY GATEWAY HEALTH GROUP—MONDAY, MARCH 6TH AT 11:30AM**—On Monday, March 6th at 11:30, Linda Stephenson with Gateway Health Group will host a Bingo with prizes!

**CASINO QUEEN—WEDNESDAY, MARCH 8TH**—On Wednesday, March 8th, 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!

**BIRTHDAY CELEBRATION—WEDNESDAY, MARCH 8TH AT 10:45AM**—On Wednesday, March 8th, we will celebrate our March birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

**DOCUMENTARY ON “WEST WITH GIRAFFES”—WEDNESDAY, MARCH 8TH AT 11:30AM**—On Wednesday, March 8th, at 11:30am we will be showing a documentary on last month's Book Club selection, “West with Giraffes”.

**POT LUCK LUNCH & LINE DANCING—ON THURSDAY, MARCH 9TH, 11:00AM TO 2:00PM**—On Thursday, March 9th, there will be a Pot Luck Lunch & Line Dancing! COST: \$5.00.

**LUTHERAN SENIOR SERVICES—MONDAY, MARCH 13TH, 11:30AM**—On Monday, March 13th at 11:30am, Michelle from Lutheran Senior Services will be here to talk with us regarding the services they have to offer.

**SHELDON COFFEE CONCERT—WEDNESDAY, MARCH 15TH**—There is a Sheldon Coffee Concert on Wednesday, March 15th! Featured will be Kevin Buckley, “Keepin’ it Reel”! **We will leave the Center at 8:30am so you have time for coffee & donuts!**

**The next Sheldon Coffee Concert is on Wednesday, April 12th!** Featured will be Adam Maness & Friends. **We must have your reservations for this concert by March 27th!**

**ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, MARCH 15TH, 10:30-11:45AM**—The St. Louis Public Library will be at the Center on Wednesday, March 15th, from 10:30-11:45am. Go see what they have to offer you!

**BOOK CLUB—WEDNESDAY, MARCH 15TH, AT 11:00AM**—Our Book Club is reading “The Paris Library” by Janet Skeslien Charles. Come join us as we gather to discuss this book on March 15th at 11:00am!

**BINGO—THURSDAY, MARCH 16TH**—On Thursday, March 16th, 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!

**DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, MARCH 22ND, 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!

**BINGO SPONSORED BY SO. CITY HOSPITAL—FRIDAY, MARCH 24TH—11:00-12:30PM**—Join us for fun & prizes!

**CRAFTING WITH SUE—MONDAY, MARCH 27TH**—On Monday, March 27th, at 10:45am, Sue Molz will be having her Craft Class. Come join Sue and make something decorative for your home!

**BOWLING AT SHREWSBURY LANES—WEDNESDAY, MARCH 27TH, 11:00AM**—On Wednesday, March 27th, we will be bowling at Shrewsbury Lanes! COST: \$10.00/Members, \$15.00/NonMembers, includes shoes, bowling, and transportation.



**TUCKER'S SO. COUNTY FOR LUNCH—WEDNESDAY, MARCH 29TH AT 11:00AM**—Join us as we go to Tucker's South County on Wednesday, March 29th at 11:00am! COST: \$8.00 for transportation. Lunch is on your own.

**MATURE MILE, SATURDAY, APRIL 1ST @ 11:00AM**—Join other 60+ seniors in a scenic one-mile walk thru Forest Park!

**HEALTHY LIVING WITH CHRONIC DISEASE—NEW CLASSES STARTING APRIL 19TH**—Classes will be every Wednesday from 12 noon to 2:30pm beginning April 19th! Register at the front desk.

# St. Louis Activity Center Calendar

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>6</b> 10:00am Exercise 10:45am Coffee Talk 11:30am Bingo sponsored by Gateway Health Group 11:30am Lunch 12:00pm Quilters Group</p>	 <p><b>7</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>1</b> 10:00am Exercise 11:00am Pinochle 11:00am Quilts of Valor presentation 11:30am Lunch</p> <p><b>8</b> 10:00am Exercise 10:00am Casino Queen 10:45am Happy Birthday Cake &amp; Coffee 11:00am Pinochle 11:30am Documentary- "West w/Giraffes" 11:30am Lunch</p>	<p><b>2</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>3</b> 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p><b>13</b> 10:00am Exercise 10:45am Coffee Talk 11:30am Lutheran Sr. Svcs. 11:30am Lunch</p>	<p><b>14</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>15</b> 8:30am Sheldon Coffee Concert 10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Pinochle 11:00am Book Club-"The Paris Library" 11:30am Lunch</p>	<p><b>16</b> 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p><b>17</b> 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p><b>20</b> 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p><b>21</b> 12-1:30pm Board Meeting NO OTHER ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>22</b> 10:00am Exercise 10:30-11:45am Digital Literacy w/Sarah-St. Louis Public Library 11:00am Pinochle 11:30am Lunch</p>	<p><b>23</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>24</b> 10:00am Exercise 11:00am So. City Hosp Bingo 11:30am Lunch</p>
<p><b>27</b> SHELDON RES DUE 10:00am Exercise 10:45am Coffee Talk 10:45am Crafting w/Sue 11:00am Bowling @ Shrewsbury Lanes 11:30am Lunch</p>	<p><b>28</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>29</b> 10:00am Exercise 11:00am Pinochle 11:00am Lunch at Tucker's - So. County 11:30am Lunch</p>	<p><b>30</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>31</b> 10:00am Exercise 11:30am Lunch <b>SATURDAY, 4-1-23: MATURE MILE</b></p>