



5602 Arsenal St.
St. Louis, MO 63139

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

NOTICE: THE CENTER WILL BE CLOSED FRIDAY, APRIL 3RD, FOR GOOD FRIDAY!

POT OF GOLD—DRAWING, MONDAY, MARCH 30TH—APRIL TICKET SALES BEGIN WEDNESDAY, APRIL 1ST—On Wednesday, April 1st, we will start Pot of Gold ticket sales for the drawing on Wednesday, April 29th! See Mike Quinn or the front office 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—Come join us as we discuss interesting topics.

PINOCHLE PLAYERS—MONDAYS @ 9:00AM—If you would like to play Pinochle, you are welcome to join this group!

“PAINT & LEARN” WITH DEDICATED SENIOR MEDICAL CENTER—WEDNESDAY, APRIL 1ST, 11:00AM—Kelly from Dedicated Senior Medical Center will be here with art supplies! Sign up at the desk in the Center; we need to know numbers by March 27th.

MATURE MILE 2026—SATURDAY, APRIL 4TH, 10:30AM-12:30PM—MUST HAVE REGISTERED BY FRIDAY, MARCH 6TH—No transportation will be provided by the Center for this event.

SHELDON COFFEE CONCERT: BASSIST BOB DEBOO—WEDNESDAY, APRIL 8TH—Must have made reservation & payment by Wednesday, March 18th! We will depart from the Center at 8:30am so you can enjoy coffee & doughnuts before the show!

RIVER CITY CASINO—WEDNESDAY, APRIL 8TH—We will depart at 10:00am. COST: \$10.00 for transportation.

“MAGIC SHOW” WITH BOB DANNER OF THE SOCIETY OF AMERICAN MAGICIANS—WEDNESDAY, APRIL 8TH AT 11:00AM—Join us as Bob Danner presents Magical Mysteries to Amuse, Confuse, and Bewilder!

“RING OF FIRE: THE MUSIC OF JOHNNY CASH” AT THE REPERTORY THEATRE—THURSDAY, APRIL 9TH LEAVING AT 9:30AM—Please sign up at the front desk no later than Wednesday, March 25. COST: \$30.00 for ticket and transportation.

POLISH RUMMY— FIRST OPEN FRIDAY OF THE MONTH, APRIL 10TH, AT 10:00AM—Come join us for Polish Rummy!

MOVIE: THE PENGUIN LESSONS—MONDAY, APRIL 13TH AT 11:15AM—Join us as we watch this movie!

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK—TUESDAY, APRIL 14TH & 28TH, 12:15 DEPARTURE—Cost for transportation: \$10 Mbrs/\$15 NonMbrs. You are on your own for admission, food, etc. **Please sign up & pay by Monday, April 13th & 27th.**

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

BIRTHDAY CELEBRATION—WEDNESDAY, APRIL 15TH, AT 10:45AM—Join us as we celebrate our April birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

BINGO—THURSDAY, APRIL 16TH, 10:30AM—On Thursday, April 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!

BOOK CLUB—MONDAY, APRIL 20TH, AT 10:45AM—Our Book Club is reading “The Penguin Lessons” by Tom Michell. They will meet on Monday, April 20th, at 10:45am to discuss this book. Come and join them!

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, APRIL 22ND, 10:30-11:30AM—Sarah will give us a presentation on “The Cloud”! Come join us and learn some things!

LUNCH AT JJ TWIGS—WEDNESDAY, APRIL 22ND—DEPARTING THE CENTER AT NOON!

BOWLING—FRIDAY, APRIL 24TH, 11:00AM—COST: \$12.00/Members, \$17.00/NonMembers, incl shoes/bowling/transportation.

CRAFTING WITH SUE—MONDAY, APRIL 27TH, AT 10:45AM—Come make something decorative for your home!

COMING UP IN MAY!

SHELDON COFFEE CONCERT: THE SUNNY 60S WEST COAST SWING—WEDNESDAY, MAY 6TH—Must have reservation & payment by Wednesday, April 22nd! We will depart the Center at 8:30am for coffee & doughnuts before the show!

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 \$10.00 ROUND TRIP FOR ALL TRIPS. TRANSPORTATION TO ST. LOUIS COUNTY (OR OVER 10 MILES) IS \$40.00.** 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, new activities you would like us to start, etc.

St. Louis Activity Center Calendar

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>6 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	 <p>7 TRANSPORTATION AVAILABLE</p>	<p>1 Pot of Gold Sales 10:00am Exercise 11:00am Paint & Learn w/Dedicated Senior Medical Center 11:30am Lunch</p>	<p>2 TRANSPORTATION AVAILABLE</p>	 <p>3 GOOD FRIDAY HOLIDAY</p>
<p>13 9:00am Pinochle 10:00am Exercise 11:00am Lunch 11:15am Movie: "The Penguin Lessons"</p>	<p>14 OPENING DAY AT FAIRMOUNT RACETRACK DEPART THE CENTER AT 12:15PM</p>	<p>8 8:30am Sheldon Coffee Concert 10:00am Exercise 10:00am River City Casino 11:00am Magic Show w/Bob Danner 11:30am Lunch</p>	<p>9 "Ring of Fire— The Music of Johnny Cash" At The Rep— will be leaving the Center at 9:30am</p>	<p>10 10:00am Exercise 10:00am Polish Rummy 11:30am Lunch</p>
<p>20 9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:30am Lunch</p>	<p>21 TRANSPORTATION AVAILABLE</p>	<p>15 10:00am Exercise 10:30-11:45am St. Louis Public Library 10:45am Birthday Cake 11:30am Lunch</p>	<p>16 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>17 10:00am Exercise 11:30am Lunch</p>
<p>27 9:00am Pinochle 10:00am Exercise 10:45am Crafting with Sue 10:45am Coffee Talk 11:30am Lunch</p>	<p>28 HORSE HOOKY TUESDAY DEPART THE CENTER AT 12:15PM</p>	<p>22 Sheldon Deadline-Sunny 60s 10:00am Exercise 10:30-11:30am Sarah-SLPL Presentation on "The Cloud" 12:00 noon Lunch at J.J. Twigs</p>	<p>23 TRANSPORTATION AVAILABLE</p>	<p>24 10:00am Exercise 11:00am Bowling 11:30am Lunch</p>
	<p>29 Pot of Gold Drawing 10:00am Exercise 11:30am Lunch</p>		<p>30 TRANSPORTATION AVAILABLE</p>	