



5602 Arsenal St.
St. Louis, MO 63139

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

PLEASE NOTE—Nominations are being accepted for Board of Directors positions of the St. Louis Activity Center. The positions are strictly volunteer and assist in guidance, establishing new policy, and planning for the future of the Center. Board members meet once a month for about 2 hours. Please see Janet or Nate for an application.

NOTE: There will be no transportation available on Tuesday, July 4th, due to the Independence Day Holiday.

50/50 DRAWING—MONDAY, JUNE 26TH—The winner of June's 50/50 Drawing is Clara Jacob! Clara won \$120.00!

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!

50/50 DRAWING—On Monday, July 3rd, we will start selling 50/50 tickets for July's drawing which will be held on Monday, July 24th! See Alice Jennings to purchase tickets. COST: 1 ticket for \$1.00 or 6 tickets for \$5.00. You do not have to be present to win.

LUNCH AT LOTAWATA CREEK—RESCHEDULED FOR WEDNESDAY, JULY 5TH, 10:45AM—Lunch at Lotawata Creek is rescheduled for Wednesday, July 5th. COST: \$10 for transportation; lunch is on your own. We will depart the Center at 10:45am.

LINE DANCING WITH KATHY—FRIDAY, JULY 7TH & JULY 21ST, 11:00AM—Kathy Madsen will be teaching line dancing on Friday, July 7th and July 31st! It is a lot of fun and good exercise!

BOWLING AT SHREWSBURY LANES—MONDAY, JULY 10TH, AT 11:00AM—On Monday, July 10th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

FOUNTAIN OF YOUTH PARTY —WEDNESDAY, JULY 12TH, 11:30AM—Carol Fletcher with Mary Kay will be here on Wednesday, July 12th at 11:30am to host a Fountain of Youth Party with a demo of Mary Kay products for the hands! Please join us for fun & free giveaways!

MUNY MONDAYS!—Chess, July 10th; **West Side Story**, July 17; **Little Shop of Horrors**, July 31st—\$10 Members/\$15 Nonmembers—BE AT THE CENTER BY 7:00PM FOR TRANSPORTATION TO THE MUNY. Sign up & pay at the front desk.

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

RIVER CITY CASINO—WEDNESDAY, JULY 12TH—On Wednesday, July 12th, we will be going to River City Casino! **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, JULY 12TH, AT 10:45AM—On Wednesday, July 12th, we will celebrate our July birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

POT LUCK LUNCH & LINE DANCING—THURSDAY, JULY 13TH, 11:00AM TO 2:00PM—On Thursday, July 13th, there will be a Pot Luck Lunch & Line Dancing! COST: \$5.00.

FITZ'S SOUTH COUNTY—FRIDAY, JULY 14TH, 10:45AM—On Friday, July 14th we will be going to Fitz's South County for lunch! COST: \$8.00 for transportation. Lunch is on your own. We will leave the Center at 10:45am. Please sign up at the front desk!

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

BOOK CLUB—WEDNESDAY, JULY 19TH, AT 11:00AM—Our Book Club is reading "The Silent Widow" by Sidney Sheldon. Come join us as we gather to discuss this book on July 19th at 11:00am!



BINGO—THURSDAY, JULY 20TH, 10:30AM—On Thursday, July 20th, 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, JULY 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!

CRAFTING WITH SUE—There will be no craft class with Sue in July!

St. Louis Activity Center Calendar

July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Purchase 50/50 Tickets</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p>4</p>  <p>11 HORSE HOOKY <u>TUESDAY—11:30AM</u> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>5</p> <p>10:00am Exercise 10:45am Lotawata Creek 11:30am Lunch 12:00pm Pinochle</p>	<p>6</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>7</p> <p>10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p>10</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bowling</p>	<p>11</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bowling</p>	<p>12</p> <p>10:00am Exercise 10:00am River City Casino 10:45am Happy Birthday Cake & Coffee 11:30am Lunch 11:30am Fountain of Youth Party! 12:00pm Pinochle</p>	<p>13</p> <p>POT LUCK LUNCH & LINE DANCING 11:00am-2:00pm</p>	<p>14</p> <p>10:00am Exercise 10:45am Fitz's South County 11:30am Lunch</p>
<p>17</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 7:00pm MUNY: W Side Stry</p>	<p>18</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>19</p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Book Club—"The Silent Widow" 11:30am Lunch 12:00pm Pinochle 12:30pm Board Mtg</p>	<p>20</p> <p>BINGO 10:30am 11:30am Lunch 12:00pm BINGO</p>	<p>21</p> <p>10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p>24 50/50 Drawing</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p>25</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>26</p> <p>10:00am Exercise 10:30-11:30am Digital Literacy w/Sarah-St. Louis Public Library 11:30am Lunch 12:00pm Pinochle</p>	<p>27</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>28</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>31</p> <p>10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 7:00pm MUNY: Little Shop of Horrors</p>		<p>THE 50/50 WINNER IS CLARA JACOB! SHE WON \$120.00!</p> 