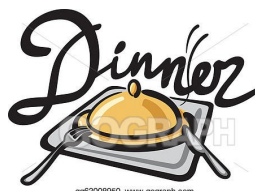


St. Louis Senior Activity Center Newsletter

AUGUST 2019
Issue



**DINING FOR A
CAUSE**

**On Monday, August 26th,
Pietro's Restaurant,
3801 Watson Road, has agreed
to have a fund raiser for the
benefit of the St. Louis Activity
Center. They will donate a
portion of the proceeds from
any dinner purchased that day
between the hours of
3:00-9:00p.m.**

**Please be sure to mention the
St. Louis Activity Center!**

**Call Pietro's, 314-645-9263, for
reservations for parties of 6 or
more.**



Trips, Etc.

SHOPPING EXPEDITIONS—IN AUGUST, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, AUGUST 2ND—WAL MART & ALDI'S; FRIDAY, AUGUST 9TH —St. Vincent DePaul Thrift Store; FRIDAY, AUGUST 16TH—TARGET; FRIDAY, AUGUST 23RD—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.

CLASSIC MOVIE DAY—MONDAY, AUGUST 5TH, AT 12:00PM—On Monday, August 5th, at 12:00pm, we will be showing the classic 1938 movie, "The Adventures of Robin Hood"! COST: \$.50 which includes movie, popcorn, & beverage!

FREE TAI CHI & TEA—WEDNESDAY, AUGUST 7TH—On Wednesday, August 7th, at 10:15am, Sheila Bassoppo-Moyo from SLAAA will be here to give a Tai Chi demonstration. Come and learn a few Tai Chi exercises while talking about the benefits of Tai Chi over a cup of tea! A sign-up sheet is on the desk in the Center. Please let us know if you will be attending this event!

RED HAT LADIES' LUNCHEON—FRIDAY, AUGUST 16TH—On Friday, August 16th, the Red Hat Ladies will be going to Tucker's in Soulard. Tucker's Place Soulard is located in the heart of historic Soulard and is the original location. Opened in February, 1982, on Mardi Gras, Tucker's Place originally served only pizza. This historic building was converted from a 4-family residence, which at one time was a grocery store, and, among other things, a balloon factory. Tucker's Place Soulard features original brickwork, rustic woodwork, gas fireplaces, and a cozy yet classy atmosphere. Offering award winning steaks at reasonable prices, Tucker's Place Soulard has grown into one of St. Louis' favorite local restaurants. We will leave the Center at 10:45am. COST: \$5.00 for transportation. Lunch is on your own.

LUMIERE CASINO—TUESDAY, AUGUST 20TH—On Tuesday, August 20th, we will be going to the Lumiere 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!

DINING FOR A CAUSE—On Monday, August 26th, Pietro's Restaurant, 3801 Watson Road, has agreed to have a fund raiser for the benefit of the St. Louis Activity Center. They will donate a portion of the proceeds from any dinner purchased that day between the hours of 3:00-9:00p.m. Please be sure to mention the St. Louis Activity Center! Call Pietro's, 314-645-9263, for reservations for parties of 6 or more.

FAIRMOUNT RACE TRACK—TUESDAY, AUGUST 27TH—Put your betting hats on and join us for a day of fun watching the ponies run! A lunch buffet will be served starting at 11:30 a.m. in the air conditioned Black Stallion Room. The cost for the trip will be \$30 and includes: gate admission, buffet, program, non-alcoholic beverage, tax and bus and is **DUE NO LATER THAN AUGUST 13TH.** We will leave the center at 11 am.

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

THANK YOU to all who donated to the Center in memory of Richard Lohse, Dixie Lohse's husband, who recently passed away. A plaque in Richard Lohse's memory will be hung in the Center's hall. Names of friends or loved ones in whose memory donations are made to the St. Louis Activity Center will be added to this plaque to provide a lasting memorial for these individuals.

CLASSIC MOVIE DAY—MONDAY, AUGUST 5TH, AT 12:00PM—On Monday, August 5th, at 12:00pm, we will be showing the classic 1938 movie, "The Adventures of Robin Hood"! "Sir Robin of Locksley, defender of downtrodden Saxons, runs afoul of Norman authority and is forced to turn outlaw. With his band of Merry Men, he robs from the rich, gives to the poor & still has time to woo the lovely Maid Marian, and foil the cruel Sir Guy of Gisbourne, and keep the nefarious Prince John off the throne." Starring Errol Flynn and Olivia de Havilland. COST: \$.50 which includes movie, popcorn, & beverage. Come join us for some movie fun!

Presentations/Health Screening

HEALTH SCREENING BY NURSE MARY—On the first Thursday of each month Nurse Mary from Lutheran Senior Services will be here to provide health screenings 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—Mark will be here on Wednesday, August 21st, at 10:30am, to discuss "Admit One: The Library has your ticket to the movies! Did you ever wonder how many DVD's are in the library catalog? How many can you checkout each week? These questions and many others will be answered. Activities and discussions centered around movies will also be presented."

CHARTER SR. LIVING ST. LOUIS—A dietician from Charter Senior Living St. Louis will be here on August 14th at 11am to educate us on "fresh vegetables vs. frozen or canned vegetables!"

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!

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.

Future Events

CHRONIC DISEASE SELF MANAGEMENT WORKSHOP—The next session of this workshop will begin on *Wednesday, September 18th, at 12pm & will continue for 6 weeks through October 23rd!* If you struggle with a chronic disease, be sure & join us as we learn how to manage our chronic diseases! Lois Pastori-Rood & 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 at the desk in the Center.

ST. LOUIS ZOO OUTREACH PROGRAM—On *Monday, September 23rd at 10:00am*, the St. Louis Zoo will be here to present their program on Baby Animals! One of the most exciting things at a zoo is when babies are born! In this program, we'll look at pictures & hear stories of our Zoo's newest residents. We'll also learn special baby names, & how animals care for their young. Some of the babies that have been born at the Saint Louis Zoo will also make an appearance.

COSTUME BALL—SAVE THE DATE!!! On Friday, October 25th, we will have a costume ball at the Center. **DOORS OPEN: 6pm.** Prizes will be given for the best costume. **COST: \$15.00 in advance.**

TAILGATE SALE—Coming this fall at the Center! DATE: To Be Determined. Stay tuned for more information!

UPCOMING TRIP

BRANSON HOLIDAY SHOW EXTRAVAGANZA!—NOVEMBER 19TH-21ST, 2019—Just \$395 per person, double occupancy, includes the following:

- Motorcoach transportation;
- 2 nights lodging;
- 4 meals: 2 breakfasts and 2 dinners;
- Admission to 5 fabulous shows!

Including:

- 2 morning shows—*Amazing Acrobats of Shanghai & Doug Gabriel*
- 2 evening shows—*Miracle of Christmas at the Sight & Sound Theatre & Presley's Country Christmas*;
- One Dinner Show: *Showboat Branson Belle*.

The \$395 is due upon signing. Payment must be made by September 12th, 2019. Contact Nancy Ackermann for questions at 314-645-3477.

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 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: *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". **Members are welcome to take one bag of these items home. ONE BAG PER MEMBER UNLESS OTHERWISE NOTED. DONATIONS ARE WELCOME!!!**

ACTIVE LIVES

APRIL SHOWERS

by Mary Ann Winkelmann

April—A beautiful month! A time for the greening of our landscape, the first blooming of buds, and, usually, but not always, plenty of showers.

Just about at this time, I began to feel energized and so organized. My income taxes were done and mailed, appointments made and kept. About April 1, I was returning to my car from one of the appointments. My cell phone rang with an incoming call from my neighbor, Jim, in my condo building. Jim said, “Do not be alarmed, Mary, (of course, I was immediately alarmed), but there are three fire engines now parked in front of the building. Not a fire, but the new resident in the unit above you had his water sprinkler system malfunction. A lot of water is falling into your unit.” I was about a half hour drive from home—it seemed much further.

The scene I came home to was chaotic. The door to my unit was open. Three of my neighbors were frantically mopping, wiping, setting out buckets and somehow dealing with all this unwanted “April Shower”. (What would we do without great neighbors?) Water was dripping from every corner, from the light fixtures, from the air vents, down the walls, gushing over the cabinets, the carpet and everywhere in the unit.

As soon as I could, I called Scott, the insurance agent. He said, “Keep calm, Mary. I will send over Rich. He specializes in this kind of cleanup.” Easy enough for him to say “keep calm” as I looked around at all this wet mess.

The water dripped the rest of the afternoon and evening. I attended my grandson’s confirmation that same evening. It was a beautiful event despite my worries over the “April Shower”. The next morning, I returned home. Rich arrived soon after bringing with him vacuums, hoses, fans, dehydrators, etc. Rich began the big cleanup. Just then, my daughter-in-law called. I had to use the speaker button to hear her as my cell phone had no volume. I explained the situation to her and told her that Scott had recommended Rich for the job. She said very plainly and loudly “not to have that fellow, Rich, do anything!” Rich heard every word as I tried to hush her. Rich had done work for my daughter-in-law during another emergency, and I thought she was agreeable to him. Not so, apparently! Talk about someone putting their foot in their mouth! But as Rich had all this equipment ready to go, I just let him begin the job. It turned out to be a very involved job. Walls had to be redone and painted throughout, a cabinet removed, all of the kitchen and dining materials moved into another room. After three or four days, he assured me all would be done very soon.

As I began to review the unit, I noticed the small statue of St. Anthony carrying the baby Jesus had apparently been knocked over, and the head of baby Jesus had fallen off. Things were looking slightly ominous now.

That following Monday at noon, the man upstairs rushed down to find Rich for help. The workmen had pulled out a baseboard, causing a nail that had been inserted in another water sprinkler to pop. This time, there was even more water than the first soaking. Water was running through the fuse box. The electricity had to be turned off again. I continued to stay at my daughter’s home.

The gentleman upstairs was very apologetic about all this, and assured me that his insurance policy would take care of everything. When I contacted that company, they stated the claim must first go through my company and then to his company.

So, I contacted my insurance company at their main office in Chicago. I spoke to a very arrogant man who seemed to think that I was responsible for the damage. I reminded him that “I was the victim”. Then, an adjuster came and inspected the damage and approved the claim for most of the damage.


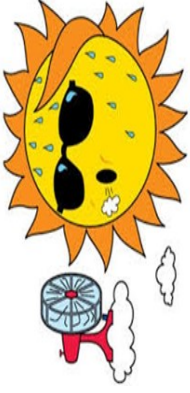

Through all this turmoil, Rich was working away. He almost began to seem like one of the family. I really think he knew more about the insurance business than any of the others I had to contact. I couldn’t help thinking about the painter, Elden, in the Murphy Brown series.

Now, after three months have passed, I have finally received the checks to replace the damaged floors, pay Rich, and hope that by Labor Day most of the mess will be over. I will remember not ever to be smug again about being organized. Rich is probably giving advice to another “victim” by now.

Indeed, as T.S. Eliot wrote, “April is the cruellest month of all.”

St. Louis Activity Center Calendar

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>5 9:00am LI/Arthritis Exercise 11:30am Lunch 12:00pm MOVIE-1938 Classic-The Adventures of Robin Hood</p>	 <p>6 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	 <p>7 9:00am StL Public Library 9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 10:00am United Healthcare 10:15am Free Tai-Chi & Tea 11:30am Lunch</p>	<p>1 9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p> <p>8 9:00am LI/Arth Exer 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>2 9:00am LI/ArthExer 10:00am Spades 10:00am WalMart/Aldi's 11:30am Lunch 7:00pm Friday Dance</p>
<p>12 9:00am LI/Arthritis Exercise 10:30am Writing Class 11:30am Lunch</p>	<p>13 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing</p>	<p>14 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:00am Charter Sr Living Dietician presentation 11:30am Lunch</p>	<p>15 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>16 9:00am LI/ArthExer 10:00am Spades 10:00am Target 10:30 Red Hats-Tucker's Souland 11:30am Lunch 7:00pm Friday Dance</p>
<p>19 9:00am LI/Arthritis Exercise 10:00am Well Home Bingo 11:30am Lunch 12:00pm Bunco</p>	<p>20 9:00am LI/Arthritis Exercise 9:30am Lumiere Casino 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p>21 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:30 Manne—Admit One 11:30am Lunch</p>	<p>22 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>23 9:00am LI/Arth Exercise 10:00am Spades 10:00am \$Tree/Schnucks-Chip 11:30am Lunch 7:00pm Friday Dance</p>
<p>26 9:00am LI/Arthritis Exercise 10:30am Craft Class 11:30am Lunch 3:00-9:00pm - Pietro's Fund Raiser</p>	<p>27 9:00am LI/Arthritis Exercise 11:00am Fairmount Race Track 11:30am Lunch 12:30pm Line Dancing</p>	<p>28 9:00am Best of Both Exer 9:00am Pinochle 10:00am Hand/Foot Canasta 11:30am Lunch</p>	<p>29 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>30 9:00am LI/Arth Exercise 10:00am Spades 11:30am Lunch 7:00pm Friday Dance</p>

SLAAA Nutrition Program Menu

August 2019				FRIDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
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			1 A Macaroni & Beef Casserole B Sliced Turkey	2 A Sweet & Sour Chicken B Beef Patty w/Onion Gravy
5 A` Pork Chop Patty w/ Gravy B Western Omelet	6 A Hamburger Patty Au Jus B Twisted Mac & Cheese	7 A Turkey Sliced w/ Country Pepper Gravy B Pork Riblet in BBQ Sauce	8 A Rib Shaped Beef Patty w/Spanish Braised Sauce B Honey Mustard Chicken Breast	9 A Chicken Parmesan B Hot Dog w/Chili Meat Sauce
12 A Beef Steak Patty w/ Herbed Mshrm Gravy B Cheese Enchilada w/ Pulled Pork & Cheese	13 A Pork Riblet in BBQ Sauce B Southern Style Pollock Nuggets	14 A Baked Chicken, Southern Rice B Cavatappi Bolognese	15 A WG Fish Fillet B Mojo Chicken	16 A Chicken Teriyaki B Meatloaf w/Sofrito
19 A Chicken Sausage Bean Ragout B Manicotti Alfredo	20 A Meatballs & Penne Pasta in Sauce B Batter Dipped Fish Nuggets	21 A Hot Dog w/Chili Topping B Sesame Chicken	22 A Scrambled Eggs, Turkey Sausage Links B Beef Steak Patty w/ Herbed Mshrm Gravy	23 A Vegetarian Chili B Chicken Marsala
26 A Meatloaf w/Apple Brown Gravy B Chicken Breast Patty over Rice	27 A Western Omelet B Turkey Sausage & Peppers, Onions, Tomatoes	28 A Batter Dipped Fish Nuggets B Macaroni & Cheese	29 A Macaroni & Beef Casserole B Sliced Turkey	30 A Sweet & Sour Chicken B Beef Patty w/Onion Gravy

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

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 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!

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
AUGUST
BIRTHDAYS!!!**