

St. Louis Senior Activity Center Newsletter



FEBRUARY 2020
Issue



PRE-OSCAR DINNER/DANCE FRIDAY, FEBRUARY 7TH

The Center is hosting a Pre-Oscar
Dinner/Dance on
Friday, February 7th.

Doors open at 6:00pm, & an
Italian-style dinner will be served
at 6:30pm. The Backstreet
Cruisers will play for your
dancing pleasure from
7:00-10:00pm.

Tickets: \$15.00 per person
(includes dinner, dessert and a
drink). We will have wine, beer,
soda & coffee available. The
Silent Auction will open at 6:00pm
& close at 9:00pm. This is a fund
-raiser to benefit the Center!

Trips, Etc.

THE CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 17TH, FOR PRESIDENTS DAY!

SHOPPING EXPEDITIONS—IN FEBRUARY, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, FEBRUARY 7TH—WAL MART & ALDI'S; FRIDAY, FEBRUARY 14TH —St. Vincent DePaul Thrift Store; FRIDAY, FEBRUARY 28TH—DOLLAR TREE & SCHNUCKS-CHIPPEWA. Call 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

PRE-OSCAR DINNER/DANCE—FRIDAY, FEBRUARY 7TH—The Center is hosting a Pre-Oscar Style Dinner/Dance on Friday, February 7th. Doors open at 6:00pm, & an Italian style dinner will be served at 6:30pm. The Backstreet Cruisers will play for your dancing pleasure from 7:00-10:00pm. Tickets: \$15.00 per person (includes dinner, dessert and a drink). We will have wine, beer, soda & coffee available. The Silent Auction will open at 6:00pm & close at 9:00pm. This is a fundraiser to benefit the Center!

CIVIL WAR MUSEUM & CAFÉ TELEGRAPH—TUESDAY, FEBRUARY 11TH—Join us as we tour the Civil War Museum at Jefferson Barracks. The mission of the Missouri Civil War Museum nonprofit organization is to save, preserve, and protect articles and items relating to American history, and interpret the history of the state of Missouri during the American Civil War. After touring the museum, we will have lunch at Café Telegraph! COST: \$5.00 for transportation. Lunch is on your own. We will leave the Center at 9:30am.

RED HAT LADIES' LUNCHEON—FRIDAY, FEBRUARY 21ST—GRACE MEAT + THREE—Grace Meat + Three is a counter service restaurant offering a unique blend of refined Southern American fare & down-home hospitality. They combine the best elements of a traditional "meat and three" and a family-style restaurant. Grace is founded on the importance of valuing employees and customers as if they are family. Food that reminds you of a loved one in your family or where you grew up. COST: \$5.00 for transportation. Lunch is on your own. We will leave the Center at 10:30am.

LUMIERE CASINO—TUESDAY, FEBRUARY 25TH—On Tuesday, February 25th, we will be going to Lumiere Casino. 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!

DA VINCI EXHIBIT—FRIDAY, FEBRUARY 28TH—Dive into the world of Leonardo da Vinci & discover his passion for science & nature. Featuring more than 60 life-size replicas of his inventions & 20 replicas of his art. Each invention featured was handcrafted utilizing modern translations of da Vinci's writing. Trained artisans used these translations to construct full-scale models & bring da Vinci's two-dimensional plans to life. COST: \$15.00 includes transportation & entrance into the exhibit. We will leave the Center at 9:30am. ***RESERVATION & PAYMENT DUE FEBRUARY 18TH!***

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

WINE & DESIGN—February 7th, 10:00am—Join us as we paint another beautiful painting with the help of Becky from Wine & Design! COST: \$20.00.

VALENTINE'S DAY SOUPER LUNCH—FRIDAY, FEBRUARY 14TH, 11:30AM—Chefs Esther Bowers & Kurt Joice will prepare Ham & Bean Soup, Italian Wedding Soup, and Corn Bread for our dining pleasure! COST: \$3.00.

MARDI GRAS PARTY—TUESDAY, FEBRUARY 25TH, 10:00am to 12:00pm—We will have a Mardi Gras Party at the Center. Join us for King Cake, Root Beer Floats & Hamburgers with all the trimmings! COST: \$5.00.

HEALTHY LIVING W/CHRONIC CONDITIONS—Ongoing Support Group—Wednesday, February 5th, 12:00 Noon—This is an ongoing support group for the graduates of the Healthy Living w/Chronic Conditions classes. Come join us as we discuss our progress in healthy living! Bring healthy recipes to share!

MATURE MILE 2020—Saturday, March 28th—We will be going to Forest Park to participate in this year's Mature Mile! Start preparing now by taking daily walks to build your endurance! See the bulletin board in the Center for suggested training programs for Beginner, Intermediate, and Advanced walkers.

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.

NIAGARA FALLS TRIP

October 4th-10th, 2020!—Just \$659 per person, double occupancy, includes the following:

Motorcoach transportation; 6 nights lodging (4 consecutive nights in the Niagara Falls area); 10 meals: 6 breakfasts & 4 dinners; Guided tours of Niagara Falls & Toronto; Visit Casa Loma, Canada's most magnificent castle; Visit Niagara-on-the-Lake & Queen Victoria Park; Journey to The Falls on a "Hornblower Niagara Cruise"! Must have a valid U.S. Passport or U.S. Passport Card. \$75 due upon signing. Final Payment due 7/14/2020. Contact Nancy @ 314-645-3477 for information & reservations.

Bingo, Crafts & More

CRAFT CLASS—A Craft Class, facilitated by Sue Molz, will be held the last Monday of the month at 10:30am. Join us as we create something wonderful and have fun doing it!

BUNCO! BUNCO! BUNCO!—Since the 3rd Monday of February is a holiday, President's Day, we are moving BUNCO! to February 24th at 12pm! Come join us for a good time!

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!

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—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.

Future Events

SHELDON COFFEE CONCERT—Wednesday, March 18th—Enjoy sparkling Celtic reels & more, performed by the popular duo of Ian Walsh & Kevin Buckley! Wear something green & join us as we celebrate St. Patrick's Day with good music & good friends!

WELL HOME BINGO—Monday, March 2nd—Chris is here again to call Bingo for various prizes courtesy of the Well Home Agency!

HEALTHY LIVING W/CHRONIC CONDITIONS—WEDNESDAY, MARCH 18TH—A new class begins in March! Be sure and sign up to learn how to live with chronic conditions!

DONATIONS NEEDED!!!

THE CENTER IS IN NEED OF DONATIONS OF THE FOLLOWING ITEMS:

- Paper products, i.e. small plates, large plates & bowls;
- plastic utensils, i.e. knives, forks & spoons;
- paper towels;
- toilet paper;
- decaf coffee;
- foam or plastic cups;
- creamer & sugar;
- reams of 8 1/2" x 11" printer paper;
- individually-wrapped candies.

GO FUND ME ACCOUNT

The Center has set up a Go Fund Me account to help fund live entertainment for our Friday night dances and Center events!

If you are looking for a fast, easy way to donate to the Center, go to our website at stlouisactivitycenter.com and click on the link to the Go Fund Me Account!!!

Miscellaneous

Board Meeting: The St. Louis Activity Center **Board Meeting** will be held on the third Tuesday of the month 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: *Helps manage diabetes and glucose levels *Increases muscle strength *Improves flexibility *Helps with arthritis pain, including rheumatoid arthritis *Helps maintain good balance *Strengthens bones and improves bone density *Lifts your mood and helps with depression *Calms and relaxes, and can ease anxiety!
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.

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, etc. - On Mondays we receive bakery items from Panera's. Most Tuesdays we receive donations from "Feed My People". A **"free will offering"** is appreciated for this service!

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

ACTIVE LIVES

“PARCELS” BY MARY ANN WINKELMANN



Growing up, parcels delivered by mail were always a delight, especially if they happened to have my name on them. Few did.

The best parcels with my name on them were from Boston. My grandma had been born in Boston and moved to St. Louis by herself when she was only 16. Her mother had died when she was 6, and her father had remarried. She was the “Cinderella” of the family. Many cousins still lived there. One was Charlie. Charlie and his bride, Margaret, came to St. Louis on their honeymoon in the “West”. (I believe they expected many Indians to still live here.) Charlie and Margaret were not a young couple; Charlie had been an elusive bachelor until Margaret arrived on the scene. I was four years old. I immediately took a liking to them and recited the story of “Jack and the Beanstalk”. I did this without anyone urging me. They were just so likeable and sweet.

This little meeting is where the “parcel” story begins. On each birthday after this visit, a “parcel” would arrive on my birthday from Boston. It would be wrapped with brown paper and string. Inside a box might be marked “Filenes” or some other department store and hold a lovely gift. One I will always remember was a beige wool cardigan (cardigans were quite the thing at that time), but the label was the clincher. It was “Little Miss English”. My maiden name was “English”. Wow!

Another favorite arrived as I entered high school — a real leather over-the-shoulder bag. It was so grown up.

The “parcels” continued arriving even after I was married and had a little girl of my own. That year, Charlie and Margaret had traveled to Paris, and a little dress from Paris for the baby was in the “parcel” that year.

Margaret and Charlie have long left this earth, but their “parcels” have not been forgotten as neither will those long ago newlyweds.



St. Louis Activity Center Calendar

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 9:00am LI/Arthritis Exer 11:30am Lunch</p>	 <p>4 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	 <p>5 9:00am Pinochle 9:00am Best of Both Exercise 9:00am STL Public Library 10:00am Hand/Foot Canasta 10:00am United Hlthcare 11:30am Lunch 12:00pm Healthy Living Support grp</p>	 <p>6 9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	 <p>7 9:00am LI/ArthExer 10:00am Spades 10:00am WalMart/Aldi's 10:00am Wine & Design 11:30am Lunch 6:00pm Pre-Oscar Dinner/Dance</p>
<p>10 9:00am LI/Arthritis Exer 10:30am Writing Class 11:30am Lunch</p>	<p>11 9:00am LI/Arthritis Exer 9:30am Civil War Museum & Café Telegraph 11:30am Lunch 12:30pm Line Dancing</p>	<p>12 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch</p>	<p>13 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>14 9:00am LI/ArthExer 10:00am Spades 10:00am St Vinc dePaul Thrift Store 11:30am Valentine Souper Lunch 7:00pm Friday Dance</p>
 <p>17 HOLIDAY</p>	<p>18 9:00am LI/Arthritis Exer 10:15am Board of Dir Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p>19 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch</p>	<p>20 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>21 9:00am LI/Arth Exercise 10:00am Spades 10:30am RH Lunch-Grace Meat +3 11:30am Lunch 7:00pm Friday Dance</p>
<p>24 9:00am LI/Arthritis Exer 10:30am Craft Class 11:30am Lunch 12:00pm Bunco</p>	<p>25 9:00am LI/Arthritis Exer 9:30am Lumiere Casino 10:00am Mardi Gras Party 11:30am Lunch 12:30pm Line Dancing</p>	<p>26 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch</p>	<p>27 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>28 9:00am LI/Arth Exercise 9:30am DaVinci Exhibit @ Science Center 10:00am Spades 10:00am \$Tree/Schnucks-Chip 11:30am Lunch 7:00pm Friday Dance</p>

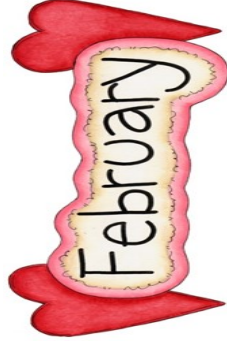
SLAAA Nutrition Program Menu

February 2020

MONDAY

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

TUESDAY



3

A
Turkey Lasagna
B
Cheese Omelet

WEDNESDAY



5

A
Three Bean Chili
B
Sliced Turkey

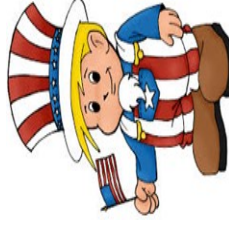
THURSDAY



6

A
Rib Beef Patty w/
Spanish Braised
Sauce
B
Chicken Stew

FRIDAY



7

A
Baked Chicken
B
Meat Loaf w/White
Pepper & Bacon
Gravy

10

A
Sloppy Joe Meal
B
Manicotti Alfredo

12

A
Mojo Chicken
B
Twisted Mac &
Cheese w/Chicken
Chorizo

13

A
Chargrilled Beef Patty
in Pizzaiola Sauce
B
Chicken in Marsala
Sauce

14

A
Sliced Turkey w/
CranRaspberry Sauce
B
Country Egg Skillet

17



HOLIDAY

18

A
Western Omelet
B
Hamburger Patty

19

A
Macaroni & Cheese
B
Baked Chicken

20

A
Meatloaf w/Apple
Brown Gravy
B
Eggplant Parmesan

21

A
Hamburger Au Jus
B
Seafood Gumbo

24

A
Hot Dog w/Chili
Topping
B
Macaroni & Cheese

26

A
Sesame Chicken
B
Macaroni & Beef
Casserole

27

A
Salisbury Steak w/
Gravy
B
Black Beans & Rice
w/Corn & Red
Peppers

28

A
Chicken Parmesan
B
Huevos Rancheros
(Mexican Style
Scrambled Eggs)

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
Nancy Ackermann,
Vice President
Ann Bretz
Robert Carter
Mary Ann Heil

Ronald Hicks
Alice Jennings
Ann Neukomm
Mike Quinn
Betty Robinson
Maggie Simpson
Steven Spreck

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

Information Center

Membership Don't forget to renew your yearly membership at the center. The 2020 membership is due January 1st. The cost is \$15.00 for the year. 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, but 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!

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
FEBRUARY
BIRTHDAYS!!!**