



5602 Arsenal St.
St. Louis, MO 63139

HOURS: 9am-3pm Monday-Wednesday-Friday
314-645-3477 — FAX: 314-645-3813
www.stlactivitycenter.com

PLEASE NOTE: THE CENTER WILL BE CLOSED ON MONDAY, MAY 26TH FOR MEMORIAL DAY!

POT OF GOLD—DRAWING, MONDAY, APRIL 28TH—MAY TICKET SALES BEGIN MONDAY, MAY 5TH—

On Monday, May 5th, we will start Pot of Gold ticket sales for the drawing on Wednesday, May 28th! See Alice Jennings to purchase tickets. COST: 1 ticket = \$1.00; 6 tickets = \$5.00. You need not be present to win.

EXERCISE PROGRAM—Our Exercise Program is held on Mondays, Wednesdays, and Fridays at 10:00am! We exercise with **BANDS and WEIGHTS on Mondays and Wednesdays!** Suggested donation for this program is \$2.00 per session. Please join us!

COFFEE TALK WITH ALICE—MONDAYS AFTER EXERCISE—On Mondays after exercise, Alice Jennings will be hosting a Coffee Talk! Come join us as we discuss interesting topics along with coffee & dessert for \$1.00!

PINOCHLE PLAYERS—MONDAYS @ 9:00AM—On Mondays at 9:00am, a group gets together at the Center to play Pinochle! If you would like to play Pinochle, you are welcome to join them!

POLISH RUMMY—FRIDAY, MAY 2ND, AT 10:00AM—On Friday, May 2nd, at 10:00am, a group will be playing Polish Rummy at the Center! They will be playing the first Friday of the month ongoing. If you would like to join them, come on in!

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK!—TUESDAY, MAY 6TH, MAY 13TH, & MAY 27TH—Join us as we go to Fairmount Park for horse racing! Cost for transportation: \$10 Members; \$15 NonMembers. You are on your own for admission, food, etc. **Please sign up at the front desk & pay by Monday, May 5th, 12th & Friday, May 23rd. We depart the Center at 11:30am.**

BOWLING AT SHREWSBURY LANES—FRIDAY, MAY 9TH, AT 11:00AM—On Friday, May 9th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/Non Members, includes shoes, bowling, & transportation.

HORSESHOE CASINO—WEDNESDAY, MAY 14TH—On Wednesday, May 14th, we will be going to Horseshoe Casino! **We will depart from the Center at 10:00am. COST: \$8.00 for transportation.** Come join us for a good time!

BIRTHDAY CELEBRATION—WEDNESDAY, MAY 14TH, AT 10:45AM—On Wednesday, May 14th, we will celebrate our May birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

BINGO—THURSDAY, MAY 15TH, 10:30AM—On Thursday, May 15th, we will be playing Bingo! We will play from 10:30-11:30am, break for lunch, and resume play at 12:00 Noon. Lunch will be available for purchase. Come and join in the fun!

BOOK CLUB—MONDAY, MAY 19TH, AT 10:45AM—Our Book Club is reading "Dead Wake-The Last Crossing of the Lusitania" by Erik Larson. The Book Club will meet on Monday, May 19th, at 10:45am to discuss this book. Come and join them!

CRAFTING WITH SUE—MONDAY, MAY 19TH, AT 10:45AM—Sue Molz will be having her Craft Class on Monday, May 19th, at 10:45am. Come join Sue and make something decorative for your home!

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, MAY 21ST, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, May 21st, from 10:30-11:45am. Visit their table to see what they have to offer you!

BREAKFAST & BURGERS RESTAURANT—WEDNESDAY, MAY 21ST, AT 11:30AM—Join us as we go to Breakfast & Burgers Restaurant on Wednesday, May 21st. We will depart the Center at 11:30am. COST: \$8.00 for transportation. Lunch is on your own.

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, MAY 28TH, 10:30-11:30AM—Sarah will answer questions you might have on any digital device. Bring the device with you so Sarah can look at it!

TRANSPORTATION SERVICES are available for lunch & activities at the Center, medical appointments, business, essential shopping (5 bag limit), recreation, etc. **PLEASE NOTE: DUE TO INCREASED FUEL COSTS, SUGGESTED BUS DONATIONS HAVE CHANGED TO \$8.00 ROUND TRIP FOR ALL TRIPS. TRANSPORTATION TO ST. LOUIS COUNTY (OR OVER 10 MILES) IS \$30.00. The Center relies on donations to cover the cost of gas, insurance & vehicle maintenance!** **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.

St. Louis Activity Center Calendar

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 TRANSPORTATION AVAILABLE	2 JANET OFF 10:00am Exercise 10:00 Polish Rummy 11:30am Lunch
5 JANET OFF Pot of Gold Ticket Sls 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch	6 11:30am HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	7 10:00am Exercise 11:30am Lunch	8 TRANSPORTATION AVAILABLE	9 10:00am Exercise 11:00am Bowling 11:30am Lunch
12 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch	13 11:30am HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	14 10:00am Exercise 10:00am Horseshoe Casino 10:45am Birthday Cake 11:30am Lunch	15 10:30am BINGO 11:30am Lunch 12:00pm BINGO	16 10:00am Exercise 11:30am Lunch
19 9:00am Pinochle 10:00am Exercise 10:45am Book Club 10:45am Craft Class w/Sue 11:30am Lunch	20 TRANSPORTATION AVAILABLE	21 10:00am Exercise 10:30-11:45am St. Louis Public Library 11:30am Breakfast & Burgers Restaurant 11:30am Lunch	22 TRANSPORTATION AVAILABLE	23 Bringing It Together 10:00am Exercise 11:30am Lunch
26 memorial DAY  HOLIDAY	27 11:30am HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	28 Pot of Gold Drawing 10:00am Exercise 10:30-11:30am Digital Literacy w/Sarah-St. Louis Public Library 11:30am Lunch	29 TRANSPORTATION AVAILABLE	30 10:00am Exercise 11:30am Lunch