



5602 Arsenal St.
St. Louis, MO 63139

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

NOTE: THERE WILL BE NO LUNCH/DESSERT AVAILABLE ON MONDAY, OCTOBER 6TH! BRING YOUR OWN!

QUILT RAFFLE—Only 300 Raffle tickets available at \$5.00 each! Drawing on December 8th at the Town Hall Meeting!

POT OF GOLD —DRAWING, MONDAY, SEPTEMBER 29TH—OCTOBER TICKET SALES BEGIN WEDNESDAY, OCTOBER 1ST—On Wednesday, October 1st we will start Pot of Gold ticket sales for the drawing on Monday, October 27th! See Alice Jennings or Mike Quinn 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—Come join us as we discuss interesting topics.

PINOCHLE PLAYERS—MONDAYS @ 9:00AM—If you would like to play Pinochle, you are welcome to join this group.!

POLISH RUMMY— FIRST FRIDAY OF THE MONTH AT 10:00AM—Come join us for Polish Rummy at the Center!

ACG HOSPICE PRESENTATION—WEDNESDAY, OCTOBER 1ST @ 11:00AM—ACG Hospice will be here to put on a presentation regarding the services they have to offer!

FYZICAL FALL RISK SCREENING—FRIDAY, OCTOBER 3RD AT 11:00AM—Scottie Brown from Fyzical will be here to do fall risk screenings for all who are interested!

MEDICARE 101—COURTESY OF MERCY PRIMARY CARE—MONDAY, OCTOBER 6TH @ 11:00AM—Learn about Medicare and have your questions answered!

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK!—TUESDAY, OCTOBER 7TH, 14TH, & 28TH—Join us as we go to Fairmount Park for horse racing! Cost: \$10 Members; \$15 NonMembers. **Sign up at the front desk. We will depart at 1:00pm.**

RIVER CITY CASINO—WEDNESDAY, OCTOBER 8TH—We will depart at **10:00am. COST: \$8.00 for transportation.**

BIRTHDAY CELEBRATION—WEDNESDAY, OCTOBER 8TH, AT 10:45AM—Join us as we celebrate our October birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

BOOK CLUB—MONDAY, OCTOBER 13TH, AT 10:45AM—Our Book Club is reading “The Women” by Kristin Hannah. They will meet on Monday, October 13th, at 10:45am to discuss this book. Come and join them!

JOY LUCK RESTAURANT—MONDAY, OCTOBER 13TH AT 11:30AM—We will be going to the Joy Luck Restaurant for lunch!

ST. LOUIS REPERTORY THEATER—WEDNESDAY, OCTOBER 15TH @ 10:45AM—The Repertory Theater will be here to put on a presentation regarding what it takes to put on a play at the Rep!

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, OCTOBER 15TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, October 15th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BINGO—THURSDAY, OCTOBER 16TH, 10:30AM—On **Thursday, October 16th**, 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!

BOWLING—FRIDAY, OCTOBER 17TH, 11:00AM—COST: \$12.00/Members, \$17.00/Non Members, includes shoes, bowling, & transportation.

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, OCTOBER 22ND, 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!

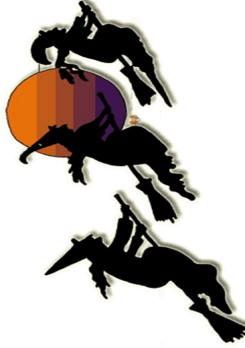
GAME DAY!—WEDNESDAY, OCTOBER 22ND—AT 11:00AM—Join us for a game day! Play one of ours or bring your own!

CRAFTING WITH SUE—MONDAY, OCTOBER 27TH AT 10:45AM—Come make something decorative for your home!

HALLOWEEN FALL FESTIVAL—WEDNESDAY, OCTOBER 29TH AT 11:00AM—Cost: Members=\$5; Nonmembers=\$10.

HALLOWEEN MOVIE—FRIDAY, OCTOBER 31ST AT 11:00AM—Join us for a viewing of a surprise Halloween movie!

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, new activities you would like us to start, etc.

<i>St. Louis Activity Center Calendar</i>					<i>October 2025</i>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<u>QUILT RAFFLE!</u> ONLY 300 TICKETS AVAILABLE AT \$5.00 EACH! DRAWING ON DECEMBER 8TH AT THE TOWN HALL MEETING!		1 Pot of Gold Ticket Sales 10:00am Exercise 11:00am ACG Hospice Presentation 11:30am Lunch	2 TRANSPORTATION AVAILABLE	3 10:00am Exercise 10:00am Polish Rummy 11:00am Fyzical Fall Risk Screening 11:30am Lunch	
6 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:00am Medicare 101 w/Mercy Primary Care NO LUNCH/DESSERT TODAY	7 1:00pm HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	8 10:00am Exercise 10:00am River City Casino 10:45am Birthday Cake 11:30am Lunch	9 TRANSPORTATION AVAILABLE	10 10:00am Exercise 11:30am Lunch	
13 9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:30am Joy Luck Restaurant 11:30am Lunch	14 1:00pm HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	15 10:00am Exercise 10:30-11:45am St. Louis Public Library 10:45am Repertory Theater Presentation 11:30am Lunch	16 10:30am BINGO 11:30am Lunch 12:00pm BINGO	17 10:00am Exercise 11:00am Bowling 11:30am Lunch	
20 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch	21 TRANSPORTATION AVAILABLE	22 10:00am Exercise 10:30-11:30am St. Louis Public Library Sarah Reddick—Digital Literacy 11:00am GAME DAY! 11:30am Lunch	23 TRANSPORTATION AVAILABLE	24 10:00am Exercise 11:30am Lunch	
27 Pot of Gold Drawing 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 10:45am Crafts with Sue 11:30am Lunch	28 1:00pm HORSE HOOKY <u>TUESDAY</u> NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	29 10:00am Exercise 11:00am Halloween Fall Festival! 11:30am Lunch	30 TRANSPORTATION AVAILABLE	31 10:00am Exercise 11:00am Halloween Movie! 11:30am Lunch	