

St. Louis Senior Activity Center Newsletter

February 2019
Issue



SWEETHEART DINNER DANCE FRIDAY, FEBRUARY 15TH



On Friday, February 15th, the Center will be hosting a Sweetheart Dinner/Dance!

Doors open at 6:00pm with an Italian Style Dinner being served at 6:30pm.

The Backstreet Cruisers Band will play from 7:30-11:00pm. Tickets are \$20.00 per person which includes dinner, dessert, & one drink. Wine, beer, soda, & coffee will be available.



There will be a Silent Auction from 6:00pm til 9:00pm!

Purchase your tickets and choose your table in the front office!

Trips, Etc.

SHOPPING EXPEDITIONS—IN FEBRUARY, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: WEDNESDAY, FEBRUARY 6TH —WALMART & ALDI'S; FRIDAY, FEBRUARY 8TH—DOLLAR TREE & SCHNUCKS-CHIPPEWA; TUESDAY, FEBRUARY 12TH—St. Vincent DePaul Thrift Store; TUESDAY, FEBRUARY 19TH—TARGET. Call the Center Office at 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

RED HAT LADIES LUNCH—FRIDAY, FEBRUARY 8TH—On Friday, February 8th, the Red Hat Ladies will be going to Dado's on Hampton. Gus Botonis & Nick Avouris, Chef/Owner of Dado's, are cousins from the beautiful island of Zakynthos, Greece, and are the backbone of Dado's Café. They have 30+ years of experience each in the hospitality field in various applications. Dado's Café features recipes of authentic family favorites from the Mediterranean, as well as American fare. COST: \$5.00 for transportation. We will leave the Center at 10:45am. Lunch is on your own.

MISSOURI HISTORY MUSEUM—WEDNESDAY, FEBRUARY 20TH—On Wednesday, February 20th, the Center will be going to the Missouri History Museum! Some of their current exhibits are: Muny Memories—100 Seasons Onstage; Panoramas of the City; The St. Louis Rogues' Gallery; World War I: St. Louis & the Great War; St. Louis in Service. You can choose whichever exhibit you would like to visit while there. Lunch, if you wish, is available at Café St. Louis and is on your own. We will leave the Center at 10:00am. COST: \$5.00 for transportation.

LUMIERE CASINO—TUESDAY, FEBRUARY 26TH—Are you feeling lucky? On Tuesday, February 26th, we will be going to Lumiere Casino. The departure from the Center will be at 9:30am. The contribution for the bus is \$5.00. Bring your good luck charms & join us for a good time!

ST. VINCENT'S DINNER/DANCE—TUESDAY, MARCH 12TH (MUST MAKE RESERVATIONS BY FEBRUARY 15TH)—4:00 TO 7:00PM—St. Vincent DePaul's Spring Senior Dinner/Dance will be held on Tuesday, March 12, 2019, from 4:00 to 7:00pm. Make your reservations with the front office by February 15th. (Per St. Vincent's, we must make these reservations by February 15th!!!) COST: \$5.00 for transportation to/from St. Vincent's. You must have your own transportation to/from the Center!

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

PLEASE NOTE—The Center is closed on Monday, February 18, for Presidents' Day!!!

2019 MEMBERSHIP—Remember to renew your Center membership for 2019! Membership is \$15.00 per year.

POT LUCK VALENTINE LUNCH—On **Wednesday, February 13th**, we will have a Valentine's Day pot luck lunch! The Center will provide the main course. Please sign up on the board and indicate what side dish you will bring!

GROCERY RAFFLE!!! Beginning in February, we will be selling raffle tickets for Schnucks gift cards valued at \$50, \$75, and \$100. Tickets will be \$5.00 each and the drawing will be held on May 2, 2019!!!

SWEETHEART DINNER DANCE—FRIDAY, FEBRUARY 15TH—On Friday, February 15th, the Center will be hosting a Sweetheart Dinner/Dance. Doors open at 6:00pm with an Italian Style Dinner being served at 6:30pm. The Backstreet Cruisers Band will play from 7:30-11:00pm. The Silent Auction will begin at 9:00pm. Tickets are \$20.00 per person. You can purchase your tickets and choose your table in the front office.

OPEN BOARD MEETING—On TUESDAY, FEBRUARY 26TH, the Center will have an Open Board Meeting at 10:30am followed by lunch!!! Please attend & hear what the Board Members have to share & ask any questions you may have & stay for lunch!!!

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, beginning in February, to answer your questions about United Healthcare's Medicare insurance offerings.

MARK MANNE-CARPENTER BRANCH LIBRARY—On Wednesday, February 20th, at 10:30am, Mark Manne will give a presentation on "African American Television Pioneers". Never before, since the invention of the television, has there been so much talent to cross our paths. Remember some of the first appearances of these well-known actors & actresses.

Bingo, Crafts & More

CRAFT CLASS—Sue Molz does our Craft Classes the last Monday of every month at 10:30am.

BINGO—Will be held **every** Thursday, from 10:30-11:30am; we break for lunch, then resume play from 12:00-1:00pm.

QUEEN OF HEARTS DRAWING—Come in and get your tickets! They are \$1.00 each or 6 for \$5.00. Drawings are every Thursday at 11:30am until the Queen is found.

PINOCHLE—is played Wednesdays at 9:00am.

HAND & FOOT CANASTA—will be played every Wednesday at 10:00am.

50/50 TICKETS—The St. Louis Activity Center has a 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

A new series of CHRONIC DISEASE-SELF MANAGEMENT Workshops will begin on Monday, March 11th, at 10am & will continue for 6 weeks! If you struggle with a chronic disease, be sure & join us as we learn how to manage chronic diseases! Our own Lois Pastori-Rood and John Rood will be facilitating this event! Learn how to live a healthy life with Chronic Conditions, i.e. Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and others! There will be a sign-up sheet on the board!

ST. LOUIS ACTIVITY CENTER PRESENTS—MACKINAC ISLAND!!! Join us for a tour of Mackinac Island—May 20-25, 2019—for the incredible price of \$635 double occupancy! Tour includes motorcoach transportation; 5 nights lodging including 3 consecutive nights in No. Michigan; 8 meals; guided tour of Mackinaw City; visit to Mackinac Island, with a guided carriage tour; boat tour through the Soo Locks with sightseeing in Sault Sainte Marie; gaming excitement at Kewadin Sault Casino; admission to The Cross in the Woods. Full payment is due at signup & must be in by March 13, 2019. Pick up a brochure in the front office or call Nancy Ackermann at 314-645-3477.

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 - On Mondays we receive bakery items from Panera's. Most Tuesdays we receive donations from "Feed My People". Members are welcome to take one bag of these items home. One bag per member unless otherwise noted. Donations are welcome.

Miscellaneous

Board Meeting: The St. Louis Activity Center **Board Meeting** will be held the **Third Tuesday** of each 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.

Our Writing Group has been so popular, that all available spaces are full! Check out the story in this newsletter under Active Lives by one of the members of the Writing Class.

Exercise

Reasons to Exercise for Seniors

*Exercise: *Improves aging and sleep problems*Lessens daytime drowsiness*Improves restless leg syndrome (RLS) and leg cramps*Can provide important social activity**

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.

NEW COMBO EXERCISE CLASS!!! - Our new Combo Class is a combination of all of the exercises & is held from 10:00 to 10:30am on Wednesdays!!! (This is in addition to the 9:00-9:45am class.)

FUNDRAISER

SAVERS, the used clothing store on Watson in Crestwood, has provided the Center a unique way to have a fundraiser. They have agreed to purchase all donated goods from the Center for \$0.20 per pound for soft goods and \$0.05 per pound for hard goods.

Soft Goods are clothing, shoes, hats, scarves, undergarments, jewelry, bags, wallets, bedding, curtains, tablecloths, etc. **Hard Goods** are toys, small household goods and appliances, books, CD's and DVD's.

The **Do Not Accept** List includes all weapons, hazardous materials, flammable products, auto parts, damaged furniture, beds, televisions, computer monitors, infant car seats, cribs, swing sets, etc.

The Center staff is asking all clients to go through their gently used items and bring them in between now and the middle of May, 2019!

ACTIVE LIVES

STAYING CHEERFUL IN FEBRUARY

By Sylvia Duncan

It is great to be greeted by a smile when we enter the Center. I have always found Janet Finley a welcoming, friendly greeter.

Be thankful this February that Janet is here to arrange transportation, plan activities, answer the phone, take orders for meals, and, of course, produce and edit the monthly newsletter. That may be just the tip of what she does; she sometimes gives weather reports to members who call and is ready to answer any and all questions about Center activities.

Janet is a native St. Louisan who spent all but 4 years of her life in the area, moving from North to South St. Louis, and now happily soloing in a condo. Her ex-husband was in the Air force, so that accounts for those few years in Texas. She spent 25 years working for Bank of America. She managed the Word Processing Department, transcribing over the phone, often working evenings. Later, after computers took over, she continued her work in the Bank's Telecommunications Department. The bank changed names several times while she was there.

She has 4 grown children, 2 boys and 2 girls. All but one of them live locally except one daughter and four grandchildren in Ohio. She was an only child and so delights in her 10 grandchildren ages 5 to 24. "They are always so happy to see me. The five-year old throws himself around my knees!" she said. "I wish I had had them first." She echoes what so many grandparents feel.


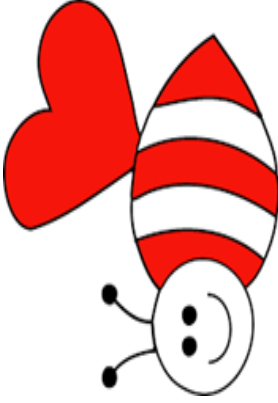
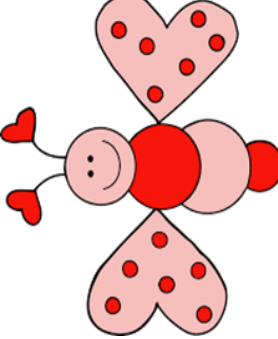



She likes to read and often pores through the donation exchange books on the pool table. She has broad reading tastes from non-fiction about a tattoo artist in the nineteen forties to Debbie Macomber's "Shirley, Goodness, and Mercy". Those are the names of three fictitious angels by the way.

She likes all music except rap, enjoys going to dinner with friends and likes word search puzzles, with, she insists, no word lists!

It is all about family connections and being genuinely happy in how time is spent. Janet loves her job here. I hope her cheerfulness in February is contagious!

St. Louis Activity Center Calendar

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>4 9:00am LI/Arthritis Exercise 11:30am Lunch</p>	 <p>5 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	 <p>6 9:00am Library/Pinochle 9:00am Best of Both Exercise 10:00am United Healthcare Pres. 10:00am Walmart & Aldi's 10:00am Hand/Foot Canasta 10:00am Combo Exer Class</p>	 <p>7 9:00am LI/Arth Exercise 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>1 9:00am LI/Arth Exercise 10:00am Spades 11:30am Lunch 7:00pm Friday Dance</p>
<p>11 9:00am LI/Arthritis Exercise 10:30am Writing Class 11:30am Lunch</p>	<p>12 9:00am LI/Arthritis Exer 10:00am St Vincent DePaul Thrift Store 11:30am Lunch 12:30pm Line Dancing</p>	<p>13 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:00am Combo Exer Class 11:30am Pot Luck Valentine Lunch</p>	<p>14 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>15 9:00am LI/ArthExer 10:00am Spades 11:30am Lunch 6:00pm Sweetheart Dinner Dance</p>
<p>18  CENTER IS CLOSED</p>	<p>19 9:00am LI/Arthritis Exercise 10:00am Target Shopping Trip 10:15 am Board Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p>20 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:00am Combo Exer Class 10:00am Mo History Museum 10:30am Manne-African Amer TV Pioneers 11:30am Lunch</p>	<p>21 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 11:30am Lunch 7:00pm Friday Dance</p>
<p>25 9:00am LI/Arthritis Exercise 10:30am Craft Class 11:30am Lunch</p>	<p>26 9:00am LI/Arth Exercise 9:30am Lumiere Casino 10:30am Open Board Meeting/Lunch 12:30pm Line Dancing</p>	<p>27 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:00am Combo Exer Class 11:30am Lunch</p>	<p>28 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00noon Bingo</p>	

SLAAA Nutrition Program Menu

February 2019

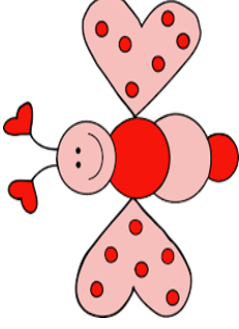
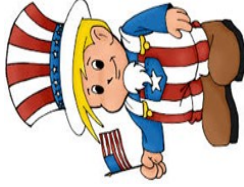
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4
A
Pork Chop Patty w/
Gravy
B
Chicken Stew

5
A
Honey Mustard
Chicken Breast
B
Cavatappi Bolognese

6
A
Macaroni & Cheese
B
Pork Riblet in BBQ
Sauce

7
A
Rib Shaped Beef
Patty w/Spanish
Braised Sauce
B
Oven Baked Chicken,
Southern Rice

8
A
Chicken Parmesan
B
Hot Dog w/Chili Meat
Sauce

11
A
Mojo Chicken Patty
B
Beef Steak Patty w/
Herbed Mushroom
Gravy

12
A
Western Omelet
B
Whole Grain
Southern Style
Pollock Nuggets

13
A
Hamburger Patty Au
Jus
B
Baked Chicken

14
A
WG Fish Fillet
B
Macaroni & Beef
Casserole

15
A
Manicotti Alfredo
B
Meatloaf w/Sofrito

18

CENTER IS CLOSED

19
A
Cavatappi Bolognese
B
Batter Dipped Fish
Nuggets

20
A
Hot Dog w/Chili Meat
Sauce
B
Sesame Chicken

21
A
Beef Steak Patty w/
Herbed Mshrm Gravy
B
Scrambled Eggs,
Turkey Sausage

22
A
Chicken Marsala
B
Meatloaf w/Apple
Brown Gravy

25
A
Meatloaf w/Apple
Brown Gravy
B
Chicken Breast Patty
over Rice

26
A
Chicken Garden
Casserole
B
Western Omelet

27
A
Batter Dipped Fish
Nuggets
B
Macaroni & Cheese

28
A
Three Bean Beef
Chili
B
Sliced Turkey

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.

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

Mosley Williams — Maintenance

Board Members

Dixie Lohse, President

Nancy Ackermann,
Vice President

Ann Bretz

Robert Carter

Ronald Hicks

Alice Jennings

Mike Quinn

Betty Robinson

Nadine Robinson

Maggie Simpson

Steven Spreck

Information Center

Membership Don't forget to renew your yearly membership at the center. The 2019 membership is due January 1st. The cost is **\$15.00** for the year. The 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. 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!

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

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
314-306-7301
mikequinn@yahoo.com



**HAPPY BIRTHDAY
TO ALL WITH
FEBRUARY
BIRTHDAYS!!!**