

St. Louis Senior Activity Center Newsletter

DECEMBER 2019
Issue



CHRISTMAS BALL

**FRIDAY
DECEMBER 20TH
7:00pm
doors open at
6:30pm**

**Join us for a
Christmas Ball!**

**Music will be pro-
vided by DJ Nate!
Appetizers &
desserts will be
served!**

COST: \$15.00.



Trips, Etc.

THE CENTER WILL BE CLOSED ON TUESDAY, DECEMBER 24TH AND WEDNESDAY, DECEMBER 25TH FOR THE CHRISTMAS HOLIDAY!!!

SHOPPING EXPEDITIONS—IN DECEMBER, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, DECEMBER 6TH—WAL MART & ALDI'S; WEDNESDAY, DECEMBER 18TH—St. Vincent DePaul Thrift Store; FRIDAY, DECEMBER 20TH—TARGET; FRIDAY, DECEMBER 27TH—DOLLAR TREE & SCHNUCKS-CHIPPEWA. Call 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

VIVALDI'S "GLORIA"—SUNDAY, DECEMBER 8TH—On Sunday, December 8th, at 3:00pm, the Webster University Orchestra with Chamber Singers and the Parkway South Chamber Choir will hold a concert at Christ Church Cathedral. They will present Vivaldi's "Gloria", a master work for choir, orchestra and soloist. COST: \$10.00 for transportation. We will leave the Center at 2:00pm.

SANTA'S MAGICAL KINGDOM @ JELLYSTONE PARK—TUESDAY, DECEMBER 10TH—On Tuesday, December 10th, we will be going to Santa's Magical Kingdom to see their Christmas light display. COST: \$15.00 covers transportation & entry fee. We will depart the Center at 4:30pm.

SHELDON COFFEE CONCERT—WEDNESDAY, DECEMBER 11TH—Vocalist Charles Glenn, well-known for singing the National Anthem at St. Louis Blues games as well as concerts throughout the region, is accompanied by pianist Pete Ruthenburg to ring in the holidays with beloved songs of the season. COST: \$20.00. We will leave the Center at 9:30am.

SILVER STAGES SERIES AT MISSOURI HISTORY MUSEUM—ST. LOUIS STRUTTERS—WEDNESDAY, DECEMBER 11TH—This high-kicking chorus line performs rhythm tap dances with style & glamour. Cost: \$5.00 for transportation. The concert is free! We will leave the Center at 9:30am.

RED HAT LADIES' LUNCHEON—FRIDAY, DECEMBER 13TH—JOSEPHINE'S TEA ROOM & GIFT SHOPS, GODFREY, IL—Josephine's opened in 1979 in Godfrey, IL. The gift shops are in the original house which was once part of Monticello College that was founded in 1838. Lunch is served six days a week, so go for lunch and stay to shop! COST: \$15.00 for transportation. Lunch is on your own. We will leave the Center at 10:00am.

RIVER CITY CASINO—TUESDAY, DECEMBER 17TH—On Tuesday, December 17th, 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!

TILLES PARK WINTER WONDERLAND—TUESDAY, DECEMBER 17TH—On Tuesday, December 17th, we will be going to Tilles Park Winter Wonderland! We will leave the Center at 5:00pm. COST: \$10.00 covers transportation and entry fee to Tilles Park! Please sign up in the Center office. Payment is due at time of signup.

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

CHRISTMAS BALL—FRIDAY, DECEMBER 20TH at 7:00pm, doors open at 6:30pm—Join us for a Christmas Ball! Music will be provided by DJ Nate! Appetizers & desserts will be served! COST: \$15.00.

"UGLY CHRISTMAS SWEATER" PARTY—On Monday, December 23rd, the Center will have an "Ugly Christmas Sweater" Party! Prizes will be given for the ugliest Christmas sweaters! A delicious lunch will be provided. Please sign up at the Center so we know how much lunch to prepare! COST: \$5.00 due the day of the party! You may bring some goodies to share with all if you wish!

SHARE THE LOVE FOOD DRIVE—MONDAY, DECEMBER 9TH—On this day, we will be collecting nonperishable food items to donate to FOCUS Gateway City which has a food pantry at 1901 Ann serving homeless & disadvantaged families & individuals. The Center will receive a donation for having this drive, so please be generous!

HEALTHY LIVING W/CHRONIC CONDITIONS—Ongoing Support Group—December 4th, 12:00 Noon—The first meeting of the graduates of this class will be held on Wednesday, December 4th, at 12:00 Noon. Come join us as we discuss our progress in healthy living!

ULTIMATE GAME DAY—WEDNESDAY, DECEMBER 18TH—11:30AM TO 1:30PM—Bring your favorite game(s). We will be serving a light lunch & have fun playing games with others at the Center!!!

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—Mark Manne will not be at the Center in December.

Bingo, Crafts & More

CRAFT CLASS—There will be no craft class in December!

BUNCO! BUNCO! BUNCO!—Looking for fun, excitement, & just a good time? The 3rd Monday of every month Bunco is played at 12:00 noon right after lunch! Don't know how to play? Come watch & learn! Fun & friendship plus neat prizes, including cash prizes!!! See you there!!!

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—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

RED HATS LUNCH—LILIANA'S ITALIAN KITCHEN—FRIDAY, JANUARY 17TH—After 30 years in the restaurant business, Tim Pieri's dream was to have a small restaurant that focused on fresh ingredients & dishes prepared as if he were cooking for you in his home. COST: \$5.00 for transportation. Lunch is on your own.

CIVIL WAR MUSEUM & LUNCH AT CAFÉ TELEGRAPH—WEDNESDAY, January 22nd—The mission of the Missouri Civil War Museum nonprofit organization is to save, preserve, and protect articles and items relating to American history, and interpret the history of the state of Missouri during the American Civil War. After touring the museum, we will have lunch at Café Telegraph! COST: \$5.00 for transportation. Lunch is on your own.

SPAGHETTI DINNER—SUNDAY, JANUARY 26TH, 2:00 to 6:30pm—On Sunday, January 26th, we will be having a spaghetti dinner at the Center. Come join us for some delicious spaghetti and meatballs and all the fixings! Eat in or carry out! Bring your friends! COST: \$7.00.

SHELDON COFFEE CONCERT—WEDNESDAY, JANUARY 29TH—The Adam Maness trio is celebrating the 100th anniversary of the birth of jazz legend Dave Brubeck with performances of his popular "Take Five" & "Blue Rondo a la Turk" & more great jazz, both old and new! COST: \$20.00 includes transportation to/from the Center, coffee, pastries & concert ticket.

GO FUND ME ACCOUNT

The Center has set up a Go Fund Me account to help fund live entertainment for our Friday night dances and Center events!

If you are looking for a fast, easy way to donate for the Holiday Season, go to our website at stlouisactivitycenter.com and click on the link to the Go Fund Me Account.

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". A "free will offering" is appreciated for this service!

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

ACTIVE LIVES

SOMETHING DIFFERENT

**By
Sylvia Duncan**

Remember when you just could not wait for a holiday?

I hope readers here are feeling that mood. If not, why not try something entirely different, something that will banish any jadedness? For me it is all about something deliciously and mysteriously different, because, even as I write this, I am looking forward to a trip with the Activity Center group. Branson will be something different for me!

I love the old traditions, built up over my many years, but even in childhood I craved surprises. This was one of them. I never forgot it.

It is the memory of roasting chestnuts in the fireplace, specifically the fireplace in the front room, a room used so rarely that the gleaming grate and the hand-hooked rug in front of it had a magical attraction. This was in England, in a small town not far from the North Sea, damp, windy and bleak in December. There was another fireplace in the room where we usually ate and congregated. It was cosy there, but the front room fireplace had an open grate. My Mum had heard Nat King Cole singing about the chestnuts and fire, and we had both. Was there a Yule log? Yes, and a poker, used only by my father to poke at the huge log until the fire was deemed ready for the nut roasting.

There were four of us children, aged eight, ten, twelve, and fourteen, old enough to be enchanted by something we had only heard sung about. The fire was lit; chestnuts rinsed and slashed with a knife were slowly cooked on the gleaming coals in a big heavy pan. We watched anxiously. My Dad shouted for us to stay back, but our cheeks were hot with excitement, and we could not wait for this delicacy. Mum tested them to see if they were ready to be peeled and eaten. They were creamy and crunchy, worth waiting for, like so many things that take time and planning.






By the time you read this, we travelers with the Activity Center will have been to Branson for the holiday show extravaganza. We will have tales to tell of amazing acrobats, a ride on the Branson Belle, two morning shows, two evening shows and the stops as promised at Russell Stover and Cracker Barrel, both well known delights to those who have been this route before. Branson will have been, for me, as fresh and new as roasting chestnuts over the fire in the front room fireplace.

I think, not mournfully, but realistically, of the many holiday events already behind us. The memorable ones have a special tradition, unspoiled, not overdone, where, even if not roasting chestnuts, we are together, with old and new friends and family members. Some are no longer with us, but we gain new ones and new activities.

Thank you, Nancy Ackermann, for the planning of the Branson trip, and to the Activity Center staff for the anticipation of new and different delights!

St. Louis Activity Center Calendar

December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00am LI/Arthritis Exercise 11:30am Lunch 3:30pm St Vinc Dinner/Dance	3 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing	4 9:00am StL Public Library 9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 10:00am United Hlthcare Pres 11:30am Lunch 12:00pm Healthy Living w/ Chronic Conditions Support Grp	5 9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo	6 9:00am LI/ArthExer 10:00am Spades 10:00am WalMart/Aldi's 11:30am Lunch 7:00pm Friday Dance NOTE: SUNDAY, Dec 8— VIVALDI'S GLORIA, 2PM
9 9:00am LI/Arthritis Exercise 10:30am Writing Class 11:30am Lunch	10 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing 4:30pm Jellystone Park	11 9:00am Pinochle 9:00am Best of Both Exercise 9:00am Sheldon Coffee Concert 9:30am Mo Hist Mus-Strutters 10:00am Hand/Foot Canasta 11:30am Lunch	12 9:00am LI/Arth Exer 10:30am Bingo 11:30am Lunch 12:00pm Bingo	13 9:00am LI/ArthExer 10:00am Spades 10:00am RH-Josephines Tea Rm 11:30am Lunch 7:00pm Friday Dance
16 9:00am LI/Arthritis Exercise 11:30am Lunch 12:00pm Bunco	17 9:00am LI/Arthritis Exer 9:30am River City Casino 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing 4:30pm Tiles Park	18 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:00am St Vin dePaul Thrift 10:30am No Mark Manne 11:30am Ultimate Game Day w/ lunch	19 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo	20 9:00am LI/ArthExer 10:00am Spades 10:00am Target 11:30am Lunch 7:00pm CHRISTMAS BALL
23 9:00am LI/Arthritis Exercise 11:30am "UGLY SWEATER" Christmas Party	24  HOLIDAY	25  HOLIDAY	26 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo	27 9:00am LI/Arth Exercise 10:00am Spades 10:00AM \$Tree/Schnucks-Chip 11:30am Lunch 7:00pm Friday Dance
30 9:00am LI/Arthritis Exercise No Craft Class in Dec 11:30am Lunch	31 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing			



STAN MUSIAL FRAMED AUTOGRAPHED PICTURE RAFFLE!

TO BENEFIT THE ST. LOUIS ACTIVITY CENTER

**1 TICKET = \$5.00
6 TICKETS = \$25.00
15 TICKETS = \$50.00**

**DRAWING ON SUNDAY, JANUARY 26TH, AT
SPAGHETTI DINNER**

YOU DO NOT NEED TO BE PRESENT TO WIN!

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 2020 membership is due January 1st. The cost is \$15.00 for the year. 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, but 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
DECEMBER
BIRTHDAYS!!!**