St. Louis Senior Activity Center Newsletter June 2025 Issue





5602 Arsenal St. St. Louis, MO 63139 HOURS: 9am-3pm Monday-Wednesday-Friday 314-645-3477 — FAX: 314-645-3813 www.stlactivitycenter.com

NOTE: DUE TO THE JUNETEENTH HOLIDAY ON THURSDAY, JUNE 19TH, THERE WILL BE NO BINGO & NO TRANSPORTATION AVAILABLE! ON FRIDAY, JUNE 27TH, THE CENTER WILL BE CLOSED & THERE WILL BE NO TRANSPORTATION!

POT OF GOLD — **DRAWING, WEDNESDAY, MAY 28TH**—**JUNE TICKET SALES BEGIN MONDAY, JUNE 2ND**—On Monday, June 2nd, we will start Pot of Gold ticket sales for the drawing on Wednesday, June 25th! See Alice Jennings to purchase tickets. COST: 1 ticket = \$1.00; 6 tickets = \$5.00. You need not be present to win.

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!

<u>PINOCHLE PLAYERS—MONDAYS @ 9:00AM</u>—On Mondays at 9:00am, a group gets together at the Center to play Pinochle! If you would like to play Pinochle, you are welcome to join them!

OASIS SR. ADVISORS—MONDAY, JUNE 2ND, AT 10:45AM—On Monday, June 2nd, Chet from Oasis Senior Advisors will be here to give a brief presentation on the services they have to offer! Please join us at 10:45am to learn all about it!

POLISH RUMMY—FRIDAY, JUNE 6TH, AT 10:00AM—On Friday, June 6th, at 10:00am, a group will be playing Polish Rummy at the Center! They will be playing the first Friday of the month ongoing. If you would like to join them, come on in!

HORSE HOOKY TUESDAYS @ FAIRMOUNT PARK!—TUESDAY, JUNE 3RD, JUNE 10TH, & JUNE 24TH—Join us as we go to Fairmount Park for horse racing! Cost for transportation: \$10 Members; \$15 NonMembers. You are on your own for admission, food, etc. Please sign up at the front desk & pay by Monday, June 2nd, June 9th and June 23rd. We depart the Center at 12:00pm. CROCHET MEETING—MONDAY, JUNE 9TH, 11:00AM—On Monday, June 9th, at 11:00am, we will be having a meeting for anyone interested in forming a crocheting group.

<u>CASINO QUEEN—WEDNESDAY, JUNE 11TH</u>—On Wednesday, June 11th, we will be going to Casino Queen! **We will depart** from the Center at 10:00am. COST: \$8.00 for transportation. Come join us for a good time!

<u>MOVIE: NONNAS—WEDNESDAY, JUNE 11TH, @ 11:00AM</u>—On Wednesday, June 11th, at 11:00am, we will showing the movie, "Nonnas"! Lunch that day will be Spaghetti & Meatballs! Come join us for a fun time!

BOWLING AT SHREWSBURY LANES—FRIDAY, JUNE 13TH, AT 11:00AM—On Friday, June 13th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/Non Members, includes shoes, bowling, & transportation.

BOOK CLUB—MONDAY, JUNE 16TH, AT 10:45AM—Our Book Club is reading "Holmes is Missing" by James Patterson & Brian Sitts. The Book Club will meet on Monday, June 16th, at 10:45am, to discuss this book. Come and join them!

<u>ST. LOUIS PUBLIC LIBRARY—WEDNESDAY</u>, JUNE 18TH, 10:30-11:45AM—The St. Louis Public Library will be at the Center on Wednesday, June 18th, from 10:30-11:45am. Visit their table to see what they have to offer you!

BIRTHDAY CELEBRATION—WEDNESDAY, JUNE 18TH, AT 10:45AM—On Wednesday, June 18th, we will celebrate our June birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

DIGITAL LITERACY SESSION W/SARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, JUNE 25TH, 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!

OLYMPIA KABOB HOUSE FOR LUNCH—WEDNESDAY, JUNE 25TH, 11:00AM—Join us as we go to the Olympia Kabob House for lunch! COST: \$8.00 for transportation. Lunch is on your own.

<u>CRAFTING WITH SUE—MONDAY, JUNE 30TH, AT 10:45AM</u>—Sue Molz will be having her Craft Class on Monday, June 30th, at 10:45am. Come join Sue and make something decorative for your home!

<u>MUNY MONDAYS ARE BACK!—COME FROM AWAY, MONDAY, JUNE 30TH</u>—\$10 Members/\$15 Nonmembers—BE AT THE CENTER BY 7:00PM FOR TRANSPORTATION TO THE MUNY. Sign up & pay at the front desk. **PAYMENT MUST BE MADE AT TIME OF SIGN UP!**

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 \$30.00. 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.

June 2025	FRIDAY	9	10:00am Exercise 10:00 Polish Rummy 11:30am Lunch	13 10:00am Exercise 11:00am Bowling 11:30am Lunch	10:00am Exercise	NO ACTIVITIES NO TRANSPORTATION CENTER IS CLOSED TODAY!	375 TO
St. Louis Activity Center Calendar	THURSDAY	2	TRANSPORTATION AVAILABLE	12 TRANSPORTATION AVAILABLE	19 Surveteent Page	TRANSPORTATION AVAILABLE	6
	WEDNESDAY	4	10:00am Exercise 11:30am Lunch	11 10:00am Exercise 10:00am Casino Queen 11:00am Movie: Nonnas 11:30am Lunch—Spaghetti & Meatballs	18 10:00am Exercise 10:30-11:45am St. Louis Public Library 10:45am Birthday Cake 11:30am Lunch	25 Pot of Gold Drawing 10:00am Exercise 10:30-11:30am St. Louis Public Library Sarah Reddick—Digital Literacy 11:00am Lunch at Olympia Kabob House	FLAG DAUNE
	TUESDAY	3	11:30am HORSE HOOKY TUESDAY NO OTHER ACTIVITIES NO OTHER TRANSPORTATION	11:30am HORSE HOOKY TUESDAY NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	17 TRANSPORTATION AVAILABLE	11:30am HORSE HOOKY TUESDAY NO OTHER ACTIVITIES NO OTHER TRANSPORTATION AVAILABLE	
	MONDAY	2 Pot of Gold Ticket Sales	9:00am Pinochle 10:00am Exercise 10:45am Oasis Sr. Advisors 10:45am Coffee Talk 11:30am Lunch	9 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:00am Crochet Meeting	16 9:00am Pinochle 10:00am Exercise 10:45am Book Club 11:30am Lunch	23 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch	30 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 10:45am Craft Class w/Sue 11:30am Lunch 7pm Muny-Come from Away