

St. Louis Senior Activity Center Newsletter



SEPTEMBER 2019
Issue



ULTIMATE GAME DAY!!!

**FRIDAY
SEPTEMBER 27TH
11:30AM TO 1:30PM
ENJOY A LIGHT LUNCH
CONSISTING OF SALAD
& BBQ SANDWICH
BRING YOUR FAVORITE
BOARD GAME, CARDS,
ETC. & HAVE FUN
PLAYING GAMES WITH
OTHERS AT THE
CENTER!!!
SIGN UP AT THE DESK
IN THE CENTER!**



COST: FREE!!!

Trips, Etc.

LABOR DAY—MONDAY, SEPTEMBER 2ND—THE CENTER WILL BE CLOSED FOR LABOR DAY!!!

SHOPPING EXPEDITIONS—IN SEPTEMBER, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, SEPTEMBER 6TH—WAL MART & ALDI'S; FRIDAY, SEPTEMBER 20TH—TARGET; FRIDAY, SEPTEMBER 27TH—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.

ST. VINCENT'S DINNER/DANCE—TUESDAY, SEPTEMBER 10TH is the next St. Vincent's Dinner/Dance from 4:00pm to 7:00pm. COST: \$5.00 for transportation to/from the Center. We will depart the Center at 3:30pm. YOU MUST HAVE MADE YOUR RESERVATIONS IN THE FRONT OFFICE BY AUGUST 27TH!!!

SOULARD FARMERS' MARKET—FRIDAY, SEPTEMBER 13TH—On Friday, September 13th, we will be going to Soulard Farmers' Market! Soulard Farmers' Market had humble beginnings in 1779 as a flat meadow where farmers could come to, to sell their locally-raised fruit, vegetables, dairy, and livestock. Since 1841, the Market has had two main buildings, and today the Market features locally-grown & shipped-in goods, including: produce, meats, cheeses, spices, gourmet kettle corn, flowers, baked goods, and general merchandise. There are also several different eateries that have many food options, which allows customers the convenience to grab a quick bite to eat and a drink while shopping. COST: \$5.00 for transportation. We will leave the Center at 10:00am. You are on your own for lunch and any purchases. Please sign in with the front office staff.

CHRONIC DISEASE SELF MANAGEMENT WORKSHOP—WEDNESDAY, SEPTEMBER 18TH—The next session of this workshop will begin on Wednesday, September 18th, at 12 noon & will continue for 6 weeks through October 23rd! If you struggle with a chronic disease, be sure & join us as we learn how to manage our chronic diseases! Lois Pastori-Rood & John Rood will be facilitating this event! Learn how to live a healthy life with Chronic Conditions, i.e. Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema & others! Please sign up on the bulletin board in the Center.

RED HAT LADIES' LUNCHEON—FRIDAY, SEPTEMBER 20TH—SUGARFIRE SMOKEHOUSE-DOWNTOWN—On Friday, September 20th, the Red Hat Ladies will be going to Sugarfire Smokehouse—Downtown! Sugarfire takes the best traditions of the best barbecue cities in the U.S.A. to create a St. Louis style barbecue that's all its own. Their award-winning barbecue tantalizes taste buds with baby back ribs, juicy pulled pork, and the best beef brisket in town! COST: \$5.00 for transportation. We will leave the Center at 10:30am. Lunch is on your own.

RIVER CITY CASINO—TUESDAY, SEPTEMBER 24TH—On Tuesday, September 24th, we will be going to the 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!

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

TAI-CHI CLASS—SELECT WEDNESDAYS & FRIDAYS AT 10:30AM—SEE BULLETIN BOARD FOR SCHEDULE OF CLASSES
Sheila Bassoppo-Moyo from St. Louis Area Agency on Aging will be holding Tai-Chi Classes on select Wednesdays & Fridays at 10:30am here at the Center. **THERE IS NO COST BUT DONATIONS TO THE CENTER ARE APPRECIATED!**

WALGREENS FLU SHOT CLINIC—MONDAY, SEPTEMBER 30TH AT 10:00AM—Walgreens will be having a flu shot clinic here at the Center. **Bring your Medical & Prescription insurance cards (without this info the cost will be \$35.00). We must have 25 signed up. Sign up sheets will be on the desk in the Center.**

ST. LOUIS ZOO OUTREACH PROGRAM —On Monday, September 23rd at 10:00am, the St. Louis Zoo will be here at the Center to present their adult outreach program on Baby Animals! One of the most exciting things at a zoo is when babies are born! In this program, we'll look at pictures and hear stories of our Zoo's newest residents. We'll also learn special baby names, as well as how animals care for their young. Some of the babies that have been born at the Saint Louis Zoo will also make an appearance. **Come join us for a fun & informative event!!!**

GAME DAY—FRIDAY, SEPTEMBER 27TH—11:30AM TO 1:30PM—Bring your favorite game & come for a light lunch & have fun playing games with others at the Center!!! **COST: FREE!!!**

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, October 16th, to discuss the following topic: **BOO-OGRAHY!** Boris Karloff is the center of this annual event **Boo-ography**. Find out what Boris Karloff did after the Universal Films. What can you find from the library? Join in on an activity or two.

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!

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—The St. Louis Activity Center has a **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.

PLEASE NOTE!!! Do not put moldy cards in the cabinet where the cards are stored! The mold affects some of our members adversely.

Future Events

TAILGATE SALE—DATE: Saturday, October 5th, 8:00am to 2:00pm. COST: \$15.00 for an outside space & \$20.00 for an inside table. See front office to register for a spot!

OCTOBERFEST—MONDAY, OCTOBER 14TH—The Center will have our annual Octoberfest! Sign up sheets will be posted closer to the date.

SHELDON COFFEE CONCERT—WEDNESDAY, OCTOBER 16TH—The first Sheldon Coffee Concert of the season features Kim Fuller & Carolbeth True performing great songs from the '50s, '60s & '70s. COST: \$20.00 includes transportation to/from the Sheldon. Must make reservation by October 2nd. We will leave the Center at 9:00AM.

Red Hats—CAFE OSAGE/BOWOOD FARMS—FRIDAY, OCTOBER 18TH—The ladies will be going to Café Osage for lunch! Café Osage is a bright, light-filled bistro with a menu focusing on seasonal, garden-fresh fare from their Central West End garden. While there, visit Bowood Farms Garden/Supply next door to the café & Holiday, their expanded gift & home store across the street! COST: \$5.00. Lunch is on your own. We will leave the Center at 9:45am to give you time to shop before lunch at 11am.

COSTUME BALL—SAVE THE DATE!!!—On Friday, October 25th we will have a Costume Ball at the Center. DOORS OPEN: 6pm. Prizes will be given for the best costumes. COST: \$15.00 in advance.

UPCOMING TRIP

BRANSON HOLIDAY SHOW EXTRAVAGANZA!—NOVEMBER 19TH-21ST, 2019—Just \$395 per person, double occupancy, includes the following:

- Motorcoach transportation;
- 2 nights lodging;
- 4 meals: 2 breakfasts and 2 dinners;
- Admission to 5 fabulous shows!

Including:

- 2 morning shows—*Amazing Acrobats of Shanghai & Doug Gabriel*
- 2 evening shows—*Miracle of Christmas at the Sight & Sound Theatre & Presley's Country Christmas*;
- One Dinner Show: *Showboat Branson Belle*.

The \$395 is due upon signing. Payment must be made by September 12th, 2019. Contact Nancy Ackermann for questions at 314-645-3477.

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

DOGS

By Joy Kullmann

Do you realize the word dog spelled backwards is god? Ah, speculate on that! To dog lovers they are a gift of God. Dogs are unconditionally loving, loyal, cuddly, protective, and often become like members of the family.

Personally, I am very fond of dogs. Immensely! I bought a thermal coffee mug which speaks of me. It reads, "I like all dogs and some people." Reflecting, I remember the many dogs that left their mark on my life. The first was a Dalmatian, the white dog with many black spots. Never bothered to ask the gender. At the age of six I became a ward of my Aunt and Uncle who owned the dog. BeBee was very possessive and protective of my uncle and sat in his lap when he reclined in his living room chair.

One day my Aunt and I were sitting in the porch swing with BeBee between us. I was chewing gum. I showed the dog the gum between my teeth, and you can guess what happened. Never stick out food between your teeth at a dog! Gradually the wound in my top lip healed. My second dog memory was of a mutt named Blackie. Guess what color he was! He was very friendly and playful. Other than that I haven't much memory of him. I went off to college, and it wasn't until I had two kids of my own that dogs reentered my world.

One summer day, when Dawn and Dale were about six and seven years old, we went to Crestwood Mall. Lo and behold, in the middle aisle of the chain of stores, the Humane Society had dozens of cages of adoptable pets. They were all so adorable! My children spotted an eight-week old black, fluffy puppy with soulful eyes and begged for her. I couldn't resist. We adopted her. When we arrived home, the first question asked was what shall we name her. "Blackie," said Dale. "No," replied his older sister, "that is so common." I held out a doggie treat to the puppy and she sneezed. I held out another and she sneezed again. "How unique," I responded and that became our newest family member's name. And throughout her life she repeated the same action whenever she wanted food! Unique was a most lovable, possibly part Labrador, for that is characteristic of the breed: obedient, cuddly, and playful. She never willingly left the front unfenced yard. When my son was about seven-years old, we lost her.

It was much later years that I was living with my daughter and her husband, Tony, and their two children. Tony brought home a chocolate Labrador to train for hunting, and I smothered Amber with lots of affection. She became an excellent hunter and, of course, a family member. When she was eight-years-old, Tony took his son to purchase a golden Lab puppy. Wow! Another one to spoil, and I sure did! Kyle named her Chelsea after his favorite soccer team. She did not become a good hunter. Oh, to an extent she would fetch, but if there was a creek or pond or any puddle of water, forget it. She would actually walk around it. She would not willingly go into such. Ever hear of a Lab who did not like water? Needless to say, she was useless for hunting ducks. Amber aged and developed cancer, and we had to have her euthanized. Chelsea seemed to mourn her for a short period, but then loved being the only dog. Six years later Kyle came home on leave from the Army and took her to his stationed barracks in Hawaii. I was, and still am, heartbroken that she is so far away. I have no dog now. I would if I could. My daughter is afraid a dog would trip me. Frankly, it would be worth the trip in my mind! Any chance to pet a dog, see a dog on the street or on television, suddenly I smile! I love all dogs and some people!

St. Louis Activity Center Calendar

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY</p> <p>HOLIDAY</p>	<p>3</p> <p>9:00am LI/Arthritis Exer 10:00am Bingo-Tina White Insurance Agency 11:30am Lunch 12:30pm Line Dancing</p>	<p>4</p> <p>9:00am StL Public Library 9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 10:00am United Healthcare 10:30am Tai-Chi 11:30am Lunch</p>	<p>5</p> <p>9:00am LI/Arth Exer 9:15am Health Screening 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>6</p> <p>9:00am LI/ArthExer 10:00am Spades 10:00am WalMart/Aldi's 10:30am Tai-Chi 11:30am Lunch 7:00pm Friday Dance</p>
<p>9</p> <p>9:00am LI/Arthritis Exercise 10:00am Well Home Bingo 10:30am Writing Class 11:30am Lunch</p>	<p>10</p> <p>9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing 3:30pm St. Vincent's Dinner/Dance</p>	<p>11</p> <p>9:00am Pinochle 9:00am Best of Both Exercise 10:00am Hand/Foot Canasta 10:30am no Tai-Chi today 11:30am Lunch</p>	<p>12</p> <p>9:00am LI/Arth Exer 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>13</p> <p>9:00am LI/ArthExer 10:00am Spades 10:00am Soulard Farmers' Market 10:30am Tai-Chi 11:30am Lunch 7:00pm Friday Dance</p>
<p>16</p> <p>9:00am LI/Arthritis Exercise 11:30am Lunch 12:00pm Bunco</p>	<p>17</p> <p>9:00am LI/Arthritis Exer 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing</p>	<p>18</p> <p>9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:30am Tai-Chi 10:30 Manne-Never Too Late to Learn 11:30am Lunch 12:00pm Chronic Disease SM</p>	<p>19</p> <p>9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>20</p> <p>9:00am LI/ArthExer 10:00am Spades 10:00am Target 10:30am Tai-Chi 10:30 Red Hats-Sugarfire Smokehouse-Downtown 11:30am Lunch 7:00pm Friday Dance</p>
<p>23</p> <p>9:00am LI/Arthritis Exercise 10:00am St. Louis Zoo Presentation on Baby Animals 11:30am Lunch</p>	<p>24</p> <p>9:00am LI/Arthritis Exercise 9:30am River City Casino 11:30am Lunch 12:30pm Line Dancing</p>	<p>25</p> <p>9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:30am Tai-Chi 11:30am Lunch 12:00pm Chronic Disease SM</p>	<p>26</p> <p>9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo</p>	<p>27</p> <p>9:00am LI/Arth Exercise 10:00am Spades 10:00am \$Tree/Schnucks-Chip 10:30am Tai-Chi 11:30am ULTIMATE GAME DAY & LIGHT LUNCH 7:00pm Friday Dance</p>
<p>30</p> <p>9:00am LI/Arthritis Exercise 10:00am Flu Shots-Walgreens 10:30am Craft Class 11:30am Lunch</p>	 <p>REMEMBER 9-11</p>			

SLAAA Nutrition Program Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	 LABOR DAY	3 A Hamburger Patty Au Jus B Twisted Mac & Cheese	4 A Turkey Sliced w/ Country Pepper Gravy B Pork Riblet in BBQ Sauce	5 A Rib Shaped Beef Patty w/Spanish Braised Sauce B Honey Mustard Chicken Breast	6 A Chicken Parmesan B Hot Dog w/Chili Meat Sauce				
9	9 A Beef Steak Patty w/ Herbed Mshrm Gravy B Cheese Enchilada w/ Pulled Pork & Cheese	10 A Pork Riblet in BBQ Sauce B Southern Style Pollock Nuggets	11 A Baked Chicken, Southern Rice B Cavatappi Bolognese	12 A WG Fish Fillet B Mojo Chicken	13 A Chicken Teriyaki B Meatloaf w/Sofrito				
16	16 A Chicken Sausage Bean Ragout B Manicotti Alfredo	17 A Meatballs & Penne Pasta in Sauce B Batter Dipped Fish Nuggets	18 A Hot Dog w/Chili Topping B Sesame Chicken	19 A Scrambled Eggs, Turkey Sausage Links B Beef Steak Patty w/ Herbed Mshrm Gravy	20 A Vegetarian Chili B Chicken Marsala				
23	23 A Meatloaf w/Apple Brown Gravy B Chicken Breast Patty over Rice	24 A Western Omelet B Turkey Sausage & Peppers, Onions, Tomatoes	25 A Batter Dipped Fish Nuggets B Macaroni & Cheese	26 A Macaroni & Beef Casserole B Sliced Turkey	27 A Sweet & Sour Chicken B Beef Patty w/Onion Gravy				
30	30 A Pork Chop Patty w/ Gravy B Western Omelet				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				

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 2019 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
SEPTEMBER
BIRTHDAYS!!!**