

St. Louis Senior Activity Center Newsletter

April 2019
Issue



**ADULT EASTER
EGG HUNT
WEDNESDAY
APRIL 17TH
AT 11:00 AM**



**Come and join us for an
adult Easter egg hunt at the
Center! Eggs will contain
candy & money!!! Bring a
snack to share!!!**

Trips, Etc.

SHOPPING EXPEDITIONS—IN APRIL, THE CENTER WILL BE PROVIDING TRANSPORTATION TO THE FOLLOWING STORES FOR YOUR SHOPPING PLEASURE: FRIDAY, APRIL 5TH—WAL MART & ALDI'S; FRIDAY, APRIL 12TH —St. Vincent DePaul Thrift Store; FRIDAY, APRIL 19TH—TARGET; FRIDAY, APRIL 26TH—DOLLAR TREE & SCHNUCK'S-CHIPPEWA. Call the Center Office at 314-645-3477 to arrange for transportation. COST: \$4.00 round trip payable upon pick up.

THE GRIOT MUSEUM OF BLACK HISTORY & CULTURE—On WEDNESDAY, APRIL 3RD AT 9:30AM we will be going to the Griot Museum of Black History & Culture. In some African countries, the "griot" is a highly respected member of the community who collects, preserves & shares the stories, objects, & cultural traditions of the community. To accomplish this work, the Griot Museum uses life-size wax figures, other art, artifacts, & memorabilia to interpret the stories of African Americans with a regional connection who have contributed to our country's development. COST: \$5.00 for transportation. Entrance into the museum is \$7.50 & payable on your own. We will leave the center at 9:30am.

2019 MATURE MILE!—On SATURDAY, APRIL 6TH, 2019, FROM 10:30-12:30PM, all who have registered by March 22nd will be going to Forest Park to participate in this year's Mature Mile! COST for transportation to/from Forest Park is \$5.00. We will leave the Center at 9:30am. Transportation to/from the Center will not be provided.

SHELDON COFFEE CONCERT—On Wednesday, April 10th, we will be going to The Sheldon. The Gaslight Squares, a traditional jazz band, will be playing a dynamic style of ragtime and a variety of jazz and blues. COST: \$20.00 includes transportation to/from the Sheldon. Must make reservation by Thursday, April 4th.

RED HAT LADIES' LUNCH—FRIDAY, APRIL 12TH—FITZ'S SOUTH COUNTY—Fitz's Root Beer is now doing business at a second, brand new location at 5244 S. Lindbergh in South County. The new 9,000-square-foot restaurant's centerpiece is an old-fashioned dairy bar where frosty mugs of Fitz's Root Beer & other real draught sodas are poured. Like the Delmar Loop location, Fitz's offers a variety of burgers, house smoked barbecue, appetizers and salads and other classic American fare. COST: \$5.00 for transportation. We will leave the Center at 10:30am. Lunch is on your own.

A MATTER OF BALANCE CLASS—BEGINNING MONDAY, APRIL 22ND—FROM NOON TO 2:00PM & CONTINUING TWICE A WEEK FOR 4 WEEKS. Do you have concerns about falling? Are you interested in improving balance, flexibility & strength? Many older adults experience concerns about falling & restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls & increase activity levels. This program is being taught by our own Nate Borgsmiller & Nancy Ackermann! Please sign up on the bulletin board. There is no charge for this program.

CASINO QUEEN—TUESDAY, APRIL 23RD—On Tuesday, April 23rd, we will be going to the Casino Queen. 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

Chronic Disease Self Management workshops will continue to be held on Mondays through April 15th, from noon to 2:00pm.

ADULT EASTER EGG HUNT—WEDNESDAY, APRIL 17TH AT 11:00 AM—Come and join us for an adult Easter egg hunt at the Center! Eggs will contain candy & money!!! Bring a snack to share!!!

CARDINAL WATCH PARTY—WEDNESDAY, APRIL 24TH AT 12:15 PM—Join us in watching our St. Louis Cardinals play the Milwaukee Brewers on our big screen TV! Hot dogs, popcorn and soda will be available! Bring your favorite ball game snacks to share with others!

BRINGING IT TOGETHER HEALTHFEST—Friday, May 24th—8am to 3pm—Southside Senior Citizen's Center presents the 39th Annual "Bringing it Together" Healthfest at the Muny Opera's Culver Pavilion in Forest Park. Entertainment includes music from Marty Abdullah, vocalist Uvee Hayes, & the Gateway Jazz Band. Commemorative T-shirts are available to the first 600 completed participants. Catered lunches are available for \$5.00 each. Cost to ride our Center's bus to this event is \$5.00 each. We must have your reservation & \$5.00 for the catered lunch by April 24th.

Lindenwood Area Senior Ministry's 13th Annual Spring Fling 2019—Saturday, April 27th—4:30-8pm—Epiphany of Our Lord Catholic Church Parish Hall, 6596 Smiley—Music by Larry Hallar & The Two Star Final with dinner, dancing, trivia game, raffle, door prizes & silent auction! Tickets are \$20.00 per person & can be purchased from Kathy Huckaby at 314-229-5926. See bulletin board in front office for more information!

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's presentation in April is on National Library Week—What's in a library? Discover what your library card can do for you. An extensive catalog of print, digital, audio, and visual material will be discussed.

Bingo, Crafts & More

CRAFT CLASS—Sue Molz does our Craft Classes the last Monday of every month at 10:30am.

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.

GROCERY RAFFLE!!! We are selling raffle tickets for Schnucks gift cards valued at \$50, \$75, and \$100. Tickets are \$5.00 each and the drawing will be held on May 2, 2019!!! See Mike Quinn for tickets.

Future Events

ST. LOUIS ACTIVITY CENTER PRESENTS—MACKINAC ISLAND!!! Join us for a tour of Mackinac Island—May 20-25, 2019—for the incredible price of \$635 double occupancy! Tour includes motorcoach transportation; 5 nights lodging including 3 consecutive nights in No. Michigan; 8 meals; guided tour of Mackinaw City; visit to Mackinac Island, with a guided carriage tour; boat tour through the Soo Locks with sightseeing in Sault Sainte Marie; gaming excitement at Kewadin Sault Casino; admission to The Cross in the Woods. Reservations will be accepted through May 1st. Full payment will be due upon making reservation. Call Nancy Ackermann at 314 645-3477 if you have any questions.

ST. VINCENT'S DINNER/DANCE—TUESDAY, JUNE 4TH is the next St. Vincent's Dinner/Dance!—4:00 TO 7:00PM—COST: \$5.00 for transportation to/from St. Vincent's. You must have your own transportation to/from the Center! We will depart the Center at 3:30pm. **MUST MAKE RESERVATIONS IN FRONT OFFICE BY MAY 20TH!!!**

BOARD OF DIRECTORS ELECTION—In May, our members will vote for new/current board members who are running for election. Board Members serve for a three (3) year term & help make major decisions regarding the Center. If you wish to run, or know of anyone who would like to run for the Board, please ask for an application!

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 - On Mondays we receive bakery items from Panera's. Most Tuesdays we receive donations from "Feed My People". **Members are welcome to take one bag of these items home. ONE BAG PER MEMBER UNLESS OTHERWISE NOTED.**

Miscellaneous

Board Meeting: The St. Louis Activity Center **Board Meeting** will be held the **Third Tuesday** of each 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: *Is good for your heart *Stabilizes blood pressure *Increases proper lung functioning *Improves back pain *Decreases joint pain and stiffness *Is excellent for weight control *Reduces falls and injuries *Improves overall walking ability *Strengthens the immune system*

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.

FUNDRAISER

SAVERS, the used clothing store on Watson in Crestwood, has provided the Center a unique way to have a fundraiser. They have agreed to purchase all donated goods from the Center for \$0.20 per pound for soft goods and \$0.05 per pound for hard goods.

Soft Goods are clothing, shoes, hats, scarves, undergarments, jewelry, bags, wallets, bedding, curtains, tablecloths, etc. **Hard Goods** are toys, small household goods and appliances, CD's and DVD's.

The **Do Not Accept** List includes all weapons, hazardous materials, flammable products, auto parts, damaged furniture, beds, televisions, computer monitors, infant car seats, cribs, swing sets, etc.

The Center staff is asking all clients to go through their gently used items and bring them in between now and the middle of May, 2019!

ACTIVE LIVES

SHARON SERVES

By Sylvia Duncan

I sat down with Sharon Yaeger after exercise group to ask her dozens of questions about her volunteer work in the kitchen serving those delicious, little, nutritionally-balanced meals you see listed in this newsletter. They are low in sodium and suitable for diabetics and quite a bargain with the suggested donation of only three dollars.

I remembered how Sharon came to the rescue when one of our Scrabble group at the Center forgot his packed lunch. Sharon found a meal for him in the freezer and microwaved it up in minutes. “No one goes without a meal here!” was her comment.

What is the most popular lunch? “Hamburger steak with cubed potatoes and vegetables!” she said. “The word, steak, in there makes it sound quite tasty.”

How many people eat here daily? She rotates with Esther Bowers and Jim Bell to serve, on an average, between 15 and 20 people a day. On Mondays, she works in the kitchen, then helps with Bunco. On Thursdays, she serves lunch, then volunteers with Bingo.

How did she begin this volunteer work, that involves sometimes making 5 pots of coffee a day? Five years ago, Denny Lee, another fine volunteer, suggested that she could help in the kitchen and she liked the idea. She enjoys working with food, and she loves the people here.


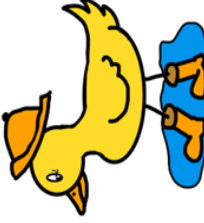

She retired 10 years ago after 20 years as a pharmaceutical technician. She is one of those enviable people who has lived in St. Louis all of her life. She raised a son and a daughter and has four grandchildren, Earl, Abby, Alex and Emily. This willingness to serve must run in the family. Granddaughter Emily serves with the U.S. Army.

Sharon not only helps here, but she ushers and greets at Salem Lutheran Church. She soothes those in need at a program called Martha’s Table. She works with the Isaiah 58 food pantry. In her spare time, if you can believe she has some, she likes to go on day trips such as our Activity Center ones to the Sheldon and the Muny.

When TV Children’s host, Fred Rogers, said, “Look for the helpers,” I just know he meant people like Sharon and all of our willing volunteers.

St. Louis Activity Center Calendar

April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00am LI/Arthritis Exercise 11:30am Lunch 12:00 noon Chronic Disease Self-Management Workshop	2 9:00am LI/Arthritis Exercise 11:30am Lunch 12:30pm Line Dancing	3 9:00am Library/Pinochle 9:00am Best of Both Exercise 9:30am Griot-Black History Museum 10:00am United Healthcare Pres. 10:00am Hand/Foot Canasta 11:30am Lunch/MOVIE DAY!	4 9:00am LI/Arthritis Exercise 9:15am Health Screening 10:30am Bingo 11:30 Lunch 12:00 noon Bingo	5 9:00am LI/Arth Exercise 10:00am Spades 10:00am WalMart/Aldi's 11:30am Lunch 7:00pm Friday Dance
8 9:00am LI/Arthritis Exercise 10:30am Writing Class 11:30am Lunch 12:00 noon Chronic Disease Self-Management Workshop	9 9:00am LI/Arthritis Exer 11:30am Lunch 12:30pm Line Dancing	10 9:00am Pinochle 9:00am Best of Both Exercise 9:00am Sheldon Coffee Concert 10:00am Hand/Foot Canasta 11:30am Lunch 11:30am MOVIE DAY!	11 8:30am Students 9:00am LI/Arth Exer 10:30am Bingo 11:30am Lunch 12:00pm Bingo	12 9:00am LI/ArthExer 10:00am Spades 10:00am St Vincent's Thrift Store 10:30am Red Hats—Fiz's S County 11:30am Lunch 7:00pm Friday Dance
15 9:00am LI/Arthritis Exercise 11:30am Lunch 12:00 noon Bunco 12:00 noon Chronic Disease Self Management Workshop	16 9:00am LI/Arthritis Exer 10:15am Board Meeting 11:30am Lunch 12:30pm Line Dancing	17 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 10:30am Manne-Nat'l Library Week 11:00am Center Easter Egg Hunt 11:30am Lunch/MOVIE DAY	18 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo	19 9:00am LI/ArthExer 10:00am Spades 10:00am Target Shopping 11:30am Lunch 7:00pm Friday Dance
22 9:00am LI/Arthritis Exercise 11:30am Lunch 12:00 noon Matter of Balance Class	23 9:00am LI/Arthritis Exercise 9:30am Casino Queen 11:30am Lunch 12:30pm Line Dancing	24 9:00am Pinochle 9:00am Best of Both Exer 10:00am Hand/Foot Canasta 11:30am Lunch/MOVIE DAY 12:00 noon Ping Pong Demo 12:15pm Cardinal Watch Party	25 9:00am LI/Arth Exercise 10:30am Bingo 11:30am Lunch 12:00pm Bingo	26 9:00am LI/Arth Exercise 10:00am Spades 10:00AM \$Tree/Schnucks-Chip 11:30am Lunch 12:00 noon Matter of Balance 7:00pm Friday Dance
29 9:00am LI/Arthritis Exer 10:30am Craft Class 11:30am Lunch 12:00noon Matter of Balance Class	30 9:00am LI/Arth Exercise 11:30am Lunch 12:30pm Line Dancing			

SLAAA Nutrition Program Menu

SLAAA Nutrition Program Menu					April 2019
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 A Pork Chop Patty w/ Gravy B Chicken Stew	2 A Honey Mustard Chicken Breast B Cavatappi Bolognese	3 A Macaroni & Cheese B Pork Riblet in BBQ Sauce	4 A Rib Shaped Beef Patty w/Spanish Braised Sauce B Oven Baked Chicken, Southern Rice	5 A Chicken Parmesan B Hot Dog w/Chili Meat Sauce	
8 A Mojo Chicken Patty B Beef Steak Patty w/ Herbed Mushroom Gravy	9 A Western Omelet B Whole Grain Southern Style Pollock Nuggets	10 A Hamburger Patty Au Jus B Baked Chicken	11 A WG Fish Fillet B Macaroni & Beef Casserole	12 A Manicotti Alfredo B Meatloaf w/Sofrito	
15 A Turkey Lasagna B Manicotti Alfredo	16 A Cavatappi Bolognese B Batter Dipped Fish Nuggets	17 A Hot Dog w/Chili Meat Sauce B Sesame Chicken	18 A Beef Steak Patty w/ Herbed Mshrm Gravy B Scrambled Eggs, Turkey Sausage	19 A Chicken Marsala B Meatloaf w/Apple Brown Gravy	
22 A Meatloaf w/Apple Brown Gravy B Chicken Breast Patty over Rice	23 A Chicken Garden Casserole B Western Omelet	24 A Batter Dipped Fish Nuggets B Macaroni & Cheese	25 A Three Bean Beef Chili B Sliced Turkey	26 A Turkey Sausage & Peppers, Onions, Tomatoes B Beef Patty w/Onion Gravy	
29 A Pork Chop Patty w/ Gravy B Chicken Stew	30 A Honey Mustard Chicken Breast B Cavatappi Bolognese				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
Mosley Williams — Maintenance

Board Members

Dixie Lohse, President
Nancy Ackermann,
Vice President
Ann Bretz
Robert Carter
Ronald Hicks

Alice Jennings
Mike Quinn
Betty Robinson
Nadine Robinson
Maggie Simpson
Steven Spreck



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!

Services partially funded through a grant from the St. Louis Area Agency on Aging.

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
314-306-7301
mikequinn@yahoo.com



**HAPPY BIRTHDAY
TO ALL WITH APRIL
BIRTHDAYS!!!**