

St. Louis Senior Activity Center Newsletter

NOVEMBER 2019
Issue



KIMMSWICK & THE BLUE OWL RESTAURANT TUESDAY NOVEMBER 26TH

On Tuesday, November 26th, we will be going to Kimmswick & lunch at the Blue Owl Restaurant, famous for their mile-high apple pie! Kimmswick has over 28 unique shops within four blocks, located in historic buildings. The Blue Owl Restaurant serves home cooked meals & specialty desserts in a quaint & charming atmosphere with warm & friendly service! We will leave the Center at 10:00am. **COST: \$15.00.**
Lunch is on your own.

Trips, Etc.

THE CENTER WILL BE CLOSED ON MONDAY, NOVEMBER 11TH, FOR VETERANS' DAY, AND ON THURSDAY AND FRIDAY, NOVEMBER 28TH AND 29TH, FOR THANKSGIVING!

SHOPPING EXPEDITIONS—IN NOVEMBER, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, NOVEMBER 1ST—Walmart & Aldi's; TUESDAY, NOVEMBER 5TH—St. Vincent DePaul Thrift Store; TUESDAY, NOVEMBER 12TH—Target; FRIDAY, NOVEMBER 22ND—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.

LOTAWATA CREEK—MONDAY, NOVEMBER 4TH—On Monday, November 4th, we will be going to Lotawata Creek restaurant. Lotawata Creek serves hearty Southern staples, including barbecue and sandwiches, in unfussy family-friendly surroundings. We will depart the Center at 10:30am. COST: \$10.00 for transportation. Lunch is on your own.

RED HAT LADIES' LUNCHEON—TUESDAY, NOVEMBER 5TH—THE PICCADILLY AT MANHATTAN—Originally opened in 1901, the Piccadilly has been family-owned for 3 generations of the Collida Family. Nick & Maggie invite you to enjoy their delicious fare including their incredible pot pies, fried chicken dinner, Nick's special smoked ribs & seasonal trout & fish specials. COST: \$5.00. LUNCH IS ON YOUR OWN. WE WILL DEPART THE CENTER AT 10:30AM.

FALL SILVER STAGES SERIES—AT MISSOURI HISTORY MUSEUM—WEDNESDAY, NOVEMBER 6TH—10:00-11:30am—THE GATEWAY HARMONICA CLUB—With a broad repertoire of musical entertainment loaded with a variety of musical styles, the harmonica band's mission is to entertain with music that brings back memories. COST: \$5.00 for transportation. The concert is free! We will leave the center at 9:30am.

NOVEMBER'S SHELDON COFFEE CONCERT —WE WILL NOT BE GOING TO THIS CONCERT DUE TO THE OPEN BOARD MEETING ON THAT DAY.

KIMMSWICK & THE BLUE OWL RESTAURANT—TUESDAY, NOVEMBER 26TH—On Tuesday, November 26th, we will be going to Kimmswick & lunch at the Blue Owl Restaurant! Kimmswick has over 28 unique shops within four blocks, located in historic buildings. The Blue Owl Restaurant serves home cooked meals & specialty desserts in a quaint & charming atmosphere with warm & friendly service! We will leave the Center at 10:00am. COST: \$15.00. Lunch is on your own.

LUMIERE CASINO—TUESDAY, NOVEMBER 19TH—On Tuesday, November 19th, we will be going to Lumiere Casino. Departure from the Center will be at 9:30am. TRANSPORTATION: \$5.00. Bring your good luck charms & join us for a good time!

ST. VINCENT'S CHRISTMAS DINNER/DANCE —MONDAY, DECEMBER 2ND—St. Vincent de Paul Parish will hold their annual Christmas dinner/dance on Monday, December 2nd! You MUST register with the Center by November 18th!!! We will leave at 3:30pm. COST: \$5.00.

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

A MATTER OF BALANCE—Sessions will be held on select Wednesdays & Fridays in November. See front office for a schedule of classes.

TAI-CHI REVIEW—Friday, November 1st & Wednesday, November 6th at 10:30am—These are the last of the Tai-Chi sessions for this class!

TOWN HALL MEETING—WEDNESDAY, NOVEMBER 13TH—10:00AM—It is important that everyone attend to make your ideas and concerns known regarding the St. Louis Activity Center. After the meeting we will be serving homemade chicken soup for all to enjoy!!!

WINE & DESIGN—FRIDAY, NOVEMBER 15TH—10:00am—On Friday, November 15th, Becky from Wine & Design will be here to help us paint a holiday picture! Please register with the front office staff. Cost: \$25.00.

THANKSGIVING DINNER—MONDAY, NOVEMBER 25TH—11:30AM—On Monday, November 25th we will be having our annual Thanksgiving Dinner at the Center. Turkey, dressing, potatoes, and salad will be available for \$3.00. Please sign up at the desk in the Center and indicate what side dish you will be bringing!

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 will be here on Wednesday, November 20th, to discuss National Aviation Month! Remember when you would get in trouble for making paper airplanes in class? Now, you can take lead in constructing a paper airplane. Follow a pattern or create your own. How well do you remember the airline industry with this little quiz?

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!

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

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 9:15am.

VIVALDI'S "GLORIA"—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 ticket and transportation. We will leave the Center at 2:00pm.

TILLES PARK CHRISTMAS LIGHT DISPLAY—Monday, December 9th—On Monday, December 9th we will be going to Tilles Park to see the annual Christmas Light Display! Additional information to follow!

JELLYSTONE PARK CHRISTMAS LIGHT DISPLAY—Tuesday, December 17th—On Tuesday December 17th we will be going to the Jellystone Park Christmas Light Display! Additional information to follow!

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** in **November** will be held on the second 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

A Geriatric Gob-Stick-Gig by Nnyl Yelir

When Linnie Penni turned seventy, he jumped out of an airplane.

Linnie Penni is not his real name. It's a name given him by his granddaughter. When the grandkids were little, he and they often talked in rhymes. The younger granddaughter was *Smiley Riley*. The older was *Mighty Fine Caroline*. Smiley Riley named him Linnie Penni, and to this day, she calls him *Penni*. He answers to anything they call him.

As time flies, Linnie Penni is now approaching eighty. He loves old age. He loves the freedom it provides. Although he wishes the pay was better. The question is, how can he commemorate becoming an octogenarian? Don't give a hoot; give a toot. Why not give a concert?

When Linnie Penni was in high school, he played clarinet in the school band. He was an average player. He excelled in marching band during football season but was only average during concert season.

Then suddenly a funny thing happened in high school; he graduated. And the old licorice stick lapsed into a long snooze.

About thirty-five or forty years later, Linnie Pennie pulled out the old horn and had some reconditioning work performed. He took one blow and discovered that his lip and embouchure had not been reconditioned. So back into hibernation.

Linnie Penni continued his love for music, because the two most useful things he learned in high school were typing and music.

Then sixty years later, (actually 59 years later, but sixty sounds better when telling this tale) he awakened the old horn out of a Rip-Van-Winkle type sleep, replaced a few pads, hired a teacher and began practicing.

So can he play well enough to give a concert? Deep down Linnie Penni knows that he can play better than he thinks he can. Just come out of the comfort zone. Go for it.

What about a venue? Where? Should he stand on the corner of Hampton and Gravois? No, that corner is already taken by Roger the Guitar man.

Then it hit him. A flash of inspiration. Thank you St. Cecelia. His garage!! His garage would be the perfect theatre. A Sunday morning concert for the neighbors and the Sunday morning scavengers going through dumpsters.

What about timing? But his eightieth is not till January. Better now than then. You never know. Also, the theatre's heating system is not too reliable in January, especially on cloudy days.

The concert hall required work. Out came the leaf blower and gave the old garage a good cleaning. Ladders and yard tools required relocation. And just think, since he parks cars in the building between concerts, maybe he could convince his audience that he was playing in Carnegie Hall.

Linnie's upcoming performance needed a stage. What could he use for a stage?

Then Penni found the perfect stage. He was at *Savers* and found a semi-sturdy table about eighteen inches high, twenty-four inches deep, and about thirty-six inches long. Plus, it was *Tuesday* which meant a *thirty Percent discount for the elderly*. Less than ten dollars. Thank you again St. Cecelia!

Along with his backup band, *the Octogenarian Late Bloomers, who live in his iPhone*, Linnie Penni is scheduled to perform the concert, assisted by *Mighty Fine Caroline* and *Smiley Riley*. So!! **Linnie Penni, break a leg!**

Epilog: Linnie Penni would like to see a senior's band started at the Activity Center. Anyone else interested? Come out of the comfort zone. It's fun and easy. Tell someone at the Center.

St. Louis Activity Center Calendar

November 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
|  <p>4 9:00am LI/Arthritis Exercise 10:30am Lotawata Creek 11:30am Lunch</p> |  <p>5 9:00am LI/Arthritis Exer 10:00am St VdePaul Thrift Store 10:30am Red Hats-Piccadilly 11:30am Lunch 12:30pm Line Dancing</p> |  <p>6 9:00am StL Public Library 9:00am Pinochle 9:00am Best of Both Exercise 9:30am Gateway Harmonica Club 10:00am Hand/Foot Canasta 10:00am United Hlthcare Pres 10:30am Tai-Chi Review 11:30am Lunch 12:00pm Matter of Balance</p> |  <p>7 9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p> | <p>1 9:00am LI/ArthExer 10:00am Spades 10:00am WalMart/Aldi's 10:30am Tai-Chi Review 11:30am Lunch 12:00pm Matter of Balance 7:00pm Friday Dance</p> |
| <p>11  HOLIDAY</p> | <p>12 9:00am LI/Arthritis Exer 10:00am Target Shopping 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing</p> | <p>13 9:00am Pinochle 9:00am Best of Both Exer 10:00am Town Hall Meeting 11:30am Chicken Soup Lunch 12:00pm Matter of Balance</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 10:00am Wine & Design 11:30am Lunch 12:00pm Matter of Balance 7:00pm Friday Dance</p> |
| <p>18 ST VINC DINNER/DANCE REGISTRATION DEADLINE 9:00am LI/Arthritis Exercise 10:00am Well Home Bingo 11:30am Lunch 12:00pm Bunco</p> | <p>19 9:00am LI/Arthritis Exercise 9:30am Lumiere Casino 11:30am Lunch 12:30pm Line Dancing</p> | <p>20 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:30am Manne-Nat'l Aviation Mo 11:30am Lunch NO MATTER OF BALANCE</p> | <p>21 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p> | <p>22 9:00am LI/Arth Exercise 10:00am Spades 10:00am \$Tree/Schnucks-Chip 11:30am Lunch 12:00pm Matter of Balance 7:00pm Friday Dance</p> |
| <p>25 9:00am LI/Arthritis Exercise 10:30am Craft Class 11:30am Thanksgiving Dinner</p> | <p>26 9:00am LI/Arthritis Exer 10:30am Kimmswick/Blue Owl Rest. 11:30am Lunch 12:30pm Line Dancing</p> | <p>27 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch 12:00pm Matter of Balance</p> | <p>28  HOLIDAY</p> | <p>29 </p> |

SLAAA Nutrition Program Menu

| NOVEMBER 2019 | | | | THURSDAY | FRIDAY |
|--|---|--|--|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | FRIDAY |
| <p>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</p> |  |  |  | <p>1</p> <p>A Chicken Parmesan B Hot Dog w/Chili Meat Sauce</p> | <p>8</p> <p>A Chicken Teriyaki B Meatloaf w/Sofrito</p> |
| <p>4</p> <p>A Beef Steak Patty w/Herbed Mshrm Gravy B Cheese Enchilada w/Pulled Pork & Cheese</p> | <p>5</p> <p>A Pork Riblet in BBQ Sauce B Southern Style Pollock Nuggets</p> | <p>6</p> <p>A Baked Chicken, Southern Rice B Cavatappi Bolognese</p> | <p>7</p> <p>A WG Fish Fillet B Mojo Chicken</p> | <p>15</p> <p>A Vegetarian Chili B Chicken Marsala</p> | <p>22</p> <p>A Sweet & Sour Chicken B Beef Patty w/Onion Gravy</p> |
| <p>11</p>  <p>Veterans Day HOLIDAY</p> | <p>12</p> <p>A Meatballs & Penne Pasta in Sauce B Batter Dipped Fish Nuggets</p> | <p>13</p> <p>A Hot Dog w/Chili Topping B Sesame Chicken</p> | <p>14</p> <p>A Scrambled Eggs, Turkey Sausage Links B Beef Steak Patty w/Herbed Mshrm Gravy</p> | <p>21</p> <p>A Macaroni & Beef Casserole B Sliced Turkey</p> | <p>28</p>  <p>Thanksgiving HOLIDAY</p> |
| <p>18</p> <p>A Meatloaf w/Apple Brown Gravy B Chicken Breast Patty over Rice</p> | <p>19</p> <p>A Western Omelet B Turkey Sausage & Peppers, Onions, Tomatoes</p> | <p>20</p> <p>A Batter Dipped Fish Nuggets B Macaroni & Cheese</p> | <p>27</p> <p>A Turkey Sliced w/Country Pepper Gravy B Pork Riblet in BBQ Sauce</p> | <p>25</p> <p>A Pork Chop Patty w/Gravy B Western Omelet</p> | <p>29</p>  <p>HOLIDAY</p> |

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. 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
NOVEMBER
BIRTHDAYS!!!**