



5602 Arsenal St.
St. Louis, MO 63139

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

PLEASE NOTE—Nominations are being accepted for Board of Directors positions of the St. Louis Activity Center. The positions are strictly volunteer and assist in guidance, establishing new policy, and planning for the future of the Center. Board members meet once a month for about 2 hours. Please see Janet or Nate for an application.

NOTICE: THE CENTER WILL BE CLOSED ON MONDAY, MAY 29TH, FOR MEMORIAL DAY!

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—On Mondays after exercise, Alice Jennings will be hosting a Coffee Talk! Come join us as we discuss interesting topics along with coffee & dessert for \$1.00!

LINE DANCING WITH KATHY—FRIDAY, MAY 5TH & MAY 19TH, 11:00AM—Kathy Madsen will be teaching line dancing on Friday, May 5th & May 19th! It is a lot of fun and good exercise!

BOWLING AT SHREWSBURY LANES—MONDAY, MAY 8TH & MAY 22ND, AT 11:00AM—On Monday, May 8th & May 22nd, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, and transportation

HORSESHOE CASINO—WEDNESDAY, MAY 10TH—On Wednesday, May 10th, we will be going to Horseshoe Casino! **We will depart from the Center at 10:00am. Contribution for the bus is \$8.00.** Come join us for a good time!

BIRTHDAY CELEBRATION—WEDNESDAY, MAY 10TH, AT 10:45AM—On Wednesday, May 10th, we will celebrate our May birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

SHELDON COFFEE CONCERT—WEDNESDAY, MAY 10TH—The last Coffee Concert of the season is Wednesday, May 10th, with Debby Lennon: "A Salute to the Leading Ladies". **We will leave the Center at 8:30am for coffee & donuts before the concert!**

POT LUCK LUNCH & LINE DANCING—ON THURSDAY, MAY 11TH, 11:00AM TO 2:00PM—On Thursday, May 11th, there will be a Pot Luck Lunch & Line Dancing! COST: \$5.00.

LUNCH AT PAN D'OLIVE—MONDAY, MAY 15TH @ 11:45PM—On Monday, May 15th, we will be going to Pan D'Olive restaurant for lunch! They advertise themselves as "A bite of Mediterranean". Their lunch special menu includes 2 courses & a beverage for \$13.95! We will leave the Center at 11:45am. COST: \$8.00 for transportation. Lunch is on your own.

CARDINALS BASEBALL GAME—TUESDAY, MAY 16TH @ 5:45PM—On Tuesday, May 16th, we will be going to a Cardinals Baseball game! The Cardinals will be playing the Milwaukee Brewers. COST FOR TRANSPORTATION: \$20—Members; \$25—NonMembers. We will leave the Center at 5:45pm.

ST. LOUIS PUBLIC LIBRARY—WEDNESDAY, MAY 17TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, May 17th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BOOK CLUB—WEDNESDAY, MAY 17TH, AT 11:00AM—Our Book Club is reading "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer & Annie Barrows. Come join us as we gather to discuss this book on May 17th at 11:00am!

BINGO—THURSDAY, MAY 18TH—On Thursday, May 18th, 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!




CRAFTING WITH SUE—MONDAY, MAY 22ND—On Monday, May 22nd, at 10:45am, Sue Molz will be having her Craft Class. Come join Sue and make something decorative for your home!

DIGITAL LITERACY SESSION W/ SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, MAY 24TH, 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!

MEDICAL SAFETY CLASS—FRIDAY, MAY 26TH, AT 11:00AM—On Friday, May 26th, at 11:00am, there will be a class in Medical Safety!

BASEBALL THEMED BARBECUE—WEDNESDAY, MAY 31ST—On Wednesday, May 31st, we will be having a Baseball-Themed BBQ with hot dogs, brats, and ice cream sundaes donated by Maggie Simpson & Jerry Webb in honor of Maggie's mother & Nancy Ackermann's mother. COST: \$10.00. Please sign up at the front desk.

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 \$20.00.** Your donations help cover the cost of gas, insurance & vehicle maintenance!!!

| <i>St. Louis Activity Center Calendar</i> | | | | | <i>May 2023</i> |
|--|---|--|---|---|-----------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| 1 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch | 2 NO ACTIVITIES TRANSPORTATION AVAILABLE | 3 10:00am Exercise 11:30am Lunch 12:00pm Pinochle | 4 NO ACTIVITIES TRANSPORTATION AVAILABLE | 5 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch | |
| 8 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bowling at Shrewsbury Lanes | 9 NO ACTIVITIES TRANSPORTATION AVAILABLE | 10 8:30am Sheldon Coffee Concert 10:00am Horseshoe Casino 10:00am Exercise 10:45am Happy Birthday Cake & Coffee 11:30am Lunch 12:00pm Pinochle | 11 POT LUCK LUNCH & LINE DANCING 11:00am-2:00pm | 12 10:00am Exercise 11:30am Lunch | |
| 15 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:45am Lunch-Pan d'Olive | 16 <u>12-1:30pm Board Mtg</u> 5:45pm Cardinals Baseball Game TRANSPORTATION AVAILABLE | 17 10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Book Club-"The Guernsey Literary & Potato Peel Pie Society" 11:30am Lunch 12:00pm Pinochle | 18 10:30am BINGO 11:30am Lunch 12:00pm BINGO | 19 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch | |
| 22 10:00am Exercise 10:45am Coffee Talk 10:45am Crafting w/Sue 11:30am Lunch 11:30am Bowling at Shrewsbury Lanes | 23 NO ACTIVITIES TRANSPORTATION AVAILABLE | 24 10:00am Exercise 10:30-11:30am Digital Literacy w/Sarah-St. Louis Public Library 11:30am Lunch 12:00pm Pinochle | 25 NO ACTIVITIES TRANSPORTATION AVAILABLE | 26 10:00am Exercise 11:00am Medical Safety Class 11:30am Lunch | |
| 29 <i>memorial</i>  HOLIDAY | 30 NO ACTIVITIES TRANSPORTATION AVAILABLE | 31 10:00am Exercise 11:00am Pinochle 11:30am Baseball Themed BBQ lunch |  |  | |