



**5602 Arsenal St.  
St. Louis, MO 63139**

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

**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!

**QUILTING GROUP**—Our Quilters meet on **Mondays at noon**. If you are a quilter and are interested in meeting with others who have similar interests, come join us! If you would like to learn to quilt, come join us! Bring a friend!

**PINOCHLE—WEDNESDAYS, 11:00AM**—Our pinochle players will be playing pinochle on Wednesdays at 11:00am. If you would like to join them, please contact the Center at 314-645-3477. Thanks!

**BINGO SPONSORED BY MOREABLE—MONDAY, OCTOBER 3RD, AT 11:30AM**—A Medicare Specialist from Moreable will be here on Monday, October 3rd at 11:30am. They are sponsoring a Bingo with prizes! Come join us!

**BOWLING AT SHREWSBURY LANES—WEDNESDAY, OCTOBER 5TH, 11:45AM**—On Wednesday, October 5th, we will be bowling at Shrewsbury Lanes! COST: \$10.00/Members, \$15.00/NonMembers, includes shoes, bowling, and transportation.

**RIVER CITY CASINO—WEDNESDAY, OCTOBER 12TH**—On Wednesday, October 12th, we will be going to River City Casino! **We will depart from the Center at 10:00am. Contribution for the bus is \$8.00.** Bring your good luck charms & join us for a good time!

**BIRTHDAY CELEBRATION—WEDNESDAY, OCTOBER 12TH AT 10:45AM**—On Wednesday, October 12th, we will celebrate our October birthdays! Birthday cake and coffee will be available for \$1.00. Happy Birthday to all our celebrants.

**SHELDON COFFEE CONCERT—WEDNESDAY, OCTOBER 19TH**—Vocalist Miss Jubilee leads the YasYas Boys, a high-energy jazz & blues ensemble, as they pay homage to the female blues singers of the 1920's & 30's & to the rich musical heritage of St. Louis! COST: \$25 Members/\$30 NonMembers includes transportation & tickets to the show. We will leave the Center at 8:30am.

**ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, OCTOBER 19TH, 10:30-11:45AM**—The St. Louis Public Library will be at the Center on Wednesday, October 19th, from 10:30-11:45am. Go see what they have to offer you!

**BOOK CLUB—WEDNESDAY, OCTOBER 19TH, AT 11:00AM**—Our Book Club is reading "Hotel on the Corner of Bitter & Sweet" by Jamie Ford. Come join us as we gather to discuss this book on October 19th at 11:00am.

**BINGO—THURSDAY, OCTOBER 20TH**—On Thursday, October 20th, 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!

**OKTOBERFEST—FRIDAY, OCTOBER 21ST, 10:45AM**—Join us for our Oktoberfest Party! Lunch will be Bratwurst with Sauerkraut, & German Potato Salad. COST: \$10.00. Sponsored by Dedicated Senior Services.

**FALL FOLIAGE TOUR TO MONTELLE WINERY, AUGUSTA, MO—TUESDAY, OCTOBER 25TH**—Join us as we view the Fall foliage & visit Montelle Winery! Enjoy wine tasting (\$15.00 includes logo souvenir glass). Lunch at the Klondike Café—gourmet wraps, salads, sandwiches, pizzas to be enjoyed on their deck overlooking the Missouri River Valley. Depart the Center at 10:30am.

**COST: For Transportation = \$20/Members; \$25/NonMembers.** Wine tasting & lunch are on your own. Must have 10 people to go!

**POT LUCK LUNCH & DANCE—ON THURSDAY, OCTOBER 27TH, 11:00AM TO 2:00PM**—On Thursday, October 27th there will be a Pot Luck Lunch & Dance. COST: \$5.00.

**CRAFTING WITH SUE—MONDAY, OCTOBER 31ST**—On Monday, October 31st, at 10:45am, Sue Molz will be having her Craft Class. Come join Sue and make something decorative for your home for Fall!

**HALLOWEEN PARTY—MONDAY, OCTOBER 31ST**—Come join us at 11:00am, in costume, for our Center Halloween Party on Monday, October 31st! There will be prizes for the best costumes, & a Spaghetti Lunch. Sign up by Wednesday, October 26th.  
**COST: \$10.00.**

**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

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bingo w/Moreable 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos	<b>4</b> NO ACTIVITIES TRANSPORTATION AVAILABLE	<b>5</b> 10:00am Exercise 11:00am Pinochle 11:30am Lunch 11:45am BOWLING at Shrewsbury Lanes 12:00-2:00pm Hand Foot Canasta	<b>6</b> NO ACTIVITIES TRANSPORTATION AVAILABLE	<b>7</b> 10:00am Exercise 11:30am Lunch
<b>10</b> 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos	<b>11</b> NO ACTIVITIES TRANSPORTATION AVAILABLE	<b>12</b> 10:00am Exercise 10:00am River City Casino 10:45am Happy Birthday Cake & Coffee! 11:00am Pinochle 11:30am Lunch 12:00-2:00pm Hand Foot Canasta	<b>13</b> NO ACTIVITIES TRANSPORTATION AVAILABLE	<b>14</b> 10:00am Exercise 11:30am Lunch-CHICKEN & WAFFLES!
<b>17</b> 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos	<b>18</b> NO ACTIVITIES TRANSPORTATION AVAILABLE	<b>19</b> 8:30am SHELDON Coffee Concert 10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00 Book Club 11:00am Pinochle 11:30am Lunch 12:00-2:00pm Hand Foot Canasta	<b>20</b> 10:30am BINGO 11:30am Lunch 12:00pm BINGO	<b>21</b> 10:00am Exercise 10:45am OKTOBERFEST! 11:30am Lunch 12:30pm Bingo
<b>24</b> 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm Quilters Group 12:00-2:00pm Cards/Dominos	<b>25</b> 10:30am FALL FOLIAGE TOUR & MONTELLE WINERY! TRANSPORTATION AVAILABLE	<b>26</b> 10:00am Exercise 11:00am Pinochle 11:30am Lunch-LASAGNA! 12:00-2:00pm Hand Foot Canasta	<b>27</b> 11:00am-2:00pm POT LUCK LUNCH & DANCE	<b>28</b> 10:00am Exercise 11:30am Lunch
<b>31</b> 10:00am Exercise 10:45am Coffee Talk 10:45am Crafts w/Sue 11:00am HALLOWEEN PARTY				