

St. Louis Senior Activity Center Newsletter



June 2019
Issue



SPRING INTO SUMMER BBQ— WEDNESDAY, JUNE 12TH—

**On Wednesday, June
12th, we will have a
Spring Into Summer
BBQ!!!**

**Come join us for ham-
burgers, hot dogs, etc.
for the great price of
\$3.00 per person!**

**Please sign-up at the
desk where the daily
sign-in sheet is so we
know how many will be
attending. We will
begin eating at
11:30am.**

Trips, Etc.

SHOPPING EXPEDITIONS—IN JUNE, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, JUNE 7TH—WAL MART & ALDI'S; FRIDAY, JUNE 14TH —St. Vincent DePaul Thrift Store; FRIDAY, JUNE 21—TARGET; FRIDAY, JUNE, 28TH—DOLLAR TREE & SCHNUCKS-CHIPPEWA. Call the Center Office at 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

ST. VINCENT'S DINNER/DANCE—TUESDAY, JUNE 4TH is the next St. Vincent's Dinner/Dance from 4:00pm to 7:00pm. COST: \$5.00 for transportation to/from the Center! We will depart the Center at 3:30pm. **YOU MUST HAVE MADE YOUR RESERVATIONS IN THE FRONT OFFICE BY MAY 20TH!!!**

MUNY— MONDAY, JUNE 10TH—GUYS AND DOLLS—On Monday, June 10th, we will be going to see Guys and Dolls at the Munny! COST: \$7.00 for members payable whether or not you ride the bus! Be at the Center at 6:30pm as we will be departing for the Munny at 7:00pm promptly! Payment is required at the time of sign-up.

SPRING INTO SUMMER BBQ—WEDNESDAY, JUNE 12TH—On Wednesday, June 12th, we will have a Spring Into Summer BBQ!!! Come join us for hamburgers, hot dogs, etc. for the great price of \$3.00 per person! Please sign-up at the desk in the hall so we know how many will be attending. We will begin eating at 11:30am.

POMPEII: THE EXHIBITION—WEDNESDAY, JUNE 19TH—On Wednesday, June 19th, we will be going to see Pompeii: The Exhibition at the St. Louis Science Center. This exhibit features over 150 real artifacts on loan from the Naples National Archaeological Museum that were recovered from the ruins of Pompeii including frescoes, mosaics, statues and personal objects belonging to Pompeii residents, as well as plaster casts of the bodies preserved by the volcanic ash. **COST: \$20.00** includes transportation to/from the Center & entry into the exhibit. Audio guides are available at the Science Center for \$5.00 if you wish to use one payable on your own at the Science Center. **We will leave the Activity Center at 9:15am.**

RED HAT LADIES' LUNCHEON—FRIDAY, JUNE 21ST--HOFBRAUHAUS IN BELLEVILLE—On Friday, June 21st, we will be going to the HOFBRAUHAUS IN BELLEVILLE! Hofbrauhaus St. Louis-Belleville opened its doors to the public on April 18, 2018. With 28,000 square feet inside and a seating capacity of 855, an onsite brewery and outside beer garden of 5,500 square feet and seating for 300, the 8th franchise in the U.S. is the largest to date! We will leave the center at 10:15am. **Cost: \$5.00 for transportation. Lunch is on your own.**

RIVER CITY CASINO—TUESDAY, JUNE 25TH—On Tuesday, June 25th, we will be going to River City 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!

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

CHRONIC DISEASE SELF MANAGEMENT WORKSHOP—The second session of this workshop continues on Fridays in June at 12 noon through June 28! If you struggle with a chronic disease, be sure & join us as we learn how to manage our chronic diseases! 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 & others! **Please sign-up on the bulletin board!**

CHEF MIKE'S "CREAMED BEEF ON TOAST"—MONDAY, JUNE 3RD AT 9:45AM (after exercise)—Join us on Monday, June 3rd, for some delicious Creamed Beef on Toast made by our own Chef Mike Quinn! **Free for all; just bring your appetite!**

SCAMBOREE—MONDAY, JUNE 10TH, 10:00AM TO 12:00PM—On Monday, June 10th, St. Louis Area Agency on Aging (SLAAA) is hosting a Scambo-ree at the St. Louis Activity Center! **Come & join us for an informative day & learn how to protect yourself from scam artists looking to steal your personal information. Several speakers will be on hand to give you the tools needed to stay safe & avoid scams targeting seniors today. Several vendors will also be on hand to answer any questions you may have. Speakers include local fraud experts, an attorney, law enforcement, & the Missouri SMP (Senior Medicare Patrol). Refreshments and prizes will be provided by SLAAA. Come join us and have fun learning!!!**

CHOCOLATE BINGO—MONDAY, JUNE 24TH, 10:00AM TO 12:00 PM—Charter Senior Living, LLC, will be hosting Chocolate Bingo! There will be great prizes and Fun for all!!! Sounds yummy!

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.

Phyllis Sanders, Agent Manager with United Healthcare, is sponsoring the Bunco cash prizes on the third Monday of each month!

MARK MANNE—CARPENTER BRANCH LIBRARY—There will be no Mark Manne presentation in June.

Bingo, Crafts & More

CRAFT CLASS—Sue Molz will hold a craft class on Monday, June 24th, 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. **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—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.

PLEASE NOTE!!! Do not put moldy cards in the cabinet where the cards are stored! The mold affects some of our members adversely.

Future Events

THE MUNY SEASON—MEMBERS ONLY—We will be going to the following Muny shows in July:

- **1776 — Monday, July 1st**
- **FOOTLOOSE — Monday, July 22nd**
- **PAINT YOUR WAGON — Monday, July 29th**

Tickets will be made available to members first, **COST: \$7.00** for transportation, & then, if any are still available, to non-members. **COST for non-members is \$10.00.** We will keep a wait list of non-members wanting tickets & let them know availability as soon as possible prior to the performance.

FIREWORKS AT SUBLETTE PART—SATURDAY, JULY 6TH—Bring your lawn chair and join us on the lawn in front of the Center to watch the Fireworks Display at Sublette Park! Festivities in the park begin at 3:00pm. Fireworks begin after dusk!!!

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.

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.

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: *Is good for your heart *Stabilizes blood pressure *Increases proper lung functioning *Improves back pain *Decreases joint pain and stiffness *Is excellent for weight control *Reduces falls and injuries *Improves overall walking ability *Strengthens the immune system*

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.

THANKS & OTHER INFO

Our sincere "Thanks" to all for the donations of clothing & household items for the Savers Fundraiser! We received a check from Savers for \$368!

The following is from an AARP publication regarding Scam Calls & was submitted by one of our members:

"Be prepared to hang up: If you do answer your phone and hear a robocall, don't say anything—just hang up. Do not respond to questions, especially those answered with a 'yes', as your response could be recorded and used by someone else to authorize fraudulent charges over the telephone. And don't hit a button when prompted to stop getting calls. That could lead to more calls. Scammers often use this trick to identify potential targets."

ACTIVE LIVES

Traveling is a Perk! Maybe?

By Nnyl Yelir

The digital clock on the lower right-hand corner of the concourse monitor announced that it was 7:14am. Flight 1743 showed on time. Leon Lothario was the first in line at gate 32A. He was in the passageway between the first row of seats and the wall, which led to the entrance of the jetway. Being a platinum member, he could board first when they made the pre-board announcement. About that time the Captain, the First Officer and a flight attendant arrived pulling their pet suitcases. They punched in the lock code of the jetway door, and it didn't open. They tried again. Again it did not open.

Leon, being familiar with the airport, had observed the boarding procedure numerous times and knew that the airport had the same code for all jetway doors and only changed it about once a month. He had the code committed to memory.

He knew better, but he said to the flight crew, "Try 2,4,3,7", and they did. The door opened and chaos erupted. Leon was collared and forced into a small space next to the janitor's closet. TSA Security personnel started asking about his terrorist activities. Did he have a connection to ISIS? Was he on a *no fly* list? They discussed declaring a security breach and evacuating the airport, which sometimes happened.

Leon was saved by the airline Station Manager who knew of him since he had over a million air miles on their carrier. But he did miss his flight and was rescheduled on a later flight that morning. Then things changed for the better.

On this leg of the journey, Leon's seat mate was a striking young lass who introduced herself to him as Hester Prynne. She was a very social young lady, whose attitude was like Will Rodgers, in that she never met a man she didn't like. Then she proceeded to tell all about this great sport in which she lettered in college. She told him that her old coach, *Nat the Cat Hawthorne*, would have been really proud of her.

After deplaning, he wondered to himself whether the "A" on her sweater stood for Alabama, Auburn or Arkansas? He ruled out Auburn since the letter was red and that was not Auburn's colors. She could have either been an Alabama Crimson Tide red elephant or an Arkansas Razorback hog. Sououie, Sououie! It didn't matter since all three schools were members of the Southeastern Conference.

That evening, Leon was ready for an uneventful return trip. The flight was not too full and the window seat beside him was vacant. The passenger seat across the aisle was occupied by a born-again, bible-thumping, evangelical, elderly lady who was trying to proselytize anyone who would listen.

Before take-off, the flight attendant asked the lady if she would like a cocktail? Indignantly she replied, "Certainly not! I would commit adultery first." Leon smiled, looked up and asked aloud, "Do we have that option?"

After a short nap during takeoff, Leon settled back with a Jack Daniels' in hand and started reading his latest best-seller paperback novel, by Carl Hiaasen, entitled *Strip Tease*. About a third of the way through the flight, the *Fasten Seat Belt* sign suddenly illuminated, and strong turbulence hit the airplane. Weather! It was pretty bumpy. All of a sudden, the old lady across the aisle shouted out to him, "The good Lord is trying to knock that book out of your hand."

"Pardon me," he said.

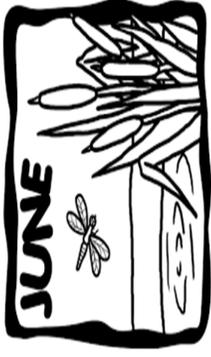
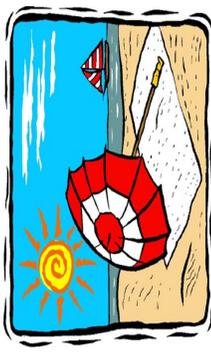
"I said the good Lord is trying to knock that book out of your hand. You should be reading the good book!"

Leon drained his Jack Daniels; rattled the ice cubes; set down the empty glass; dog-eared the book page; looked across at the old lady and smilingly said, "Lady! You're the one who should be reading the good book. You ought to be cramming for finals."

Traveling is a perk.

St. Louis Activity Center Calendar

June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:00am LI/Arthritis Exercise 9:45am Creamed Beef on Toast by Chef Mike Quinn 11:30am Lunch</p>	<p>4 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p>5 9:00am Library 9:00am Pinochle 9:00am Best of Both Exercise 10:00am United Healthcare Pres. 10:00am Hand/Foot Canasta 11:30am Lunch/MOVIE DAY!</p>	<p>6 9:00am LI/Arth Exercise 9:15am Health Screening 10:30am Bingo 11:30 Lunch 12:00pm Bingo</p>	<p>7 9:00am LI/Arth Exercise 10:00am Spades 10:00am WalMart/Aldi's 11:30am Lunch 12:00pm Chronic Disease Self-Management Workshop 7:00pm Friday Dance</p>
<p>10 9:00am LI/Arthritis Exercise 10-11:30am SLAAA Scamboree 10:30am Writing Class 11:30am Lunch 6:30 pm Muny-Guys & Dolls</p>	<p>11 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p>12 9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 11:30am Spring into Summer BBQ</p>	<p>13 9:00am LI/Arth Exer 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>14 9:00am LI/ArthExer 10:00am Spades 10:00am St Vincent's Thrift Store 11:30am Lunch 12:00pm Chronic Disease Self-Management Workshop 7:00pm Friday Dance</p>
<p>17 9:00am LI/Arthritis Exercise 10:00am Bingo presented by Well Home 11:30am Lunch 12:00pm Bunco</p>	<p>18 9:00am LI/Arthritis Exer 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p>19 9:00am Pinochle 9:00am Best of Both Exer 9:15am STL Science Center-Pompeii: The Exhibition 10:00am Hand/Foot Canasta 11:30am Lunch/MOVIE DAY</p>	<p>20 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>21 9:00am LI/ArthExer 10:00am Spades 10:00am Target 10:15am RH-Hofbrauhaus 11:30am Lunch 12:00pm Chronic Disease Self-Management Workshop 7:00pm Friday Dance</p>
<p>24 9:00am LI/Arthritis Exercise 10:00am Chocolate Bingo presented by Charter Home 10:30am Craft Class 11:30am Lunch</p>	<p>25 9:00am LI/Arthritis Exercise 9:30am River City Casino 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/MOVIE DAY</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 10:00am Spades 10:00AM \$Tree/Schnucks-Chip 11:30am Lunch 12:00pm Chronic Disease Self-Management Workshop 7:00pm Friday Dance</p>
				

SLAAA Nutrition Program Menu

June 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

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

4

A Western Omelet
B Whole Grain
Southern Style
Pollock Nuggets

5

A Hamburger Patty
Au Jus
B Baked Chicken

6

A WG Fish Fillet
B Macaroni & Beef
Casserole

7

A Manicotti Alfredo
B Meatloaf w/Sofrito

10

A Turkey Lasagna
B Manicotti Alfredo

11

A Cavatappi
Bolognese
B Batter Dipped Fish
Nuggets

12

A Hot Dog w/Chili Meat
Sauce
B Sesame Chicken

13

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

14

A Chicken Marsala
B Meatloaf w/Apple
Brown Gravy

17

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

18

A Chicken Garden
Casserole
B Western Omelet

19

A Batter Dipped Fish
Nuggets
B Macaroni & Cheese

20

A Three Bean Beef Chili
B Sliced Turkey

21

A Turkey Sausage &
Peppers, Onions,
Tomatoes
B Beef Patty w/Onion
Gravy

24

A Pork Chop Patty w/
Gravy
B Chicken Stew

25

A Honey Mustard
Chicken Breast
B Cavatappi
Bolognese

26

A Macaroni & Cheese
B Pork Riblet in BBQ
Sauce

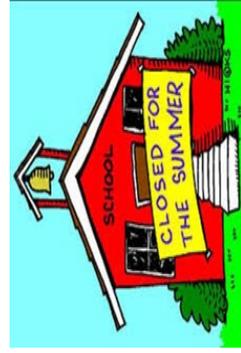
27

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

28

A Chicken Parmesan
B Hot Dog w/Chili Meat
Sauce

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	Alice Jennings
Nancy Ackermann, Vice President	Mike Quinn
Ann Bretz	Betty Robinson
Robert Carter	Nadine Robinson
Ronald Hicks	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 at
314-305-4177



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