



5602 Arsenal St.
St. Louis, MO 63139

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

SHOPPING EXPEDITIONS—IN NOVEMBER ON FRIDAYS AT NOON, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, NOVEMBER 5TH—WAL MART & ALDI'S; FRIDAY, NOVEMBER 12TH—St. Vincent DePaul Thrift Store; FRIDAY, NOVEMBER 19TH—HAMPTON VILLAGE/TARGET. Call 314-645-3477 to arrange for transportation. **COST: \$4.00 round trip payable upon pick up.**

EXERCISE PROGRAM—Beginning with Monday, November 1st, **we will have our Exercise Program inside the Center!** Exercises will be held on Mondays, Wednesdays, and Fridays at 10:00am! Please join us!

TOWN HALL MEETING—MONDAY, NOVEMBER 1ST at 11:15am—Bring your suggestions for activities you would like to participate in at the Center. **Your input is greatly needed at this time!!!**

QUILTING GROUP—On Friday, November 5th, at 12:00pm, a group interested in Quilting will begin meeting. Our Chef, Kurt Joice, who is a person of many talents, is starting a Quilting Group. If you are a quilter and are interested in meeting with others who have similar interests, come join us! If you would like to learn to quilt, come join us! Bring a friend!

WRITERS' CLASS—Our Writers' Class, sponsored by Sylvia Duncan, will be held at the Center on **Monday, November 8th, at 1:00pm!** Come join us as we learn how to express ourselves!!!

LUMIERE CASINO—MONDAY, NOVEMBER 8TH—On Monday, November 8th, we will be going to Lumiere Casino. **Departure from the Center will be at 11:00am.** Contribution for the bus is \$5.00. Bring your good luck charms & join us for a good time!

SHELDON COFFEE CONCERT—WEDNESDAY, NOVEMBER 10TH—8:30AM—Dean Christopher presents Everybody Loves Somebody Sometime: A Tribute to Dean Martin. **COST: \$20.00** includes transportation, coffee & donuts, and your concert ticket! We will **depart the Center at 8:30am** so we can get you to the Sheldon in time for coffee & donuts. Please **call the Center by Thursday, October 28th**, to make your reservation for this concert. **Payment is required prior to the Concert date!**

CAPTION CALL SPEAKER—On **Monday, November 15th at 11:00am**, a representative from Caption Call will be at the Center to speak about what they have to offer! Caption Call is a No-Cost Federally Funded service that provides Captioned phones for people who have difficulty hearing & understanding on the telephone & need captions to communicate. Their mission is *Helping people with hearing loss stay socially connected for a longer, happier, healthier life!*

BINGO—On **Thursday, November 18th** we will be playing Bingo!!! We will play from 10:30-11:30am, break for lunch, and resume play at 12:00 Noon!!! Come and join in the fun, bring your good luck charms, and bring a friend!!!

CRAFT CLASS—On **Monday, November 29th at 10:45am**, our Craft Class sponsored by Sue Molz will be held!

TRANSPORTATION SERVICES—Transportation is available for lunch & 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 & 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. Your input is greatly appreciated!

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!

St. Louis Activity Center Calendar

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am Exercise 11:15am Town Hall Mtg 11:30am Lunch 12:00-2:00pm Cards or Dominoes Anyone?	2 NO ACTIVITIES TRANSPORTATION AVAILABLE	3 9:30am St Louis Public Library 10:00am Exercise 11:30am Lunch 12:00-2:00pm Pinochle or Hand & Foot Canasta	4 NO ACTIVITIES TRANSPORTATION AVAILABLE	5 10:00am Exercise 11:30am Lunch 12:00pm Walmart/Aldi's 12:00pm Quilting w/Kurt
8 10:00am Exercise 11am-2pm Lumiere Casino 11:30am Lunch 1:00pm Writing Class	9 NO ACTIVITIES TRANSPORTATION AVAILABLE	10 8:30am Sheldon-Dean Martin Tribute 10:00am Exercise 11:30am Lunch 12:00-2:00pm Pinochle or Hand & Foot Canasta	11  Veterans Day HOLIDAY CENTER CLOSED	12 10:00am Exercise 11:30am Lunch 12:00pm St Vinc DeP Thrift Store
15 10:00am Exercise 11:00am Caption Call Speaker 11:30am Lunch 12:00-2:00pm Cards or Dominoes Anyone?	16 NO ACTIVITIES TRANSPORTATION AVAILABLE	17 10:00am Exercise 11:30am Lunch. 12:00-2:00pm Pinochle or Hand & Foot Canasta	18 10:30am BINGO 11:30am Lunch 12:00pm BINGO	19 10:00am Exercise 11:30am Lunch 12:00pm Hampton Village/Target
22 10:00am Exercise 11:30am Lunch 12:00-2:00pm Cards or Dominoes Anyone?	23 NO ACTIVITIES TRANSPORTATION AVAILABLE	24 10:00am Exercise 11:30am Lunch 12:00-2:00pm Pinochle or Hand & Foot Canasta	25  Thanksgiving HOLIDAY CENTER CLOSED	26  THANKSGIVING HOLIDAY CENTER CLOSED
29 10:00am Exercise 10:45am Craft Class 11:30am Lunch 12:00-2:00pm Cards or Dominoes Anyone?	30 NO ACTIVITIES TRANSPORTATION AVAILABLE			