



5602 Arsenal St.  
St. Louis, MO 63139

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

**50/50 DRAWING—MONDAY, SEPTEMBER 25TH**—The winner of September's 50/50 Drawing is Tammy Stokes who won \$128.00!

**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!

**PINOCHLE PLAYERS—MONDAYS @ 9:00AM**—On Mondays at 9:00am, a group gets together at the Center to play Pinochle! If you would like to play Pinochle, come join them!

**POT OF GOLD TICKETS**—On Monday, October 2nd, we will start Pot of Gold ticket sales for October's drawing on Monday, October 23rd! See Alice Jennings to purchase tickets. COST: 1 ticket for \$1.00/6 tickets for \$5.00. You don't need to be present to win.

**BINGO SPONSORED BY OAK STREET HEALTH—WEDNESDAY, OCTOBER 4TH AT 10:45AM**—On Wednesday, October 4th at 10:45 am, Oak Street Health will be here to host a Bingo! Join us for fun and prizes!

**LINE DANCING WITH KATHY—FRIDAY, OCTOBER 6TH, 11:00AM**—Kathy Madsen will be teaching line dancing on Friday, October 6th! It is a lot of fun and good exercise!

**BOWLING AT SHREWSBURY LANES—MONDAY, OCTOBER 9TH, AT 11:30AM**—On Monday, October 9th, we will be bowling at Shrewsbury Lanes! COST: \$12.00/Members, \$17.00/NonMembers, includes shoes, bowling, & transportation.

**SHELDON COFFEE CONCERT—WEDNESDAY, OCTOBER 11TH, 8:30AM**—The first Sheldon Coffee Concert of the season is on Wednesday, October 11th! Featured will be vocalist, Denise Thimes! COST: \$25 Members/\$30 NonMembers for transportation, show, & coffee/donuts. We must have reservation & payment by Monday, October 2nd. **We will leave the Center at 8:30am so you have time for coffee & donuts!**

**RIVER CITY CASINO—WEDNESDAY, OCTOBER 11TH**—On Wednesday, October 11th, we will be going to River City Casino! **We will depart from the Center at 10:00am. COST: \$8.00 for transportation.** Come join us for a good time!

**MOVIE & LUNCH—"MIDNIGHT IN THE GARDEN OF GOOD & EVIL"—WEDNESDAY, OCTOBER 11TH AT 10:45AM**—Join us as we watch a movie based on the Book Club's last selection! Lunch will be Jambalaya for \$5.00! Sign up at the desk in the Center.

**BIRTHDAY CELEBRATION—WEDNESDAY, OCTOBER 11TH, AT 10:45AM**—On Wednesday, October 11th, we will celebrate our October birthdays! Birthday cake and coffee will be available for FREE. Happy Birthday to all our celebrants!

**POT LUCK LUNCH & LINE DANCING—THURSDAY, OCTOBER 12TH, 11:00AM TO 2:00PM**—On Thursday, October 12th, there will be a Pot Luck Lunch & Line Dancing! COST: \$5.00.

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

**BOOK CLUB—WEDNESDAY, OCTOBER 18TH, AT 11:00AM**—Our Book Club is reading "To Kill a Mockingbird" by Harper Lee. Come join us as we gather to discuss this book on October 18th at 11:00am!

**BINGO—THURSDAY, OCTOBER 19TH, 10:30AM**—On Thursday, October 19th, 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!

**OKTOBERFEST—FRIDAY, OCTOBER 20TH, 10:45AM**—Join us for our Oktoberfest Party with food, line dancing and games! Lunch will be Bratwurst with Sauerkraut, German Potato Salad & dessert. COST: \$10.00.

**ART WITH ANDREA—MONDAY, OCTOBER 23RD, 12:00PM**—On Monday, October 23rd, at 12:00 noon, Artist Andrea Veras will be teaching an art class! COST: \$25.00 includes all supplies. **Must sign up & pay by Friday, October 13th.**

**MONTELLE WINERY & FALL FOLIAGE TOUR—TUESDAY, OCTOBER 24TH**—Join us to see Fall foliage & visit Montelle Winery! Enjoy wine tasting (\$15.00) & lunch at the Klondike Café. Depart the Center at 10:30am. **COST: For Transportation = \$20/ Members; \$25/NonMembers.** Wine tasting & lunch are on your own.

**OAK STREET HEALTH BENEFIT REVIEW—WEDNESDAY, OCTOBER 25TH AT 10:45AM**—Oak Street Health will be here on Wednesday, October 25th at 10:45am, to review Medicare benefits for anyone who needs help with this.



**DIGITAL LITERACY SESSION WISARAH REDDICK, ST LOUIS PUBLIC LIBRARY—WEDNESDAY, OCTOBER 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!

**HALLOWEEN PARTY—MONDAY, OCTOBER 30TH, AT 10:45AM**—Come dressed in costume for Halloween fun & prizes! Lunch will be Chili or Chili Dogs and dessert! COST: \$5.00. Please sign up on the desk in the Center.

**CRAFTING WITH SUE—MONDAY, OCTOBER 30TH AT 10:45AM**—On Monday, October 30th, at 10:45am, Sue Molz will be having her Craft Class. Come join Sue and make something decorative for your home!

# St. Louis Activity Center Calendar

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Pot of Gold Ticket Sales MUST HAVE SHELDON RESERVATIONS BY TODAY 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p><b>3</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>4</b> 10:00am Exercise 10:45am Oak Street Health Bingo 11:30am Lunch</p>	<p><b>5</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>6</b> 10:00am Exercise 11:00am Line Dancing w/Kathy 11:30am Lunch</p>
<p><b>9</b> 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 11:30am Bowling</p>	<p><b>10</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>11</b> 8:30am Sheldon Coffee Concert 10:00am Exercise 10:00am River City Casino 10:45am Birthday Cake 10:45am "Midnt in Garden of Good &amp; Evil" movie &amp; Jambalaya lunch</p>	<p><b>12</b> POT LUCK LUNCH &amp; LINE DANCING 11:00am-2:00pm</p>	<p><b>13</b> MUST PAY FOR 9/23 ART SUPPLIES BY TODAY! 10:00am Exercise 11:30am Lunch</p>
<p><b>16</b> 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch</p>	<p><b>17</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>18</b> 10:00am Exercise 10:30-11:45am St. Louis Public Library 11:00am Book Club-To Kill A Mockingbird 11:30am Lunch 12:30pm Board Meeting</p>	<p><b>19</b> 10:30am BINGO 11:30am Lunch 12:00pm BINGO</p>	<p><b>20</b> 10:00am Exercise 11:00am OKTOBERFEST with Line Dancing, Games, and Lunch</p>
<p><b>23</b> Pot of Gold Drawing 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 11:30am Lunch 12:00pm Art with Andrea</p>	<p><b>24</b> MONTELLE WINERY &amp; FALL FOLIAGE TOUR NO OTHER ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>25</b> 10:00am Exercise 10:30-11:30am Digital Literacy w/Sarah-St. Louis Public Library 10:45am Oak St Health Benefit Review 11:30am Lunch</p>	<p><b>26</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>	<p><b>27</b> 10:00am Exercise 11:00am Tax Clinic sponsored by Wash U. Law Students 11:30am Lunch</p>
<p><b>30</b> HALLOWEEN PARTY 9:00am Pinochle 10:00am Exercise 10:45am Coffee Talk 10:45am Crafts with Sue 11:30am Halloween Party Lunch</p>	<p><b>31</b> NO ACTIVITIES TRANSPORTATION AVAILABLE</p>		 <p>Tammy Stokes Won \$128.00!</p>	