



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



Don't have Facebook?

Want to keep up with programs offered at the Community Center but don't have Facebook? Sign up for PATCH and you will get emails: Go to Patch.com and put in 63074 zip

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!

Let me know in the senior office if you are interested...

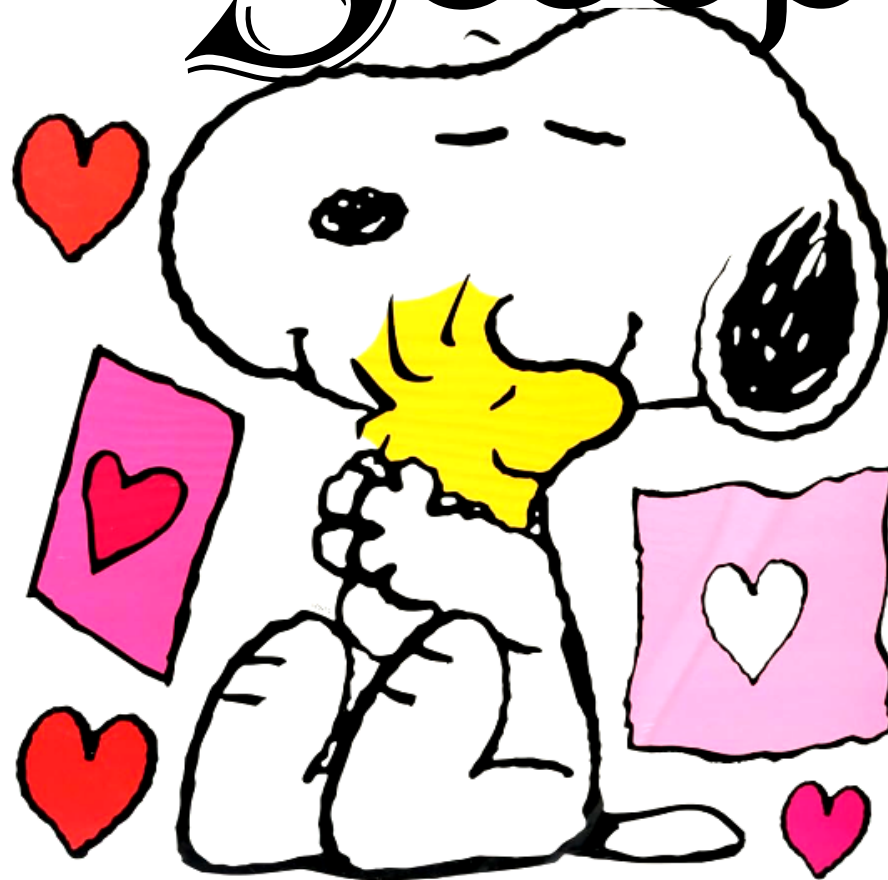
Coffee with the Mayor

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. Call for upcoming dates and times



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

Senior Scoop



February 2026

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

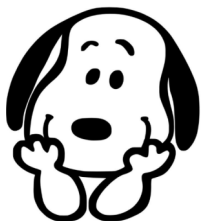


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Please let us know when a fellow Golden Club member is sick or hospitalized so we can send them a card from our group and brighten their day...

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. Once 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's Cupid Got to Do with It?

According to Roman mythology, Cupid was the son of Venus, the goddess of love and beauty. Cupid was known to cause people to fall in love by shooting them with his magical arrows. But Cupid didn't just cause others to fall in love - he himself fell deeply in love.

As legend has it, Cupid fell in love with a mortal maiden named Psyche. Cupid married Psyche, but Venus, jealous of Psyche's beauty, forbade her daughter-in-law to look at Cupid. Psyche, of course, couldn't resist temptation and sneaked a peek at her handsome husband. As punishment, Venus demanded that she perform three hard tasks, the last of which caused Psyche's death.

Cupid brought Psyche back to life and the gods, moved by their love, granted Psyche immortality. Cupid thus represents the heart and Psyche the (struggles of the) human soul.

- Approximately 1 billion Valentine's Day cards are sent each year.
- In order of popularity, Valentine's Day cards are given to: teachers, children, mothers, wives, sweethearts, Koko the gorilla.
- The expression "wearing your heart on your sleeve" comes from a Valentine's Day party tradition. Young women would write their names on slips of paper to be drawn by young men. A man would then wear a woman's name on his sleeve to claim her as his valentine.

World's largest box of chocolates in 2023? (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!

ExerStart

Fridays Jan 6 – Feb 26 and March 3 – April 23, 11-11:45 AM

Keep moving and stay active with ExerStart! This low-intensity exercise class

Yoga

Jan 6 – Feb 20, 12- 1 PM Jeanne practices an ‘old school’ style of hatha yoga, one of slowly and deliberately assuming a posture and holding it while breathing deeply.

Cost: \$59.50

Golden Beats

Jan 7 – Feb 25, 12:30PM-1:30PM

Golden Beats is an evidence-based drumming fitness program

A History of Heaven and Hell: Before the Time of Jesus

Jan 9, Jan 16, Jan 30, 10:30 AM-12PM Cost:\$9 each class

Great Broadway and Movie Musicals Since WWII

Thursday, February 12, 2:00 PM → 3:00 PM

Over the past 80 years, we have been entertained by extraordinary Broadway and movie musicals that have changed our lives forever. Beginning with Rodgers and Hammerstein’s Oklahoma! The instructor features clips from beloved classics such as Singin’ in the Rain, Hello, Dolly! and The Sound of Music. Cost: \$9

Ernest Hemingway: How St. Louisans Shaped His Life

Friday, February 13, 11:30 AM → 12:30 PM

The great Ernest Hemingway would not have been the man he was without five St. Louis families to help him out. Three of his four wives came from STL! They brought him wealth, power, and even shaped his legacy. Hear about and discuss these little-known connections with the author of “Hemingway’s Saint Louis.” Cost: \$17

About Photo Postcards and the Man Who Made Them

Feb 20, 11:30 AM → 12:30 PM

Henry Bregstone was a prolific St. Louis photographer whose work rarely hangs on walls. Instead, he produced an estimated one million real photo postcards over his career, capturing roads, bridges, schools, and events across the Midwest. This class explores his life, the process of creating photo postcards, and invites participants to bring their own cards for a show-and-tell. Cost: \$9

Death Café: Open Conversations on Death and Dying Tuesday, February 27, 1:00 PM → 2:00 PM

IN A NUTSHELL



February Golden Club

(Wednesday, February 25th, 2026)

11:00 Bingo—two cards per person
(bring a dobber or use a pen)

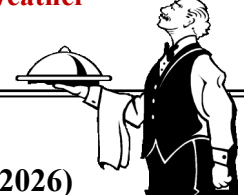
12pm Lunch: Nick and Elena’s Pizza & Salad

***Cash Prizes

Ticket Price: \$10 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 !

*******May be cancelled if we have inclement weather*******



DINING OUT

(Wednesday January 21st, 2026)

This month we will be going to **Flower Child** in Frontenac. Delicious food—check them out on line—you do have to order at the counter and they bring you your food. Prices range from \$11-\$16 for entrees. They are a chain but they are new to St. Louis.

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

Luck of the Irish Craft

(Wednesday March 4th 2026)

Join us at the St. Ann Community Center as we get ready for St. Patrick's Day. Make a Door hanger with the help of your teacher (Patty). Easy and fun way to celebrate the Lucky Holiday. We will be making a door hanger with a few shamrocks you will easily decorate.

Time: 10am

Place: Room 102 at the Community Center

Cost: \$10



West County Trio

(Wednesday March 18th 2026)

We will have a day of fun starting with **Ollie's** (the store where you can find anything) then we will head to **Painted Tree** where there are over a hundred small stores in one space. We will grab some lunch after all that shopping at **Young's Ice cream shop**—it's a small place with BIG ratings for their ice cream but also for their fried chicken, fish and a number of other things like burgers, soups etc. You order at the counter but believe me — SO worth it! Don't miss out on the day of fun.

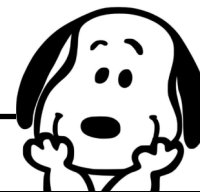
Leaving: 9am

Return at approx. 2

Cost: \$5

**More than six on the waiting list and we will also go again on Thursday March 19th

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
reuest
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



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

Lawn care:
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



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!!

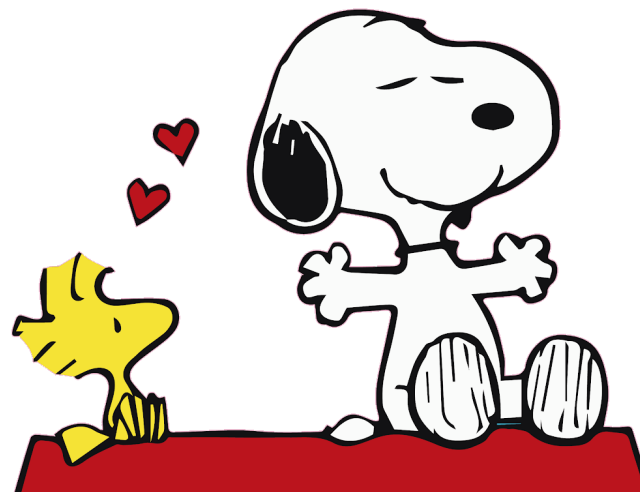
Leaving: 10:30am

Returning: approx. 2:30 pm

Cost: \$5

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

Family Valentine party at the Community Center on February 10th—
must register by Feb 3rd at 8pm
Call for more information 314- 429-4545





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:

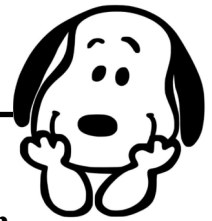
Your check is due at sign up. If you make your reservation by telephone you have 2 mailing days to send your check.

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:

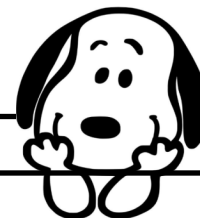
Mondays from 10-12 room 102 is open for games. Contact the Community Center for more information.

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*



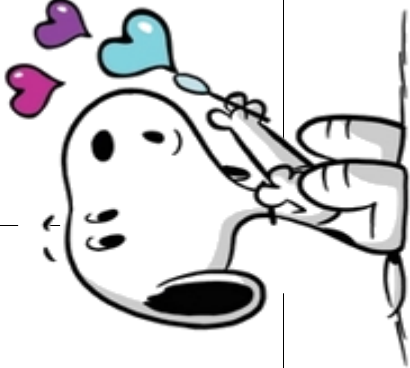
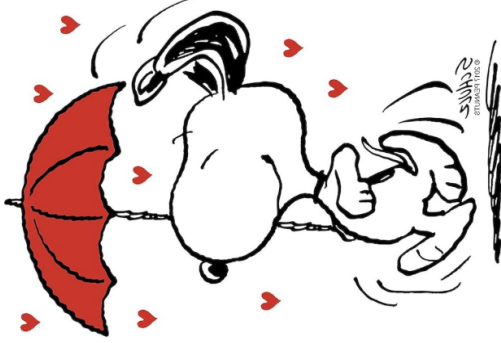
Basketball & Game Room—Non Resident - Child's Memberships

- ◆ 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

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	2	3 Senior Physical Fitness 10:30-11:30	4	5 Senior Physical Fitness 10:30-11:30	6	
9 	10 Senior Physical Fitness 10:30-11:30	11 Love My Cardinals Hollywood	12 Senior Physical Fitness 10:30-11:30	13		
	17 Senior Physical Fitness 10:30-11:30 Dining Out	18 Ash Wednesday	19 Senior Physical Fitness 10:30-11:30	20 		
	23	24	25 Golden Club	26		