



5602 Arsenal St.
St. Louis, MO 63139

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

NOTICE: ON MONDAY, SEPTEMBER 1ST, THE CENTER WILL BE CLOSED FOR LABOR DAY!

QUILT RAFFLE—BEGINNING SEPTEMBER 8TH—Only 300 Raffle tickets available at \$5.00 each! Drawing on December 8th at the Town Hall Meeting!

POT OF GOLD —DRAWING, MONDAY, AUGUST 25TH—SEPTEMBER TICKET SALES BEGIN WEDNESDAY, SEPTEMBER 3RD—On Wednesday, September 3rd, we will start Pot of Gold ticket sales for the drawing on Monday, September 29th! 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—FRIDAY, SEPTEMBER 5TH, AT 10:00AM—Come join the group playing Polish Rummy at the Center on the first Friday of every month!

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK!—TUESDAY, SEPTEMBER 2ND, 9TH, 23RD, & 30TH—Join us as we go to Fairmount Park for horse racing! Cost: \$10 Members; \$15 NonMembers. **Sign up at the front desk. We depart at 11:30am.**

RICHARD TATE—MONDAY, SEPTEMBER 8TH—11:00AM—Richard Tate's company provides housekeeping and other services for people on Medicare/Medicaid. He will be here to answer any questions you may have re: services his company can provide.

CASINO QUEEN—WEDNESDAY, SEPTEMBER 10TH—We will depart at 10:00am. **COST: \$8.00 for transportation.**

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

COWBOY/GIRL DAY—MOVIE "SILVERADO" & COWBOY THEMED LUNCH—WEDNESDAY, SEPTEMBER 10TH, 11:00AM—Come dressed for a cowboy/girl day! A cowboy themed lunch will be available for \$5.00.

FLU SHOT CLINIC—AFFTON MEDICINE SHOPPE—MONDAY, SEPTEMBER 15TH, FROM 11:00AM TO 1:00PM—Sign up at the desk in the Center by Monday, September 9th, so they know how much vaccine to bring.

BOOK CLUB—MONDAY, SEPTEMBER 15TH, AT 10:45AM—Our Book Club is reading "Everyone in My Family has Killed Someone" by Benjamin Stevenson. They will meet on Monday, September 15th, at 10:45am to discuss this book. Come and join them!

BOWLING—WEDNESDAY, SEPTEMBER 17TH, 11:00AM—COST: \$12.00/Members, \$17.00/Non Members, includes shoes, bowling, & transportation.

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 17TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, September 17th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BINGO—THURSDAY, SEPTEMBER 18TH, 10:30AM—On Thursday, September 18th, 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!

SOLDIERS' MEMORIAL: TUSKEGEE AIRMEN EXHIBIT—FRIDAY, SEPTEMBER 19TH—11:00AM—COST: \$8.00

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, SEPTEMBER 24TH, 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!


HODAK'S FOR LUNCH—FRIDAY, SEPTEMBER 26TH AT 11:30AM—Sign up at the front desk. COST: \$8.00 for transportation.

CRAFTING WITH SUE—MONDAY, SEPTEMBER 29TH AT 10:45AM—Come make something decorative for your home!

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 \$30.00. 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.

St. Louis Activity Center Calendar

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  HOLIDAY	2 11:30am HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	3 Pot of Gold Ticket Sales 10:00am Exercise 11:30am Lunch	4 TRANSPORTATION AVAILABLE	5 10:00am Exercise 10:00am Polish Rummy 11:30am Lunch
8 QUILT RAFFLE SALES 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:00am Richard Tate 11:30am Lunch	9 11:30am HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	10 COWBOY/GIRL THEMED DAY! 10:00am Exercise 10:00am Casino Queen 10:45am Birthday Cake 11:00am Movie "Silverado" & Cowboy-themed lunch	11 TRANSPORTATION AVAILABLE	12 10:00am Exercise 11:30am Lunch
15 9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:00am-1:00pm Vaccine Clinic-Afton Medicine Shoppe 11:30am Lunch	16 TRANSPORTATION AVAILABLE	17 10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Bowling 11:30am Lunch	18 10:30am BINGO 11:30am Lunch 12:00pm BINGO	19 10:00am Exercise 11:00am Soldiers' Memorial-Tuskegee Airmen Exhibit 11:30am Lunch
22 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch	23 11:30am HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	24 10:00am Exercise 10:30-11:30am St. Louis Public Library Sarah Reddick—Digital Literacy 11:30am Lunch	25 TRANSPORTATION AVAILABLE	26 10:00am Exercise 11:30am Hodak's for lunch 11:30am Lunch
29 Pot of Gold Drawing 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 10:45am Crafts w/Sue 11:30am Lunch	30 11:30am HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	QUILT RAFFLE! ONLY 300 TICKETS AVAILABLE AT \$5.00 EACH! TICKET SALE BEGINS SEPTEMBER 8TH WITH THE DRAWING ON DECEMBER 8TH AT THE TOWN HALL MEETING!	