



5602 Arsenal St.  
St. Louis, MO 63139

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

**SPECIAL THANKS TO LLOYD POSEY FOR HIS GENEROUS DONATION OF \$4,000!** Donations of any size are always welcome!

**POT OF GOLD—DRAWING, FRIDAY, FEBRUARY 27TH—MARCH TICKET SALES BEGIN MONDAY, MARCH 2ND**—On Monday, March 2nd, we will start Pot of Gold ticket sales for the drawing on Monday, March 30th! See Alice Jennings or Mike Quinn 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!

**POLISH RUMMY— FIRST FRIDAY OF THE MONTH, MARCH 6TH, AT 10:00AM**—Come join us for Polish Rummy!

**MATURE MILE 2026—SATURDAY, APRIL 4TH, 10:30AM-12:30PM—MUST REGISTER BY FRIDAY, MARCH 6TH**—Free registration for city residents only. Registration for non-city residents is \$15.00. See Janet for registration forms.

**SHELDON COFFEE CONCERT: THE ARIANNA STRING QUARTET—WEDNESDAY, MARCH 11TH**—cost: \$30.00 (incl. transportation, coffee, doughnuts, & the show). Must make reservation & payment by Monday, March 2nd! We will depart from the Center at 8:30am so you can enjoy coffee & doughnuts before the show!

**CASINO QUEEN—WEDNESDAY, MARCH 11TH**—We will depart at **10:00am**. **COST: \$10.00 for transportation.**

**LUNCH @ SEAMUS MCDANIEL'S—FRIDAY, MARCH 13TH, 11:15AM**—COST: \$10 for transportation; lunch is on your own.

**BOOK CLUB—MONDAY, MARCH 16TH, AT 10:45AM**—Our Book Club is reading “Beautiful Ugly” by Alice Feeney. They will meet on Monday, March 16th, at 10:45am to discuss this book. Come and join them!

**ST. PATRICK'S DAY LUNCH—MONDAY, MARCH 16TH, AT NOON**—Lunch will consist of Corned Beef, Cabbage, Potatoes, Green Beans, and Dessert! COST: \$10 for members & \$15 for nonmembers.

**ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, MARCH 18TH, 10:30-11:45AM**—The St. Louis Public Library will be at the Center on Wednesday, March 18th, from 10:30-11:45am. Visit their table to see what they have to offer you!

**BIRTHDAY CELEBRATION—WEDNESDAY, MARCH 18TH, AT 10:45AM**—Join us as we celebrate our March birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

**BINGO NEWS!—THERE WILL BE NO BINGO IN MARCH! Come join us for Bingo on April 16th!**

**MOVIE—SARAH'S OIL—MONDAY, MARCH 23RD, 11:00AM**—Come join us for some fun and entertainment!

**DIGITAL LITERACY SESSION WISARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, MARCH 25TH, 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!

**GAME DAY!—WEDNESDAY, MARCH 25TH—AT 11:00AM**—Join us for a game day! Play one of ours or bring your own!

**BOWLING—FRIDAY, MARCH 27TH, 11:00AM**—COST: \$12.00/Members, \$17.00/NonMembers, incl shoes/bowling/transportation.

**CRAFTING WITH SUE—MONDAY, MARCH 30TH, AT 10:45AM**—Come make something decorative for your home!

#### **EVENTS COMING UP IN APRIL:**

**SHELDON COFFEE CONCERT: BASSIST BOB DEBOO—WEDNESDAY, APRIL 8TH**—Cost: \$30.00 (incl. transportation, coffee, doughnuts, & the show). **Must make reservation & payment by Wednesday, March 18th!** We will depart from the Center at 8:30am so you can enjoy coffee & doughnuts before the show!

**“RING OF FIRE: THE MUSIC OF JOHNNY CASH” AT THE REPERTORY THEATRE—THURSDAY, APRIL 9TH AT 9:30AM**—If we get 10 people to sign up we can get the group rate! **Please sign up at the front desk no later than Wednesday, March 25,** so we can order tickets! COST: \$30.00 for ticket and transportation.

**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

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Pot of Gold Sales SHELDON DEADLINE-Arianna 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:00am Mo School of Dentistry 11:30am Lunch</p>	<p><b>3</b> TRANSPORTATION AVAILABLE</p>	<p><b>4</b> 10:00am Exercise 11:30am Lunch</p>	<p><b>5</b> TRANSPORTATION AVAILABLE</p>	<p><b>6</b> <b>MATURE MILE REGISTRATION DEADLINE</b> 10:00am Exercise 10:00am Polish Rummy 11:30am Lunch</p>
<p><b>9</b> 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p><b>10</b> TRANSPORTATION AVAILABLE</p>	<p><b>11</b> 8:30am Sheldon Coffee Concert 10:00am Exercise 10:00am Casino Queen 11:30am Lunch</p>	<p><b>12</b> TRANSPORTATION AVAILABLE</p>	<p><b>13</b> 10:00am Exercise 11:15am Lunch @ Seamus McDaniel's</p>
<p><b>16</b> 9:00am Pinochle 10:00am Exercise 10:45am Book Club 12:00pm St. Patrick's Day Lunch</p>	<p><b>17</b> TRANSPORTATION AVAILABLE</p>	<p><b>18</b> SHELDON DEADLINE-BOB DEBOO 10:00am Exercise 10:30-11:45am St. Louis Public Library 10:45am Birthday Cake 11:30am Lunch</p>	<p><b>19</b> <b>NO BINGO IN MARCH! PLEASE JOIN US FOR BINGO ON APRIL 16TH!</b></p>	<p><b>20</b> 10:00am Exercise 11:30am Lunch</p>
<p><b>23</b> 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:00am Movie—Sarah's Oil 11:30am Lunch</p>	<p><b>24</b> TRANSPORTATION AVAILABLE</p>	<p><b>25 DEADLINE FOR THE REP</b> 10:00am Exercise 10:30-11:30am Sarah-SLPL Digital Literacy 11:00am Game Day 11:30am Lunch</p>	<p><b>26</b> TRANSPORTATION AVAILABLE</p>	<p><b>27</b> 10:00am Exercise 11:00am Bowling 11:30am Lunch</p>
<p><b>30</b> Pot of Gold Drawing 9:00am Pinochle 10:00am Exercise 10:45am Crafting with Sue 10:45am Coffee Talk 11:30am Lunch</p>	<p><b>31</b> TRANSPORTATION AVAILABLE</p>	<p><b>SPECIAL THANK YOU TO LLOYD POSEY FOR HIS DONATION OF \$4,000!</b></p>	<p><b>Happy Saint Patrick's Day</b> </p>	<p></p>