



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

Penguin Walk Sat. January 26th 2026

Come walk Tiemeyer Park at 10am no matter what the weather is. Get all bundled and see the beauty our park has to offer. Donuts, Coffee and Hot chocolate served at the Tiemeyer room at the pool. Call or come by to register by Jan 24th to be eligible to win a prize or just come that day and have fun.

St. Ann Writing/Reading Club

Do you like to write short stories or scripts?
Or do you like to read outloud?

We would like to have a group who enjoys these meet one Tuesday morning a month at the Community Center. Sharpen your skills and hear your work read aloud.
Listeners are welcome too!

Coffee with the Mayor

Please come and have some coffee, and get to know what's happening around your community. Talk with St. Ann's mayor, Amy Poelker at the Community Center at 10am in room 102.

Bring any questions or concerns or just get to know your neighbors.... Call for the upcoming meeting times



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

Senior Scoop



January 2026

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



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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.

Invite new people to Golden club and get a
punch card. If you bring four new people you
get a free ticket for your next Golden Club.

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!)



Just for Fun



What fruit is traditionally eaten in Spain at the stroke of midnight, one for each chime of the clock? Grapes

Which country celebrates New Year's Day on April 14? Nepal
In which country is it a tradition to jump off a chair at midnight on New Year's Eve? Denmark

In ancient Rome, the New Year was celebrated in which month? March

Which country's New Year's tradition includes bell ringing 108 times? Japan

Which country popularized the song 'Auld Lang Syne'? Scotland

What does 'Auld Lang Syne' translate to? Times gone by

In the Southern US, consuming what food on New Year's Day is considered to bring prosperity? Black Eyed Peas

In Brazil, what color do many people wear for New Year's for good luck? White

Which country celebrates New Year by throwing furniture out of the window? South Africa

In Italy, wearing what color underwear is considered to bring luck in the New Year? Red

What is the traditional New Year's gift in Greece? A pomegranate

In Turkey, what is smashed for good luck on New Year's? Pomegranates

In Columbia what do you carry around on New Years to ensure a year of travel?

(Answer on page 13)



Oasis offer classes that are educational, health, or just for fun. They also provide volunteer opportunities. Check out the full list of classes at NWP.

To register for classes or for more information, 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. (one day class) MONS, 1–2 p.m. | Free

Check out the other classes not listed!

New Year Resolution

Every year there was a tradition to make a New Year resolution—But it became a joke of exercising and then letting it fall through. Or trying to eat better but by Valentine's Day you were back in the same old rut. This year make a priority to do something different. We are never too old to change—ask yourself what you could do to improve yourself.

It could be getting out there more and joining a club or going to church more, volunteering someplace, taking a walk now and then. Get to know your parks in your area—even if it's just sitting on a bench and enjoying the sounds of nature. What about learning a new skill, or taking up a hobby you have forgotten about. Decide to read the classics, listen to all of Beethoven's collection, take a painting class, write a story of your first date or some other significant time in your life. Every day for a month tell yourself three good things that has happened to you—this really does change your mindset. Write a few letters to people you haven't seen in a while. Bake some cookies for a neighbor or friend. Try a food you've never had. Break the mold that you have created—everyone does it—we get used to life being the same. Change it—you should even sit in a different spot at home for a different perspective. These are all things good for your brain—don't be stuck!

~Growth begins the moment you step beyond what you know and dare to try something new

IN A NUTSHELL



January Golden Club

(Wednesday, January 28th, 2026)

11am: Entertainment— Dan Hoerle will play his guitar for a wintery acoustic session...

12am: Lunch— Chicken Picatta, pesto pasta, salad, rolls and bread pudding

Ticket Price: \$14 Cash please

****Please** purchase tickets by the Friday before the meeting. 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 January 21st, 2026)

This month we will be going to Brio's Italian Grille in Frontenac. A Tuscan inspired restaurant serving salads, pizza, sandwiches, pastas and entrees. Prices range from \$16-\$30 for entrees

On the 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!

****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)

(You are responsible for your own at the restaurant)

******LEAVING 11:30am**



ON THE ROAD

New

Love my Cardinals

Hollywood Casino

(Wednesday February 11th, 2026)

Love is in the air—wear red to show your love or wear your Cardinal attire and treat yourself to lunch, chocolate and gambling!! Love those slots, tables and especially the winnings!!

Leaving: 10:30am

Returning: approx. 2:30 pm

Cost: \$5

***If more than 6 signs on back up we will also go
Thurs, February 12th

New

Ameristar Blues

(Wednesday, January 15th 2025)

Kick off the winter Blues by celebrating our St. Louis **BLUES**. Wear your Blues attire or just wear blue to root on our team and bring yourself luck at the Casino.

Leaving: 10:30am

Returning: approx. 3pm

Cost: \$5

**If more than 6 signs on back up we will also go
Thurs, Jan 16th

**Pay by December 10 Golden Club or at sign up

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. The 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)

***3 reusable shopping bags limit —Bigger than three plastic grocery bags

An empty suitcase
(Answer from page 15)



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**.

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

Barber Shop—Swiney's on Ashby—828-216-5701

Electric: Rosco 862-1115

★ **Handyman:** Elliot Johnson—Viper Renovations 314-556-2805

Heating and Cooling: Staples service - 291-4638

Home Support and Personal Care
Theresa Workman— 337-2685

Lawncare:
Tim B. -680-3485

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

Sammy (Lawn Care) 314-518-4746

Medical equipment and helpful items can be obtained at stlhelp.org in Olivette. Call (314) 897-HELP. They take donations too!

Personal Assistant for Seniors: Dianne Ruggeri 314-919-5826

Plumber—AA Quick—429-7131
(mention you are from St. Ann for a special coupon)

ON THE ROAD

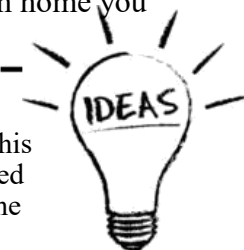
If you are traveling in your car at all—here's a good winter checklist: (If you don't drive—pass it along)



1. Check or change your car battery – In cold weather the battery requires twice the current. If it worked all summer you still could have trouble when winter comes along.
2. Adjust tire pressure - cars lose tire pressure with the temperature dropping.
3. Check the tire tread- worn tread won't grip an icy or snowy pavement as well. Make sure you're tires or in good shape or replace them
4. Protect windshield wiper blades – use an ice scraper rather than your wipers on an icy windshield – the ice can damage the rubber on your blades so they are not as effective on just a wet windshield.
5. Add coolant/antifreeze – a 50/50 mixture of water and anti-freeze protects the engine and prevents it from freezing
6. Always have an emergency kit – even if you don't drive far. A blanket, gloves, ice scraper, flashlight, jumper cables and a snack and bottle of water. If you get stuck and have to wait for help (even if you are a few blocks away from home you will be thankful)



Got some ideas where we could go in 2026? Have you been somewhere you thought—"everyone would love this place?" Or have you seen a place on local TV that looked like fun? Please list and cut them out and get them to the senior office....





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:

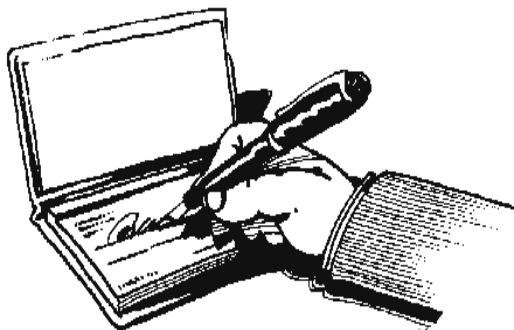
Your check is due within 3- 5 business days

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!

**Teimeyer Pool is closed for the season—
hope everyone enjoyed our first year!**



Swimming

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:

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

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

Edward Jones YMCA
12521 Marine Ave.
Maryland Heights, MO 63146
314-439-9622



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 **\$14.00**. 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, 13 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. Children 12 and under are free!

- ◆ 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*


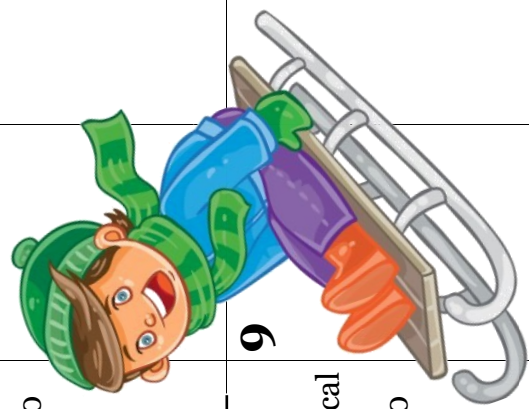
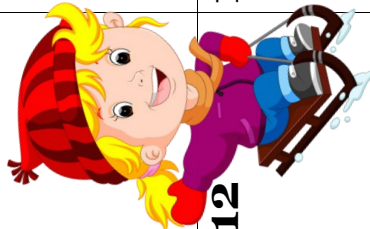
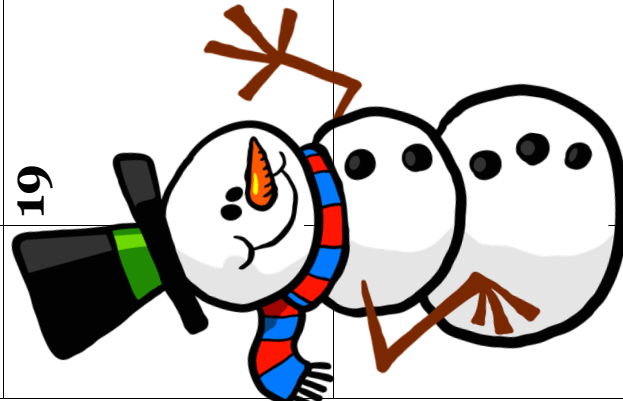

Basketball & Game Room—Non Resident - Child's Memberships

- ◆ Non Res. (15 & under) \$100 per year

*******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

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Senior Physical Fitness 10:30-11:30	2	
5	12 	Senior Physical Fitness 10:30-11:30	7	8 Senior Physical Fitness 10:30-11:30	9	
	13 Senior Physical Fitness 10:30-11:30		14 Ameristar Blues	15 Senior Physical Fitness 10:30-11:30	16	17
19 	20 Senior Physical Fitness 10:30-11:30		21 Dining Out	22	23	
	Senior Physical Fitness 10:30-11:30		28 Golden Club	29 Senior Physical Fitness 10:30-11:30		