



5602 Arsenal St.
St. Louis, MO 63139

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

ATTENTION! THE CENTER IS IN NEED OF SOMEONE TO ASSIST WITH ACCOUNTING/BOOKKEEPING ONE OR TWO TIMES A MONTH, EITHER AS A VOLUNTEER OR FOR POTENTIAL PAY! CONTACT NATE AT 314-645-3477!

NOTICE: The Center will be closed Monday, November 11th, for Veterans' Day, & Monday & Thursday, November 28th & 29th for the Thanksgiving Holiday!

POT OF GOLD —NOVEMBER TICKET SALES BEGIN MONDAY, NOVEMBER 4TH—On Monday, November 4th, we will start Pot of Gold ticket sales for the drawing on Monday, November 25th. See Alice Jennings to purchase tickets. COST: 1 ticket = \$1.00 or 6 tickets = \$5.00. You do not need to be present to win. October's winners will be posted on the bulletin board in the Center.

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!

MOVIE: "A MAN CALLED OTTO" IN LIEU OF COFFEE TALK WITH ALICE—MONDAY, NOVEMBER 4TH—On Monday, November 4th, we will be watching the movie, "A Man Called Otto", after exercise! Come join us!

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!

POLISH RUMMY—FRIDAY, NOVEMBER 1ST, AT 10:00AM—On Friday, November 1st, at 10:00am, a group will be playing Polish Rummy at the Center! They will be playing the first Friday of the month ongoing. If you would like to join them, come on in!

SHELDON COFFEE CONCERT—ELSIE PARKER & THE POOR PEOPLE OF PARIS, WEDNESDAY, NOVEMBER 6TH—This group brings you a variety of French popular music & jazz. COST: \$30.00 (incl. transportation, coffee, doughnuts, & the show).

Must have made reservation & payment by Monday, October 21st! We will depart from the Center at 8:30am so you can enjoy coffee and doughnuts before the show!

MO HISTORY MUSEUM—FRIDAY, NOVEMBER 8TH, 11:00AM—On Friday, November 8th, we will be going to the Missouri History Museum! This museum has exhibits on The 1904 World's Fair, The Eads Bridge at 150, plus other interesting topics about St. Louis & Missouri history. And you can lunch at The Key Bistro! COST: \$8.00 for transportation. We will depart the Center at 11:00am.

THANKSGIVING DINNER—WEDNESDAY, NOVEMBER 13TH, AT 11:30AM—On Wednesday, November 13th, at 11:30am, we will be having a Thanksgiving Dinner! Please sign up at the desk in the Center! COST: \$10.00.

BOWLING AT SHREWSBURY LANES—FRIDAY, NOVEMBER 15TH, AT 11:30AM—On Friday, November 15th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

BOOK CLUB—MONDAY, NOVEMBER 18TH, 10:45AM—Our Book Club is reading "The Adventures of Huckleberry Finn", by Mark Twain. Come join us as we gather to discuss this book on Monday, November 18th at 10:45am!

HORSESHOE CASINO—WEDNESDAY, NOVEMBER 20TH—On Wednesday, November 20th, we will be going to Horseshoe 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, NOVEMBER 20TH, AT 10:45AM—On Wednesday, November 20th, we will celebrate our November birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, NOVEMBER 20TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, November 20th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BINGO—THURSDAY, NOVEMBER 21ST, 10:30AM—On Thursday, November 21st, 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!

MUSIC BINGO SPONSORED BY DEVOTED HEALTH PLAN, FRIDAY, NOVEMBER 22ND, AT 11:00AM—On Friday, November 22nd at 11:00am, Devoted Health Plan will be holding a Music Bingo! Come join us for fun and prizes!

CRAFTING WITH SUE—MONDAY, NOVEMBER 25TH, 10:45AM—On Monday, November 25th, at 10:45am, Sue Molz will be hosting a craft class! Come join us as we make something decorative for our homes!

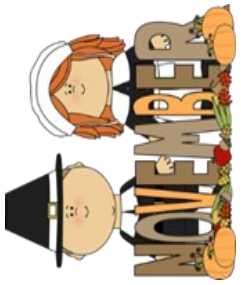

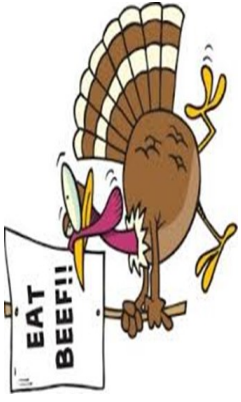
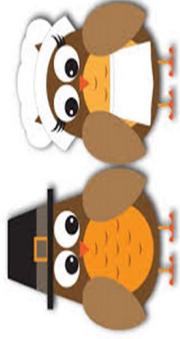



DIGITAL LITERACY SESSION WISARAH REDDICK, ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, NOVEMBER 27TH, 10:30-11:45AM—Sarah will answer questions you might have on any digital device. Bring the device with you so Sarah can look at it!

SHELDON COFFEE CONCERT—THE WEE HEAVIES, WEDNESDAY, DECEMBER 11TH—This mostly a cappella band has won a following with their mix of Scottish, Irish, and American folk music. COST: \$30.00 (incl. transportation, coffee, doughnuts, & the show). **Must make reservation & payment by Wednesday, November 27th! We will depart from the Center at 8:30am.**

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! **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!

St. Louis Activity Center Calendar

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>4 Pot of Gold Tkt Sales 9:00am Pinochle 10:00am Exercise 10:45am Movie-A Man Called Otto 11:30am Lunch</p>	 <p>5 ELECTION DAY NO TRANSPORTATION AVAILABLE</p>	 <p>6 8:30am Sheldon Coffee Concert 10:00am Exercise 11:30am Lunch</p>	 <p>7 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>1 10:00am Exercise 10:00am Polish Rummy 11:30am Lunch</p>
 <p>11</p>	<p>12 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>13 10:00am Exercise 11:30am Thanksgiving Dinner</p>	<p>14 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>15 10:00am Exercise 11:30am Lunch 11:30am BOWLING</p>
<p>18 9:00am Pinochle 10:00am Exercise 10:45am Book Club-The Adventures of Huckleberry Finn 11:30am Lunch</p>	<p>19 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>20 10:00am Exercise 10:00am Horseshoe Casino 10:30-11:45am St Louis Public Library 10:45am Birthday Cake 11:30am Lunch</p>	<p>21 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>22 10:00am Exercise 11:00am Music Bingo with Devoted Health Plan 11:30am Lunch</p>
<p>25 Pot of Gold Drawing 9:00am Pinochle 10:00am Exercise 10:45am Crafts with Sue 10:45am Coffee Talk 11:30am Lunch</p>	<p>26 NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>27 Sheldon Deadline 10:00am Exercise 10:30-11:45am Sarah-SLPL Digital Literacy 11:30am Lunch</p>	 <p>28 HOLIDAY</p>	 <p>29 HOLIDAY</p>