

St. Louis Senior Activity Center Newsletter



July 2019
Issue



**INDEPENDENCE DAY
BBQ—WEDNESDAY,
JULY 3RD—**

**On Wednesday, July
3RD, we will have an
Independence Day
BBQ!!!**

**Come join us for ham-
burgers, hot dogs, etc.
for the great price of
\$3.00 per person!**

**Please sign-up at the
desk where the daily
sign-in sheet is so we
know how many will be
attending. We will
begin eating at
11:30am!**

Trips, Etc.

PLEASE NOTE: THE CENTER WILL BE CLOSED TWO DAYS—ON THURSDAY, JULY 4TH, AND FRIDAY, JULY 5TH, FOR THE INDEPENDENCE DAY HOLIDAY!!!

SHOPPING EXPEDITIONS—IN JULY, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, JULY 12TH—WAL MART & ALDI'S; FRIDAY, JULY 19TH —St. Vincent DePaul Thrift Store; FRIDAY, JULY 26—DOLLAR TREE & SCHNUCKS-CHIPPEWA. Call the Center Office at 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

MUNY— MONDAY, JULY 1ST—1776; MONDAY JULY 22ND—FOOTLOOSE; MONDAY, JULY 29TH—PAINT YOUR WAGON — Tickets will be made available to members first, COST: \$7.00 for transportation, & then, if any are still available, to non-members. COST for non-members is \$10.00. We will keep a wait list of non-members wanting tickets & let them know availability as soon as possible prior to the performance. Be at the Center at 6:30pm. We will leave promptly at 7:00pm.

INDEPENDENCE DAY BBQ—WEDNESDAY, JULY 3RD—On Wednesday, July 3rd, we will have an Independence Day BBQ!!! Come join us for hamburgers, hot dogs, etc. for the great price of \$3.00 per person! Please sign-up at the desk in the hall so we know how many will be attending. We will begin eating at 11:30am.

ST. RAYMOND'S WEDNESDAY LUNCH—WEDNESDAY, JULY 10TH—On Wednesday, July 10th, we will be going to St. Raymond's Church for their delicious lunch! There is a menu posted on the board. We will leave the Center at 10:45am. COST: \$5.00 for transportation. Lunch is on your own.

RED HAT LADIES' LUNCHEON—FRIDAY, JULY 12TH—On Friday, July 12th, the Red Hat Ladies will be going to Trueman's in Soulard! According to their website, Trueman's is a place "Where everyone knows your name." Trueman's is "family owned & operated by a father & son tag team. We have been operating the bar since May 2014 & plan on doing so for years to come. We pride ourselves on having the best food & affordable drink prices for a family friendly bar & restaurant so that everyone can enjoy Trueman's." We will leave the Center at 10:45am. COST: \$5.00 for transportation. Lunch is on your own.

SUBLETTE PARK FIREWORKS—SATURDAY, JULY 13TH—On Saturday, July 13th, there will be a fireworks display at Sublette Park across the street from the Center. The festivities begin at 3:00pm, and fireworks begin at dusk! There will be an ice cream truck in the Center's lot (the Center will get 10% of the profits). Bring your lawn chair and join us on the lawn in front of the Center for a fun time!

CASINO QUEEN—TUESDAY, JULY 23RD—On Tuesday, July 23rd, we will be going to the Casino Queen. Departure from the Center will be at 9:30am. Contribution for the bus is \$5.00. Bring your good luck charms & join us for a good time!

Guidelines for Daily Bus Trips: There are sign up sheets in the office. Please make bus contribution at time of sign up. Cancellations must be made 48 hours in advance of departure to receive a credit toward a future trip!

Special Events & Announcements

THANK YOU to Dixie Lohse, our Board President, for her generous donation in memory of her husband, Richard Lohse, who recently passed away. A plaque in Richard's memory will be hung in the Center's hall. Names of friends or loved ones in whose memory donations are made to the St. Louis Activity Center will be added to this plaque to provide a lasting memorial for these individuals.

A Memorial Gift to the St. Louis Activity Center is a good way to honor the memory of a friend or relative while providing opportunities for others. Such generous and thoughtful giving serves the St. Louis Activity Center and secures the future of the programs we provide. If you would like to give a memorial gift, please make your checks payable to St. Louis Activity Center.

Presentations/Health Screening

HEALTH SCREENING BY NURSE MARY—On the first Thursday of each month Nurse Mary (or her representative) from Lutheran Senior Services will be here to provide health screenings beginning at 9:15am.

UNITED HEALTHCARE—A representative from United Healthcare, Carl Berger, will be at the Center the first Wednesday of every month at 10:00am to answer your questions about United Healthcare's Medicare insurance offerings.

Phyllis Sanders, Agent Manager with United Healthcare, is sponsoring the Bunco cash prizes on the third Monday of each month!

MARK MANNE—CARPENTER BRANCH LIBRARY—MARK WILL BE HERE ON WEDNESDAY, JULY 17TH TO TALK ABOUT "FREEGAL, HOOPLA, AND OVERDRIVE"—Have you ever wished you could visit the library after hours? The St. Louis Public Library offers a digital collection that allows you to do just that when the library is closed.

Bingo, Crafts & More

CRAFT CLASS—There will not be a craft class in July! Sue Molz will return the last Monday in August.

BINGO—Will be held every Thursday, from 10:30-11:30am; we break for lunch, then resume play from 12:00-1:00pm. **50/50 tickets will be sold each Thursday with the winner to be drawn on that day! NO BINGO THURSDAY, JULY 4TH AS THE CENTER IS CLOSED!**

PINOCHLE—is played Wednesdays at 9:00am.

HAND & FOOT CANASTA—will be played every Wednesday at 10:00am.

SPADES—is played every Friday at 10:00am.

50/50 MONTHLY DRAWING—The St. Louis Activity Center has a 50/50 monthly drawing. Tickets are on sale in the office, 1 for a \$1.00 or 6 for \$5.00, for anyone interested in buying tickets and becoming one of our lucky winners. The drawing is held the last day of each month. You do not have to be present to win.

PLEASE NOTE!!! *Do not put moldy cards in the cabinet where the cards are stored! The mold affects some of our members adversely.*

Future Events

RED HAT LUNCH—FRIDAY, AUGUST 16TH—On Friday, August 16th, the Red Hat Ladies will be going to Tucker's Place Soulard! Tucker's Place Soulard is located in the heart of historic Soulard & is the original location. Opened in February, 1982, on Mardi Gras, Tucker's Place originally served only pizza. This historic building was converted from a 4-family residence, which at one time was a grocery store, &, among other things, a balloon factory. Tucker's Place Soulard features original brickwork, rustic woodwork, gas fireplaces, & a cozy yet classy atmosphere & has grown into one of St. Louis' favorite local restaurants. We will leave the Center at 10:45am. **COST: \$5.00 for transportation. Lunch is on your own. Please sign up in the front office so we know how many will be joining us.**

Suggested Donations

Coffee—Regular and DeCaf Coffee is served every day at the suggested donation of \$.25 a cup.

Pool Tables—The Center has two pool tables which several of our members really enjoy. The suggested donation for using the pool tables is \$1.00.

Computers—The Center has several computers that members can use. You can play games, do research, etc. Individual instructions are available; please contact the office for help. Suggested donation is \$1.00.

Library—The Center has a small library of books that are lent out free for people's enjoyment to read at home and then return. (Donations are welcome.)

Bread, Bagels & Pastries - On Mondays we receive bakery items from Panera's. Most Tuesdays we receive donations from "Feed My People".

Members are welcome to take one bag of these items home. ONE BAG PER MEMBER UNLESS OTHERWISE NOTED.

Miscellaneous

Board Meeting: The St. Louis Activity Center **Board Meeting** will be held on Tuesday, July 9th, at **10:15am**. The meeting is held at Gethsemane Lutheran Church on Hampton. All are welcome.

Health Screening: The first **Thursday of each month, Nurse Mary, or one of her co-workers, from Lutheran Senior Services will be here to provide health screenings for all who are interested beginning at 9:15 am.**

Library: Representatives from the St. Louis Public Library will be at the Center at 9:00am the first **Wednesday of each month.**

Lunches: Lunch reservations must be made at least one day in advance before 11:30am. Suggested contribution is **\$3.00** per day for our lunch. It is imperative that **everyone** donate as much as possible on a daily basis to help support the lunch program.

Meals On Wheels: If you know anyone who is in need of **Home Delivered Meals**, please call the St. Louis Area Agency on Aging at 314 612-5918.

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.

Dances

Line Dance Classes are every Tuesday at 12:30 p.m. Learn new dances with a professional teacher! Contribution is \$2.00 per class.

Dances are held every Friday Night starting at 7:00 p.m. Admission is \$7.00 for non-members and \$6.00 for members.

Writing, Reading & Fun

Second Monday of Each Month at 10:30 a.m.

Come join our writing group under the direction of Sylvia Duncan. Check out the essay in this newsletter under Active Lives by one of the members of the Writing Class.

Exercise

Reasons to Exercise for Seniors

*Exercise: *Is good for your heart *Stabilizes blood pressure *Increases proper lung functioning *Improves back pain *Decreases joint pain and stiffness *Is excellent for weight control *Reduces falls and injuries *Improves overall walking ability *Strengthens the immune system*

Come and enjoy one of our exercise classes!

Low Impact Exercise Classes are held every Monday and Friday at 9:00 a.m. and are done with weights. The contribution is \$1.00 per class.

Arthritis Exercise Classes are held on Tuesday and Thursday at 9:00 a.m. and are done with the elastic bands. The contribution is \$1.00 per class.

Best of Both Exercise Classes are held on Wednesday from 9:00-9:45 a.m. This is a combo class of Low Impact & Arthritis Exercise. The contribution is \$1.00 per class.

OTHER INFORMATION

The following is from an AARP publication regarding Scam Calls & was submitted by one of our members:

“Be prepared to hang up: If you do answer your phone and hear a robocall, don’t say anything—just hang up. Do not respond to questions, especially those answered with a ‘yes’, as your response could be recorded and used by someone else to authorize fraudulent charges over the telephone. And don’t hit a button when prompted to stop getting calls. That could lead to more calls. Scammers often use this trick to identify potential targets.”

ACTIVE LIVES

FIELDS

By Joy Kullmann

Spectacular! There is nothing as wonderful for touching one's soul as riding in a car through country roads viewing fields, especially during the Spring season.

The trees capture one's sight. They are loaded with blossoms: red bud trees, pear trees, dogwood trees, and some whose names are not known. They bring to mind the poem by Joyce Kilmer, "I think that I shall never see a poem as lovely as a tree."

Flowers! There has to be a poem glorifying flowers. They are so welcomed after a winter of the dismal gray. The variety of types growing in vivid colors is awesome. Irises, tulips, daffodils, all choose their time to show themselves.

It is the time to see fields of horses, cows, and their offspring. The little ones are dancing or sucking their mother. They appear so healthy demonstrating their abundant energy!

Summer yields different fields. Fields of wheat which the wind loves to blow giving a perception of waves. Also there are fields of corn which may remind one of the music lyrics, "The corn is as high as an elephant's eye." Alfalfa fields cover the land in green. The bounty of the earth fills the soul with gratitude.

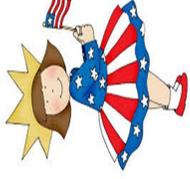
Autumn seems to appear as quick as a flip of the page of the calendar! Gazing out the window of the car one views the land and the hills as if the color wheel of an art class splurged upon them, leaves and bushes of red, red-violet, red-orange, yellow, yellow-orange, and a bit of yellow-green! Across the fields the land is covered with yellow ground that was once green. Bundles of the harvested hay lay waiting to be stored for winter feeding of the livestock.

One might think the Winter scene would be dull and gray but not always. When the sun shines, you may be surprised to note that, with the trees bare, you can see all that they were hiding, such as farms and barns. Snow fall is the most beautiful; the hills and valleys are glistening white. The tree limbs look like Christmas trees hung with white ornaments and, if you are lucky, you may spot the flash of a red cardinal! The covered bushes appear like very clean laundry bags. Ah, the air is as pure as you can only experience breathing in rural areas.

Do take every chance you may have to ride in the country to view the sensational fields or trees, flowers, animals, and plants and the four seasons that are your heritage! Your heart will rejoice that you are alive!

St. Louis Activity Center Calendar

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00am LI/Arthritis Exercise 11:30am Lunch 6:30pm Munny—1776</p>	<p>2 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p>3 9:00am Library 9:00am Pinochle 9:00am Best of Both Exercise 10:00am United Healthcare Pres. 10:00am Hand/Foot Canasta 11:30am INDEPENDENCE DAY BBQ</p>	<p>4 HAPPY JULY! HOLIDAY</p>	<p>5  HOLIDAY</p>
<p>8 9:00am LI/Arthritis Exercise 9:45am YMCA presentation re: Insurance-based membership 10:30am Writing Class 11:30am Lunch</p>	<p>9 9:00am LI/Arthritis Exer 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p>10 9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 10:45am Lunch at St. Raymonds 11:30am Lunch/MOVIE DAY</p>	<p>11 9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>12 9:00am LI/ArthExer 10:00am Spades 10:00am WalMart/Aldi's 10:00am RH Lunch-Trueman's 11:30am Lunch 7:00pm Friday Dance</p>
<p>15 9:00am LI/Arthritis Exercise 10:00am Bingo presented by Well Home 11:30am Lunch 12:00pm Bunco</p>	<p>16 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p>17 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:30am Manne-Freegal, Hoopla, & Overdrive 11:30am Lunch/MOVIE DAY</p>	<p>18 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>19 9:00am LI/ArthExer 10:00am Spades 10:00am St Vincent DePaul Thrift Store 11:30am Lunch 7:00pm Friday Dance</p>
<p>22 9:00am LI/Arthritis Exercise 11:30am Lunch 6:30pm Munny— Footloose</p>	<p>23 9:00am LI/Arthritis Exercise 9:30am Casino Queen 11:30am Lunch 12:30pm Line Dancing</p>	<p>24 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch 12:30pm Line Dancing</p>	<p>25 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>26 9:00am LI/Arth Exercise 10:00am Spades 10:00AM \$Tree/Schnucks-Chip 11:30am Lunch 7:00pm Friday Dance</p>
<p>29 9:00am LI/Arthritis Exercise NO CRAFT CLASS IN JULY! 11:30am Lunch 6:30pm Munny—Paint Your Wagon</p>	<p>30 9:00am LI/Arthritis Exercise 11:30am Lunch 12:30pm Line Dancing</p>	<p>31 9:00am Best of Both Exer 9:00am Pinochle 10:00am Hand/Foot Canasta 11:30am Lunch/MOVIE DAY</p>	<p></p>	<p></p>

SLAAA Nutrition Program Menu

July 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

A Meatloaf w/Apple
B Brown Gravy
Chicken Breast
Patty over Rice

2

A Western Omelet
B Turkey Sausage &
Peppers, Onions,
Tomatoes

3

A Batter Dipped Fish
B Nuggets
Macaroni & Cheese

4



HOLIDAY

5



HOLIDAY

8

A Pork Chop Patty w/
Gravy
B Western Omelet

9

A Hamburger Patty Au
Jus
B Twisted Mac &
Cheese

10

A Turkey Sliced w/
Country Pepper Gravy
B Pork Riblet in BBQ
Sauce

11

A Rib Shaped Beef
Patty w/Spanish
Braised Sauce
B Honey Mustard
Chicken Breast

12

A Chicken Parmesan
B Hot Dog w/Chili Meat
Sauce

15

A Beef Steak Patty w/
Herbed Mshrm Gravy
B Cheese Enchilada w/
Pulled Pork &
Cheese

16

A Pork Riblet in BBQ
Sauce
B Southern Style
Pollock Nuggets

17

A Baked Chicken,
Southern Rice
B Cavatappi Bolognese

18

A WG Fish Fillet
B Mojo Chicken

19

A Chicken Teriyaki
B Meatloaf w/Sofrito

22

A Chicken Sausage
Bean Ragout
B Manicotti Alfredo

23

A Meatballs & Penne
Pasta in Sauce
B Batter Dipped Fish
Nuggets

24

A Hot Dog w/Chili
Topping
B Sesame Chicken

25

A Scrambled Eggs,
Turkey Sausage Links
B Beef Steak Patty w/
Herbed Mshrm Gravy

26

A Vegetarian Chili
B Chicken Marsala

29

A Meatloaf w/Apple
Brown Gravy
B Chicken Breast
Patty over Rice

30

A Western Omelet
B Turkey Sausage &
Peppers, Onions,
Tomatoes

31

A Batter Dipped Fish
Nuggets
B Macaroni & Cheese



Listed on the menu are your choices of the A or B entrees. The rest of the menu is listed at the Center on the Lunch Board or call the office at 314 645-3477

How You Can Help

Long Term Financial Support Please consider leaving a gift to the Activity Center in your will. Your contribution will ensure continued operation of the Center for years to come.

Volunteers We need volunteers to keep our outdoor area clean and free of weeds. Your green thumb will be greatly appreciated. Volunteers are needed for help in the Kitchen and they must have Hep A shots. Thanks for your support!

Memorial Gifts A Memorial Gift to the St. Louis Activity Center is a good way to honor the memory of a friend or relative while providing opportunities for others. Such generous and thoughtful giving serves the St. Louis Activity Center and secures the future of the programs we provide. If you would like to give a memorial gift, please make your checks payable to St. Louis Activity Center.

Tax-Deductible Contributions If you would like to make a tax-deductible contribution, please make checks payable to: St. Louis Activity Center, 5602 Arsenal Street, St. Louis, MO 63139.

Schnucks eScrip Using a Schnucks eScrip card helps the Center earn thousands of dollars for much needed programs and activities. See office for more information.

St. Louis Activity Center

5602 Arsenal Street
St. Louis, MO 63139
(314) 645-3477
FAX (314) 645-3813



www.stlactivitycenter.com

Hours: Monday - Friday

8:30 am - 2:30 pm

Personnel

Nate Borgsmiller— Executive Director
Janet Finley — Program Coordinator
Daniel Garvey — Transportation Provider
Sam Strother — Transportation Provider

Board Members

Dixie Lohse, President	Ronald Hicks
Nancy Ackermann, Vice President	Alice Jennings
Ann Bretz	Mike Quinn
Robert Carter	Betty Robinson
Mary Ann Heil	Maggie Simpson
	Steven Spreck

Information Center

Membership Don't forget to renew your **yearly membership** at the center. The 2019 membership is due January 1st. The cost is **\$15.00** for the year. The membership cards are a different color and different style every year. A membership card is not required to participate in day-time activities at the Center. This fee helps us to add additional programs to our schedule.

Hall Rentals Available The Activity Center is available at affordable rates for your next meeting, anniversary or party. Weekly, monthly & special event rates are available. For a personalized tour & consultation call the Center at 314-645-3477.

St. Louis Activity Center Transportation (Vans are NOT handicapped accessible.) Transportation is available for lunch and activities at the Center, medical appointments, business, essential shopping (5 bag limit), recreation, etc. **Suggested bus donations are \$4.00 round trip to/from the Center & \$6.00 round trip for all other trips.** The Center relies on donations to cover the cost of gas, insurance and maintenance.

Weather Information For hot/cold weather assistance with cooling/heating information and utility assistance, call 211. Check for center closures due to inclement weather on all of the local news channels 2, 4, 5, and 11. KMOX for radio station.

NOTE: If St Louis Public Schools are closed, the Center is closed!

Services partially funded through a grant from the St. Louis Area Agency on Aging.

D.I.D. You Know?

1 violent crime occurs
EVERY 26 SECONDS
1 IN 3 WOMEN

experience domestic violence
from their partners
1 IN 5 WOMEN
are survivors of rape
1 child is abducted
EVERY 40 SECONDS



PROTECT YOURSELF
with a **BODY ALARM**
Contact Mike Quinn at
the Senior Center or at
314-305-4177



**HAPPY BIRTHDAY
TO ALL WITH JULY
BIRTHDAYS!!!**