



5602 Arsenal St.
St. Louis, MO 63139

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

EXERCISE PROGRAM—Our Exercise Program is held on Mondays, Wednesdays, and Fridays at 10:00am! Suggested donation for this event is \$2.00. Please join us!

DIABETES CLASS—JANUARY 11th, 2022—This class, for folks with Type 1 or Type 2 diabetes or pre-diabetes, will help you manage diabetes through lifestyle changes. Telephone classes begin January 11th at 10:00am & continue every Tuesday for 6 weeks. Call the Center at 314-645-3477 to register!

QUILTING GROUP—Our Quilters will meet on Mondays at 12:00pm beginning January 10th! 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!

PINOCHLE PLAYERS NEEDED—We have a couple of people who would like to play pinochle & need a couple more to round out the group! If interested, please contact the Center at 314-645-3477! Thanks!

WRITERS' CLASS—The Writers' Class, sponsored by Sylvia Duncan, is no longer meeting at the Center for now. If interested, contact Sylvia at 314-353-5815.

TRIM THE TREE & THE CENTER—Join us on **Wednesday, December 1st**, at 10:45am as we decorate the Activity Center for the Holidays! Decorators will be treated to lunch that day! Chef Kurt is preparing Kentucky Hot Browns Open Face Sandwiches and Cream of Broccoli soup for this festive event! Please let us know if you can join us so we have enough lunch prepared for all!

12 DAYS OF COOKIES—Our **12 Days of Cookies** event continues in December! We will be making a different type of cookie each day! A list of cookies is posted on the Center's bulletin board. Cost is \$5.00 for each day to cover the cost of ingredients & includes a dozen cookies to take home with you! The cost is \$50.00 if you want to attend all 12 sessions! Please sign up at the Center & pay at the front desk so Chef Kurt knows how much to purchase for each session! Please see the calendar for the days of these events!

SHELDON COFFEE CONCERT—WEDNESDAY, DECEMBER 8TH—8:30AM—WINTER WONDERLAND—Kick off your holidays with the festive sounds of the season! Join Zoe Vonder Haar and some of St. Louis' finest singers for this fun-filled, fast-paced morning of winter and holiday favorites. Please **contact the Center by Monday, November 29th**, to make your reservation and payment for this concert so we can purchase our tickets! **We will leave the Center at 8:30am for coffee and donuts before the concert!**

CASINO QUEEN—MONDAY, DECEMBER 13TH—On Monday, December 13th, we will be going to Casino Queen! **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!

WONDERLIGHT DISPLAY—WEDNESDAY, DECEMBER 15TH AT 4:15PM—Come join us as we go to see the area's largest drive-through Christmas light show! The WonderLight display consists of over 1 million LED lights synchronized to Christmas music! We will depart the Center at 4:15pm. **Cost: \$10.00 for members, \$15.00 for non-members**, includes transportation & admission fee.

BINGO—On **Thursday, December 16th**, 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!!!

CHRISTMAS PARTY & LUNCHEON—MONDAY, DECEMBER 20TH—Come join us as we celebrate the Christmas season at the Center with a party and delicious luncheon of turkey, ham, mashed potatoes, stuffing, roll & dessert! **Cost: \$12.00 for members & \$15 for non-members.**

BOWLING PARTY—WEDNESDAY, DECEMBER 22ND—Come join us as we have lunch at the Center & then head for Concord Bowling Lanes at 12:00pm for some fun with friends! Cost: \$12.00 for members, \$15.00 for non-members, includes transportation, shoes, & 2 games! Reservations & payment needed by December 17th!





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 & 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. 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 credit toward a future trip!

St. Louis Activity Center Calendar

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00am Exercise 10:45am Trim the Tree & the Center 11:30am Lunch 12:00pm 12 Days/Cookies 12:00-2:00pm Pinochle/Hand Foot Canasta	2 NO ACTIVITIES TRANSPORTATION AVAILABLE	3 10:00am Exercise 11:30am Lunch 12:00pm 12 Days/Cookies
6 10:00am Exercise 11:30am Lunch 12:00pm 12 Days/Cookies 12:00-2:00pm Cards or Dominoes Anyone?	7 NO ACTIVITIES TRANSPORTATION AVAILABLE	8 8:30am Sheldon-Winter Wonderland 10:00am Exercise 11:30am Lunch 12:00pm 12 Days/Cookies 12:00-2:00pm Pinochle/Hand Foot Canasta	9 NO ACTIVITIES TRANSPORTATION AVAILABLE	10 10:00am Exercise 11:30am Lunch 12:00pm 12 Days/Cookies
13 10:00am Exercise 11am-2pm Casino Queen. 11:30am Lunch 12:00pm 12 Days/Cookies 12:00-2:00pm Cards or Dominoes Anyone?	14 NO ACTIVITIES TRANSPORTATION AVAILABLE	15 9-10:00am St. Louis Public Library 10:00am Exercise 11:30am Lunch & Movie 12:00pm 12 Days/Cookies 12:00-2:00pm Pinochle/Hand Foot Canasta 4:15pm WonderLights Display	16 10:30am BINGO 11:30am Lunch 12:00pm BINGO	17 10:00am Exercise 11:30am Lunch 12:00pm 12 Days/Cookies
20 10:00am Exercise 11:30am Christmas Party and Luncheon	21 NO ACTIVITIES TRANSPORTATION AVAILABLE	22 10:00am Exercise 11:30am Lunch 12:00pm 12 Days/Cookies 12:00-2:00pm Pinochle/Hand Foot Canasta 12:00pm Bowling Party	23 NO ACTIVITIES TRANSPORTATION AVAILABLE	24  CHRISTMAS EVE CENTER CLOSED
27 10:00am Exercise 11:30am Lunch 12:00-2:00pm Cards or Dominoes Anyone?	28 NO ACTIVITIES TRANSPORTATION AVAILABLE	29 10:00am Exercise 11:30am Lunch 12:00-2:00pm Pinochle/Hand Foot Canasta	30 NO ACTIVITIES TRANSPORTATION AVAILABLE	31  NEW YEAR'S EVE CENTER CLOSED