

# St. Louis Senior Activity Center Newsletter

JANUARY 2020  
Issue



## **SPAGHETTI & MEATBALLS DINNER**

**SUNDAY,  
JANUARY 26TH  
2:00PM TO 6:30PM**

Join us for a delicious spaghetti & meatballs dinner!

**Eat at the Center or Carry Out.**



**COST: \$7.00 includes spaghetti & meatballs, salad, garlic bread, and dessert. This is a fund-raiser for the Center, so spread the word & bring your friends & family!**

## Trips, Etc.

**THE CENTER WILL BE CLOSED ON WEDNESDAY, JANUARY 1ST, FOR NEW YEAR'S DAY AND ON MONDAY, JANUARY 20TH, FOR MARTIN LUTHER KING, JR. DAY**

**SHOPPING EXPEDITIONS**—IN JANUARY, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, JANUARY 3RD—WAL MART & ALDI'S; WEDNESDAY, JANUARY 15TH — St. Vincent DePaul Thrift Store; FRIDAY, JANUARY 24TH—TARGET; FRIDAY, JANUARY 31ST—DOLLAR TREE & SCHNUCKS-CHIPPEWA. Call 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

**TILLES PARK WINTER WONDERLAND—THURSDAY, JANUARY 2ND**—On Thursday, January 2nd, we will be going to Tilles Park Winter Wonderland for our rescheduled trip. If you have already paid for this, you do not need to pay again. Please call the Center & let us know if you can make this new date! We will leave the Center at 5:00pm. COST: \$10.00 covers transportation and entry fee to Tilles Park!

**RED HAT LADIES' LUNCHEON—FRIDAY, JANUARY 17TH—LILIANA'S ITALIAN KITCHEN**—Liliana's restaurant is family-owned & operated by Tim & Kathy Pieri & named after their daughter, Liliana. After 30 years in the restaurant business, Tim's dream was to have a small restaurant that focused on fresh ingredients & dishes prepared as if he were cooking for you in his home. The goal is to offer a warm & friendly atmosphere so you walk in as a guest & leave as family. COST: \$5.00 for transportation. Lunch is on your own. We will leave the Center at 10:30am.

**HOKKAIDO SUPREME BUFFET—WEDNESDAY, JANUARY 22ND**—Join us as we go to Hokkaido Supreme Buffet for lunch! COST: \$5.00 for transportation. Lunch is on your own. We will leave the Center at 10:30am.

**CASINO QUEEN—TUESDAY, JANUARY 28TH**—On Tuesday, January 28th, 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!

**SHELDON COFFEE CONCERT—WEDNESDAY, JANUARY 29TH**—Celebrate the 100th anniversary of the birth of jazz legend Dave Brubeck with performances of his popular "Take Five" and "Blue Rondo a la Turk" and more great jazz, both old and new! Acclaimed pianist Adam Maness is joined by bassist Bob DeBoo and drummer Montez Coleman. COST: \$20.00. We will leave the Center at 8:45am (NOTE: This early departure is so that we get there in time for you to enjoy the free donuts and coffee before the concert!).

*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

**CREATIVE COMMUNICATIONS WORKSHOP—FRIDAY, JANUARY 10TH, 10:00AM**—Ariel Mann from Memory Care Home Solutions, will give a presentation on Healthy Brain Aging.

**SPAGHETTI & MEATBALLS DINNER—SUNDAY, JANUARY 26TH FROM 2:00 TO 6:30PM**—Join us for a delicious spaghetti & meatballs dinner on Sunday, January 26th from 2:00 to 6:30pm! Eat at the Center or Carry Out. COST: \$7.00 includes spaghetti & meatballs, salad, garlic bread, and dessert. This is a fund-raiser for the Center, so spread the word & bring your friends & family!

**HEALTHY LIVING W/CHRONIC CONDITIONS—Ongoing Support Group—Wednesday, January 8th, 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!

**WELL HOME AGENCY BINGO—MONDAY, JANUARY 13TH**—On Monday, January 13th, Christine from the Well Home Agency will be hosting bingo at 10:15am. Come join us for some fun courtesy of the Well Home Agency!

**GREAT RIVERS GREENWAY—MONDAY, JANUARY 13TH**—On Monday, January 13th, at 10am a representative from the Great Rivers Greenway organization will give a presentation on the Trails they support in the Greater St. Louis area.

## 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.

**CARPENTER BRANCH LIBRARY**—Mark Manne has taken a different job with the St. Louis Public Library and will no longer be visiting with us every month. Best wishes Mark on your new job!!!

## 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 January is a holiday, we are moving **BUNCO!** to January 27th 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

**HOLLYWOOD STYLE DINNER/DANCE—FRIDAY, FEBRUARY 7TH AT 6:30 PM**—Come and walk the red carpet with us at the Center!!! Doors open at 6:00pm; an Italian style dinner will be served at 6:30pm. "The Backstreet Cruisers" band will play from 7:00-10:00pm. The Silent Auction opens at 6:00pm & closes at 9:00pm. **COST: \$15.00 per person which includes dinner, dessert & one free drink (wine, beer, soda or coffee).**

## 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;
- creamers & sugar;
- reams of paper, i.e. 8 1/2" x 11" printer paper.

## 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 and help our Center, go to our website at [stlouisactivitycenter.com](http://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 on Friday, January 3rd instead of the first Wednesday of January which is the New Year's Day holiday.

**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**

### **FIREPLACES**

**By Kathy Jones**

**The year was 1982, the year of the great St. Louis blizzard. Our family was growing once again, after 11 years. The house we rented would not work for a new baby, with 2 teenage girls and an 11-year-old boy. We couldn't ask them to let a newborn share their bedrooms.**

**So, after searching, we found an old Victorian house, built in 1895, that needed a loving family. It also needed complete remodeling, but we figured we could do that over time. We loved the large yard with two huge oak trees, the rooms with high ceilings, lots of windows, and interesting shapes.**

**There was a lot to be done, but everyone pitched in and soon we were settled in.**

**I've always loved fireplaces. I think they give a home a real feeling of welcome. Our "new" house had two of them: one in Patrick's bedroom, one in the dining room. Yes, they needed sprucing up, but they were ours.**

**A few weeks after we moved in, my husband and I were sitting in the living room reading. I thought I saw movement out of the corner of my eye. I looked, but didn't see anything unusual, and didn't think anything about it. A few days later, again I saw "something" move just out of sight. I was sure I wasn't imagining it. Looking around, I saw it again in the dining room. When I went to check on it, I saw three mice scampering in and out of the fireplace, happy as could be. They weren't afraid at all.**



**Out came the mouse traps...and over the next several days we caught 14 mice! I guess over the time the house was empty, and I have no idea how long that was, the mice found the house to be a quiet, safe refuge and moved in to stay.**

**A few months later we decided to fix up the baby's room. That's when we discovered that we had better not use the dining room fireplace. As we tore off the old disgusting wallpaper and plaster, we found a space behind the wallpaper that was just papered over. In it was the top of the chimney for the fireplace! It didn't go anywhere. It just stopped! Why or when the chimney was torn apart, we have no clue.**

**The fireplace in the bedroom also has never been used by us. We painted it and made it a focal point of the room, but after the surprise with the dining room fireplace, we decided to be safe and use it for decoration only. I still like fireplaces, but I guess I'll never get the chance to enjoy a fire in one of our own.**

# St. Louis Activity Center Calendar

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>6</b> 9:00am LI/Arthritis Exercise 11:30am Lunch</p>	 <p><b>7</b> 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p><b>1</b></p>  <p><b>HOLIDAY</b></p>	<p><b>2</b> 9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo 4:30PM Tilles Park Lights</p>	<p><b>3</b> 9:00am LI/ArthExer 9:00am STL Public Library 10:00am Spades 10:00am WalMart/Aldi's 11:30am Lunch 7:00pm Friday Dance</p>
<p><b>13</b> 9:00am LI/Arthritis Exercise 10:00am Great Rivers Greenway Presentation 10:15am Well Home Bingo 10:30am Writing Class 11:30am Lunch</p>	<p><b>14</b> 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p><b>8</b> 9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 10:00am United Hlthcare Pres 11:30am Lunch 12:00pm Healthy Living Support grp</p>	<p><b>9</b> 9:00am LI/Arth Exer 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p><b>10</b> 9:00am LI/ArthExer 10:00am Spades 10:00am Creative Communications Workshop w/Ariel Mann 11:30am Lunch 7:00pm Friday Dance</p>
<p><b>20</b>  <b>Martin Luther King Day</b> <b>HOLIDAY</b></p>	<p><b>21</b> 9:00am LI/Arthritis Exer 10:15 Board of Dir Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p><b>15</b> 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:00am St Vinc dePaul Thrift 11:30am Lunch</p>	<p><b>16</b> 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p><b>17</b> 9:00am LI/ArthExer 10:00am Spades 10:30am RH Liliana's Italian Kitchen 11:30am Lunch 7:00pm Friday Dance</p>
<p><b>27</b> 9:00am LI/Arthritis Exercise 10:30am Craft Class 11:30am Lunch 12:00pm BUNCO</p>	<p><b>28</b> 9:00am LI/Arthritis Exer 9:30am-1:00pm BOOK SALE 9:30am Casino Queen 11:30am Lunch 12:30pm Line Dancing</p>	<p><b>22</b> 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:30am Hokkaido Supreme Buffet for Lunch 11:30am Lunch</p>	<p><b>23</b> 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p><b>24</b> 9:00am LI/Arth Exercise 10:00am Spades 10:00am Target 11:30am Lunch 7:00pm Friday Dance <i>NOTE: Sunday, January 26th, is the Spaghetti &amp; Meatballs Dinner!</i></p>
		<p><b>29</b> 8:45am Sheldon Coffee Concert 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch</p>	<p><b>30</b> 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p><b>31</b> 9:00am LI/Arth Exercise 10:00am Spades 10:00AM \$Tree/Schnucks-Chip 11:30am Lunch 7:00pm Friday Dance</p>



## **STAN MUSIAL FRAMED AUTOGRAPHED PICTURE RAFFLE!**

**TO BENEFIT THE ST. LOUIS ACTIVITY CENTER**

**1 TICKET = \$5.00  
6 TICKETS = \$25.00  
15 TICKETS = \$50.00**

**DRAWING ON SUNDAY, JANUARY 26TH, AT  
SPAGHETTI DINNER**

**YOU DO NOT NEED TO BE PRESENT TO WIN!**

# 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](http://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  
JANUARY  
BIRTHDAYS!!!**