



St. Ann Community Center is
Proud to partner with SilverSneakers
And UHC Active Renew



We Have PICKLE BALL!!!

Mondays—9am-3pm / Tuesdays—2pm to 8p
Residents: \$4, Non-residents : \$5, Seniors \$2.50
Silver Sneakers/Active Renew is FREE

Mahjongg Mondays!

We have a group playing on Mondays from 10-12. If you know how to play or want to learn—call the senior office for more information.



The Senior Scoop is Sponsored by the
St. Ann Parks & Recreation Department

Senior Scoop



August 2024

Patty Marshall 8am-3pm
St. Ann Community Center
#1 Community Center Dr
St. Ann, MO 63074
(314) 429-4545



Table of Contents

In a Nutshell.....	Page 3
On The Road	Page 4-6
Information.....	Page 7
Calendar.....	Page 8-9
Daily Activities.....	Page 10
Health and Wellness.....	Page 11
Classifieds.....	Page 12
Information.....	Page 13
OASIS.....	Page 14-15

Please let us know when a fellow Golden Club member is sick or hospitalized so we can send them a card from our group and brighten their day...

New Members

We hope all members enjoy themselves and you feel welcome when you are here! Let's all make sure we make new members especially welcome!

When they need a seat at Golden Club—tell them to pull up a chair at your table.

Come Join TOPS (Take Off Pounds Sensibly)

When: Every Tuesday

Time: 10-11am (Weigh-ins begin at 9:30am)

Place: Expansion Church 11150 Old Saint Charles Rd.
St. Ann MO 63074

Contact Pat Pinson— (c)314-435-5898 (h) 314-428-1168



Find a Mistake? The parks and recreation department strives to provide activities for all ages and interests. Since some like to find errors, we regularly include a few in our publication to meet this need. (There's one that no one has found in YEARS!)

Oasis



#9062 Volunteerism for Retirees: Finding your Fit

Are you searching for an additional purpose after retirement and need help figuring out where to start? Community connections are often complicated and overwhelming when deciding where to begin. This program is designed to help you determine the volunteering experience you seek and the nearby opportunities available. Instructor Richard Losciale is a Certified Senior Advisor.

WED, September 18 | 1 - 3 p.m. | \$8.50

Instructor: Richard Losciale

#9066 St. Louis Oasis Northwest Plaza Grand Opening & Falls Prevention Fair—FREE

St. Louis Oasis is thrilled to celebrate the opening of our brand-new location in St. Ann's Northwest Plaza! Lunch will be provided while guests tour the new office and classroom spaces. The Falls Prevention Fair will host multiple community partners offering fall risk-related screenings, education, and resources to empower older adults to mitigate their modifiable risk factors and prevent falls. Learn more at stloasis.org/grandopening

TUE, September 24 | 11 a.m. – 2 p.m.

We will be taking people to the grand opening—sign up with the senior office—limited seating available.

314-429-4545 to sign up for a spot leaving from the Community Center

What is the study of the sun called and how big is the sun compared to the earth?
(Answer on page 13)



Oasis

Oasis is coming to St. Ann!!

Oasis is a national nonprofit that supports healthy aging through lifelong learning, active lifestyles, and volunteer engagement. We are thrilled to celebrate the opening of their new location at Northwest Plaza right here in St. Ann.

They offer classes that are educational, just for fun, health etc. and they provide volunteer opportunities.

You can sign up for one (or more) of their September classes! Registration begins August 5th. To register, call 314-862-4859

Ask a Techie

Get Free help with technology such as Android and iPhone Smartphones, PC and Apple computers, iPad and Android tablets, WIFI, email, software updates- one-on-one problem solving and training.

#9206 MON, September 16 | 1 - 2 p.m. | Free
Instructor: Jordan Carr

#9507 MON, September 23 | 1 - 2 p.m. | Free
Instructor: Jordan Carr

#9208 MON, September 30 | 1 - 2 p.m. | Free
Instructor: Jordan Carr

#9061 The Power of Listening: Unlocking Growth and Understanding

THU, September 12-October 3 | 10 - 11:30 a.m. | \$34 (4 Sessions)
Instructor: Terrancelamont Bellows

IN A NUTSHELL



August Golden Club ICE Cream SOCIAL

(Wednesday, August 28th 2024)

11:00 Entertainment: The Banjo Band

12pm Lunch: Island chicken and veggies, citrus rice with green onion, rolls and pineapple meringue

*Invite friends for the great entertainment and lunch!

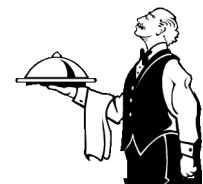
Ticket Price: \$13 Cash please

Please purchase tickets by the Friday before the meeting. You can buy your tickets in the senior office (call ahead to see if Patty is in—or the front desk will give you an envelope for your cash and you can write your name and the number of tickets and push the money under the senior office door). Thank you !

DINING OUT

(Wednesday, August 7 2024)

This month we will be going to Chimi's on Woodson. Great Mexican food—come meet all your friends and have a margarita!



**Please—try to bring cash to pay (correct change)
It makes it much easier on the staff and doesn't take so long.

If you bring 1-\$20 bill, 1-\$10, one \$5 bill and 5-\$1 bills it means you are always ready to round up with the right amount

Van fee \$2 (one van) \$3 (two vans) —\$1 due at sign up.
(You are responsible for your own at the restaurant)

On day of Golden club please only sign up for yourself and one friend—due to limited seating. After Golden club, if there is room, you can sign up all your friends!

******LEAVING 4:30pm**



ON THE ROAD

Omnimax @ The Science Center

(Thursday September 12)

After a great show at the Omnimax theater we will go to Ameghetti's on your own for lunch. Don't miss out on this fun day!

Leaving: 9am

Return: approx. 2pm

Cost: \$15

**If we get more than six on the waiting list we will go on Friday, Sept 13th also

Loading Dock and Argosy

(Tuesday September 17th & Wednesday September 18th 2024)

Come enjoy a fall day on the river having lunch at the Loading Dock in Grafton. If it's nice you can sit out on the patio and enjoy the scenery or enjoy the comfort of their indoor seating. We will head over to the Argosy casino to try our luck before heading home.

Leaving: 10:30am

Return: 3:30pm

Cost: \$5

Down\$tream Casino

(Tuesday- Thursday October 1st, 2nd & 3rd 2024)

Come have a great time for three days and two nights at the Las Vegas Style Casino in Oklahoma. The property entrance is in Missouri, parking is in Kansas and the front doors are in Oklahoma. You can be in three states at once in an 80,000 square foot space filled with 2,000 slot machines, 35 gaming tables and a 12 table poker room. On the way we will be stopping for lunch at The Public House in St. James for a pizza and salad buffet. We will stop in at St. James Winery before we head off to Quapaw and the Downstream Casino.

INFORMATION



ST. ANN SENIOR TRANSPORTATION SERVICE...

We have a unique program here in St. Ann for resident seniors (62+) who are in need of transportation. The van transports independent seniors to and from anywhere in St. Ann, and out to the DePaul Hospital Complex.

Tuesday—Friday

8am-1pm



Appointments must be made at least 24 hrs in advance or by Friday for the next Tuesday.

St. Ann Senior Privilege Card **must** be shown to driver before boarding.

(Wheelchair lift available, please request when making each appointment)

Contact the senior office for more detailed information...429-4545

Places you may like to go in St. Ann....

Aldi, Regions Bank, Big Lots, Family Dollar, Dollar General, Walgreens, the Community Center, Nail Salon, Post Office, Menards, Ruler, The Crossings

Hair Care Appointments:

Hairforce Salon(314-429-0204)

Exceptions outside of St. Ann are made for Walmart, Schnucks, Target, Hobby Lobby, and Kohl's (Bridgeton)

(Answer from page 15) The study of the sun is called "heliotherapy".
and One MILLION earth could fit inside the sun



CLASSIFIEDS

Please be advised the individuals on this page have been endorsed by and successfully performed services for two or more members of the Golden Club. They are in no way affiliated with the City of St. Ann or the Parks and Recreation Department. The Senior Office is happy to provide these names of respected individuals to help the seniors of our community

If you know of a qualified person willing to assist seniors, have them contact our office at **429-4545**.

Home cleaning: Jenny Kaufman—314-583-6444—call for prices
Suzanne Frey—704-224-1559—call for prices

Electric: Rosco 862-1115

Heating and Cooling: Staples service - 291-4638

Handyman:

Elliot Johnson—Viper Renovations 314-556-2805

Lawn care:

Tim B. -680-3485

Nick (clean-up, leaf removal, and planting) 261-6881

Mike (clean-up, leaf removal, mulch, gutter cleaning) 397-2009

Sammy (Lawn Care) 314-518-4746

Private Yoga instructor: Have someone come to your home to help you with Yoga—great for balance and over all health -call for pricing
Amy Raymond—314-606-8790

Plumber—AA Quick—429-7131

(mention you are from St. Ann for a special coupon)

Income Tax Preparation—Max Tax —Income Tax services

Individual-business-late & Amended Tax Returns. Pick up and delivery available. Free consultation. Call John Glick—314-991-0308

Alterations— Karen—call Community Center Thurs or Fri 8-4

Personal Care Giver—30+ years experience

Deborah Akers 314-305-1420

Home Support and Personal Care

Theresa Workman— 337-2685

Personal Assistant for Seniors: Dianne Ruggeri 314-898-5887

ON THE ROAD



The second day of our visit we will take a trip to Miami, Oklahoma. We will be taking a tour of The Coleman Theatre, a historic performance venue and movie house located on historic U.S. Route 66. Built in 1929 for George Coleman, a local mining magnate, it was built by the company that built the Fox Theater and has an elaborate Louis XV interior. (They will be providing a nice lunch for our group so check the box on the sign-up sheet if you will be joining us the second day).

We will also visit a pecan farm and if you wanted to take a short tour they will show you how it all works. Buy some to take home or give as gifts.

Grab a friend to go with or meet new friends on the trip – Don't miss this fun few days!

Leaving: 9:15am Tuesday, October 1

Returning: appox 4:30pm on Thursday, October 3

Cost: \$332 (double)

\$397 (single)

(Trip includes: Hotel accommodations at Downstream Casino/ Hotel, lunch at Public House, admission to The Coleman Theatre and lunch there, deluxe motor coach accommodations by Vandalia Coaches, taxes, games, movies, music & lots of fun).

*\$50 deposit due upon sign up and total due by September 16th

Newsies @ Stages

(Wednesday August 14th 2024)

After a delicious meal on your own at **First Watch** we will be going over to STAGES to enjoy *Newsies*.

Leaving: 11:45am

Returning: 5pm

Cost: \$49

Rock It!!

(Wednesday August 21st 2024)

Come and Paint some flat rocks to put in your garden, in your house or give away. We will be in Room 102 using paint to make these beautiful handmade art pieces. Follow the instructor (Patty) and be surprised what an artist you can be! Don't miss this – You can do it!

Meeting: 10am

Cost: \$8



ON THE ROAD

Trip Payment Policy:

Check/money order only for trips (separate checks for each trip but more than one person can be paid on one check)

Make checks payable to: **GOLDEN CLUB**

If you are mailing—mail to:
Patty Marshall/ SENIOR OFFICE
#1 COMMUNITY CENTER DRIVE
ST ANN MO 63074

If you sign up at the Golden Club:

Your check is due within 3- 5 business days

You may lose your place on the list. You do not have to bring your check in person. Many send a relative or place their check in the mail. You are welcome to call us in 2-4 business days and verify that we have received it.

If you sign up AFTER the Golden Club:

Your check is due at sign up. If you make your reservation by telephone you have 2 mailing days to send your check.

Refunds: If I can give you back money I always will. However, if money has been paid out for tickets/bus/food, and there is no one on the backup list, a refund may not be possible.



**Thank you for your cooperation,
Patty**

Health and Wellness



Pool News!

There is progress being made!!
Look for more updates—grand opening
expected in the summer 2025

Swimming

The indoor pool in St. Ann will remain closed and the new outdoor pool will not be opening until 2025. But water exercise is an excellent way to increase your mobility. Great for knee replacements, arthritis, injuries & sore/tight muscles. It can help your cardiovascular system and it's easy on all your joints.

Check out the Senior Water Aerobics classes in your community! Affordable and fun classes are offered at various times during the day/evenings:

Bridgeton Community Center
4201 Fee Fee Rd
Bridgeton MO 63044
314-739-5599



Maryland Heights Community Center
2300 McKelvey Rd.
Maryland Heights, MO 63043
314-739-2599



Edward Jones YMCA
12521 Marine Ave.
Maryland Heights, MO
63146



Call to find out their hours of operation, classes , pricing and times for open swim

MORNING WALKING:

Our gymnasium is available for walking Monday through Friday from 6:30am to 8:00am. If there is nothing happening in the gym you are more than welcome to walk - 17 times around is a mile.

PHYSICAL FITNESS:

This class will help to revitalize your mental and physical health. Joan McAtee is the instructor on Tuesdays and Thursdays at 10:30 - 11:30am. Sign in at the front desk. No need to sign up ahead of time. Resident: \$2.50 per class* Non Resident: \$3.50 per class
**Senior Resident card required for Resident Rate*

GAMES:

Mondays from 10-12 room 102 is open for games. Contact the Community Center for more information.

GOLDEN CLUB:

This social club is open to all senior citizens. Sign up for trips begins at 10am but the meeting begins at 11 am with an entertainment followed by a catered lunch for a nominal fee of **\$12.00**. Most meetings are held on the 4th Wednesday of the month. November and December Meetings are on the 2nd Wednesdays.
(If interested in joining the Golden Club, contact the Senior Office during work hours)

INFORMATION



Community Center Rates

Resident ID Privilege Card

Residents of St. Ann, 3 years and older may purchase a Privilege ID card which will enable them to receive discounts on St. Ann Programs offered through the St. Ann Parks and Recreation Department.

- ◆ Cost is \$12 per person and valid for 1 year.
- ◆ *Senior citizens 62 and older pay \$12 for a permanent ID Card.*

Weight Room & Cardio Room Membership

No one under 16 years of age allowed in weight room, cardio room or sauna unless a waiver is signed by parent/guardian and they have completed an orientation.

◆ Resident (18-61 yrs.)	\$80 yearly
◆ Resident (16 & 17 yrs.)	\$80 and requires a weight waiver
◆ Senior Resident (62 +)	\$40 yearly
◆ Resident Family*	\$200 yearly

**Family members must reside in same residence and their names be on occupancy permit.*

◆ Non Res. (18 and older)	\$200 yearly
◆ Non Res. (16 & 17 yrs)	\$200 and requires a weight waiver

Basketball & Game Room—Non Resident - Child's Memberships

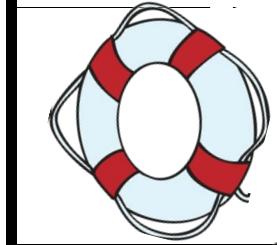
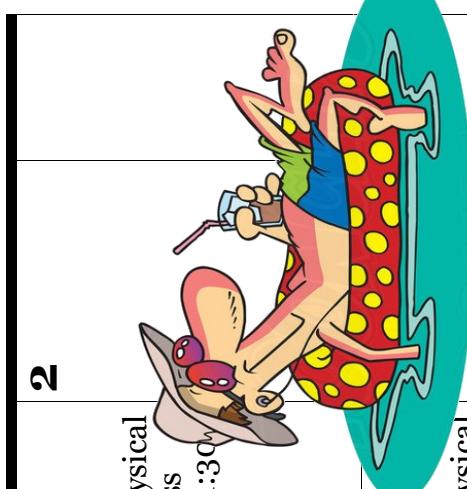
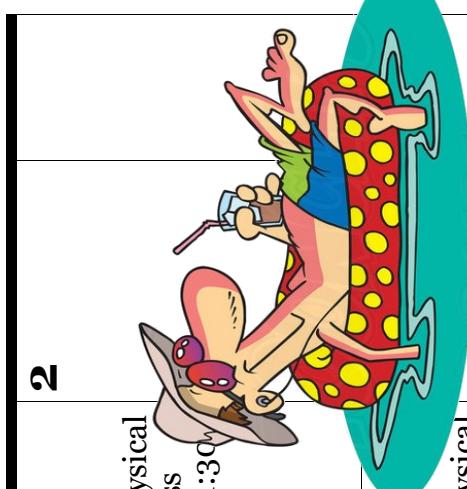
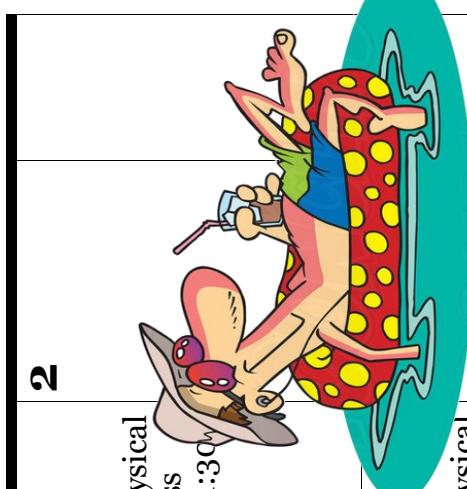
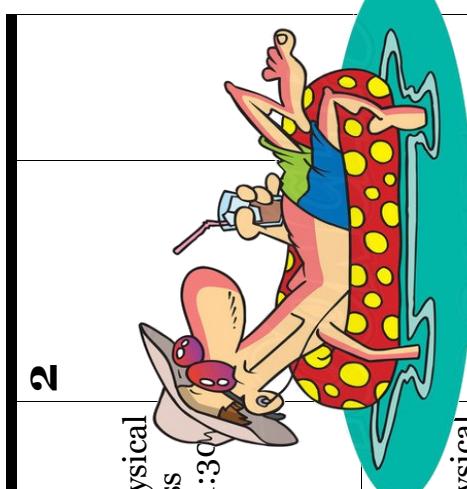
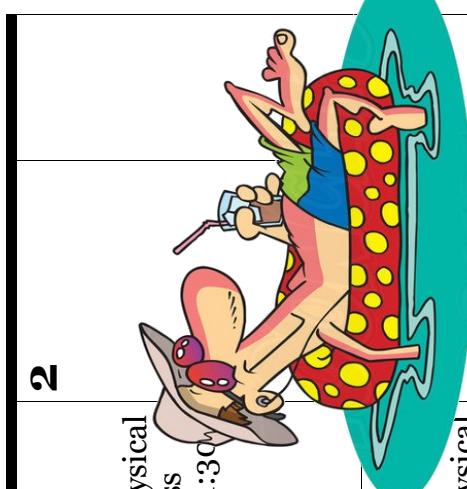
◆ Non Res. (15 & under)	\$100 per year
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*******SilverSneakers/Renew Active*******

The Community Center is now partnering with SilverSneakers and Renew Active so that anyone eligible can use the Weight Room, Cardio Room or Sauna for free. Call your Medicare Health Plan to see if they offer SilverSneakers. Call the senior office with any questions

August 2024

Sun Mon Tue Wed Thu Fri Sat

						
1	2	3	4	5	6	7
Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Dining Out
8	9	10	11	12	13	14
Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Stages Newsies
15	16	17	18	19	20	21
Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Rock It!
22	23	24	25	26	27	28
Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Senior Physical Fitness 10:30-11:30	Golden Club
29						