



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: THE CENTER WILL BE CLOSED ON MONDAY, MAY 27TH FOR THE MEMORIAL DAY HOLIDAY!

POT OF GOLD —MAY TICKET SALES BEGIN WEDNESDAY, MAY 1ST—On Wednesday, May 1st, we will start Pot of Gold ticket sales for the drawing on Wednesday, May 22nd. See Alice Jennings to purchase tickets. COST: 1 ticket = \$1.00/6 tickets = \$5.00. You do not need to 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—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!

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!

BOWLING AT SHREWSBURY LANES—MONDAY, MAY 6TH, AT 11:30AM—On Monday, May 6th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation

HORSE HOOKY TUESDAYS AT FAIRMOUNT PARK—TUESDAY, MAY 7TH & MAY 28TH—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, May 6th, & Friday, May 24th. We will depart the Center at 11:30am.

HORSESHOE CASINO—WEDNESDAY, MAY 8TH—On Wednesday, May 8th, 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, MAY 8TH, AT 10:45AM—On Wednesday, May 8th, we will celebrate our May birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

PIETRO'S FOR LUNCH—FRIDAY, MAY 10TH, AT 11:15—On Friday, May 10th, we will be going to Pietro's for lunch! COST: \$8.00 for transportation. Lunch is on your own. We will leave the Center at 11:15am.

MOVIE "THE BOOK CLUB" AND LUNCH—MONDAY, MAY 13TH, AT 11:30AM—Join us as we watch the movie, "The Book Club". Lunch will be available for \$5.00.

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

BOOK CLUB—WEDNESDAY, MAY 15TH, AT 11:00AM—Our Book Club is reading "All the Light We Cannot See", by Anthony Doerr. Come join us as we gather to discuss this book on May 15th at 11:00am!

BINGO—THURSDAY, MAY 16TH, 10:30AM—On Thursday, May 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!

CRAFTING WITH SUE—MONDAY, MAY 20TH, AT 10:45AM—Sue Molz will be having her Craft Class on Monday, May 20th, at 10:45am. Come join Sue and make something decorative for your home!

AT HOME CARE BINGO—MONDAY, MAY 20TH, 11:00AM—We will have a Bingo sponsored by Tamara with At Home Care, on Monday, May 20th, at 11:00am! Come join us for fun and prizes!

CARDINALS BASEBALL GAME—TUESDAY, MAY 21ST @ 5:15PM—On Tuesday, May 21st, we will be going to a Cardinals Baseball game! The Cardinals will play the Baltimore Orioles. COST FOR TRANSPORTATION: \$15—Members; \$20—NonMembers. We will leave the Center at 5:15pm. **Please sign up & pay by Monday, May 20th!**

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, MAY 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!




TED DREWES—FRIDAY, MAY 31ST, AT 11:45AM—On Friday, May 31st we will be going to Ted Drewes! COST: \$8.00 for transportation. Ice cream purchase is on your own. We will leave the Center at 11:45am.

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

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>POT OF GOLD</p>  <p>APRIL'S WINNERS WILL BE POSTED ON THE BULLETIN BOARD!</p>		<p>1 Pot of Gold ticket sales begin!</p> <p>10:00am Exercise 11:30am Lunch</p>	<p>2</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>3</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>6 Deadline for Horse Hooky</p> <p>9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bowling</p>	<p>7</p> <p>11:30am HORSE HOOKY TUESDAY NO OTHER ACTIVITIES NO OTHER TRANSPORTATION</p>	<p>8</p> <p>10:00am Exercise 10:00am Horseshoe Casino 10:45am Birthday Cake</p>	<p>9</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>10</p> <p>10:00am Exercise 11:15am Pietro's for lunch 11:30am Lunch</p>
<p>13 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch & Movie, "The Book Club"</p>	<p>14</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>15</p> <p>10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Book Club 11:30am Lunch</p>	<p>16</p> <p>10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p>17</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>20 Deadline for Baseball</p> <p>9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 10:45am Crafting w/Sue 11:00am At Home Care Bingo 11:30am Lunch</p>	<p>21</p> <p>TRANSPORTATION AVAILABLE CARDINALS VS. ORIOLES 5:15 PM</p>	<p>22 Pot of Gold Drawing</p> <p>10:00am Exercise 10:30-11:30am Digital Literacy w/Sarah-St. Louis Public Library 11:30am Lunch</p>	<p>23</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>24 Deadline for Horse Hooky</p> <p>10:00am Exercise 11:30am Lunch</p>
<p>27</p>  <p>HOLIDAY</p>	<p>28</p> <p>11:30am HORSE HOOKY TUESDAY NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE</p>	<p>29</p> <p>10:00am Exercise 11:30am Lunch</p>	<p>30</p> <p>NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p>31</p> <p>10:00am Exercise 11:30am Lunch 11:45am Ted Drewes</p>