



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

Games/Cards

We can make room 102 open 10am –12pm on Mondays for cards and games if people are interested - open for all

Anyone want to learn Mahjong?
We have someone who is willing to teach it
Call if interested—Patty—314-429-4545

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

ArchWell Health

For a happier healthier life

A high level of care for seniors –a ONE STOP healthcare
They focus on wellness, community and strong member/doctor relationships. They are different than your typical doctor’s office
-They pick you up and drop you off, coordinate needed surgeries and specialty care, provide 24-hour service, and offer tele-health visits

-They have fewer patients so they can keep the focus on you, with greater availability and same-day appointments

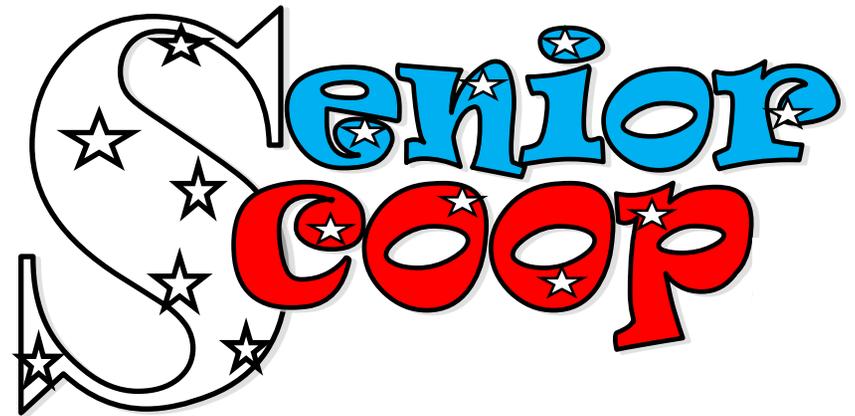
-They work to keep you healthy, not just treat you when you’re ill.

For more information or a tour call– Rae—314 465-5486

-ON SITE imaging, resource support and many specialty services



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



May 2022

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. Our cheer card volunteer 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!

Employees needed

We are looking for people to work at the Community Center at the front desk. Please let family members know we are looking. Call Matt for more information. 429-4545



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.



Just for You

Pineapple Upside Down Cake for two

- 2 TBL Butter
- 1 1/2 TBL brown sugar
- 2 canned pineapple slices
- 2 maraschino cherries
- 1/2 cup all-purpose flour
- 3 TBL sugar
- 1/2 tsp baking powder
- 1/8 teaspoon salt
- 1/8 tsp nutmeg
- 1/4 cup milk
- 1/2 tsp vanilla



- Preheat the oven to 350 degrees F
- Coat two 7 ounce ramekins with non-stick cooking spray.
- Pour 1/2 tablespoon melted butter into each ramekin
- Top each with a pineapple slice
- Place a maraschino cherry in the center of each pineapple slice and set aside
- In a small bowl, combine the flour, sugar, baking powder, salt and nutmeg.
- Beat in the milk, vanilla and remaining 1 tablespoon melted butter just until combined.
- Spoon half the cake batter over each pineapple
- Place the ramekins onto a baking sheet.
- Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.



Just For You

Memorial Day

Memorial Day is often considered the unofficial beginning of summer. Parades take place, the grill is dusted off for the first time. Actually, it is more than that. Memorial Day is in remembrance of soldiers who fell in combat risking their lives for their country.

Although placing flowers on graves is a very old tradition, the modern Memorial Day observance began with the end of the Civil War. The government established national cemeteries for the Union fallen, while cemeteries were established in cities and towns across the country. With those cemeteries came mourners. They decorated the graves of their fallen heroes with flowers. They recited prayers. They held tributes. It began as a very solemn day. There was a yearning for *remembrance* of those lost—for healing the wounds of war. A pharmacist in Waterloo Village, New York, Henry C. Welles is credited with the inspiration that “it would be honorable and appropriate to recall the sacrifice of the patriotic dead by displaying floral tributes on the gravestones of the fallen.” Thus the idea of Remembrance Day began.

Many towns claim the privilege of being the first one to celebrate Remembrance Day. Boalsburg, Pennsylvania, cites October 1864 as the beginning for cemetery decorating in the locale. Carbondale, Illinois, and Petersburg, Virginia, also vie to be first. As the 19th century advanced, it was commonplace to close businesses in Northern states. It became accepted to split the day: a visit to the cemetery in the morning was followed by relaxation and diversion in the afternoon.

It wasn't until 1967 that Congress asserted that “Memorial Day” was the official name of the holiday. During the 20th century, Memorial Day evolved as a permanent holiday on the calendar. It became a remembrance of all service personnel killed in war balanced by leisure.

Today the premier observance takes place in Arlington National Cemetery, where the president lays a wreath at the Tomb of the Unknown Soldier followed by an address in the amphitheater

How old was the oldest woman to give birth for the first time?
(answer on pg 13)

IN A NUTSHELL



May Golden Club Picnic

Tiemeyer Pavillion #4 (Wednesday, May 25 2022)

10:30am - 1pm Bring your own lunch and visit with friends. Music, drinks and good times provided (Ice cream provided by Humana and Silver Sneakers)

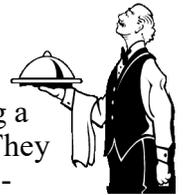
Ticket Price: \$5 Cash please

Please purchase tickets by the Monday before the meeting. You can buy your tickets in the senior office or at the front desk if the office is closed. Thank you!

***In case of inclement weather call the community center

DINING OUT

(Wednesday May 4th 2022)



We will once more be going in the evening and taking a step back in time to go to the Parkmoore (Webster). They have everything you remember from the old place - hamburgers, sandwiches, blue plate specials, malts, shakes and more.

Van fee \$2 (one van) \$3 (two vans) —\$1 due at sign up.

(You are responsible for your own at the restaurant)

****Please try to bring cash (correct change) If you bring 1-\$20 bill, 1-\$10 bill and 5-\$1 bills means you are always ready to round up with the right amount**

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 4:30am**



ON THE ROAD

New

Fast Eddie's & Argosy

(Wednesday June 8th and Thursday June 9th 2022)

Enjoy a lunch and your luck on the slots. After standing in the **Fast Eddie Bon Air** line you can sit inside or on their big covered outdoor patio. You're on your own for lunch but the prices are great and you have your choice of a burger, peel and eat shrimp, bratwurst, hot dog, tenderloin, chicken or pork on a stick and a basket of fries. Come see what all the talk is about. Then, we will head over to the **Argosy** to try our luck on the slots or table games. Don't miss this fun Summer trip!

Leaving: 10:45am

Return: approx. 3:30-4pm

Cost: \$8

** a minimal amount needed on each day to go

New

Karate Kid @ Stages

(Wednesday June 15 2022)

After a delicious meal on your own at First Watch we will be going over to STAGES to enjoy a brand new, never seen before show – THE KARATE KID. It's inspired by the real life story of screenwriter Robert Kamen. You may remember the movie about Daniel LaRusso, who finds trouble with a group of cruel and harassing classmates. He begins training with a reclusive handyman – who just happens to be an expert martial artist. Music and choreography change this into a spectacular new musical that you won't want to miss!! Don't miss this great afternoon at STAGES....sign up ASAP – limited seating.

Leaving: 11:45am

Returning: 5pm

Cost: \$49

INFORMATION



ST. ANN SENIOR TRANSPORTATION SERVICE...

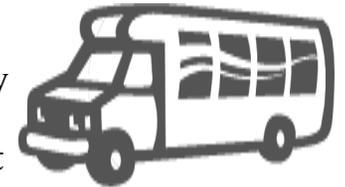
We have a unique program here in St. Ann for resident seniors (62+) who are in need of transportation. The van transports independent seniors to and from anywhere in St. Ann, and out to the DePaul Hospital Complex.

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, the Pool (seasonally), Nail Salon, Post Office, Menards, Ruler, The Crossings

Hair Care Appointments:

Swiney's Barber Shop (314-426-0290)

Hairforce Salon(314-429-0204)

Exceptions are made for Walmart, Schnucks, Target, Hobby Lobby, and Kohl's (Bridgeton)



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**.

Electric: Rosco 862-1115

Heating and Cooling: Staples service - 291-4638

Handyman:
Bill N.-429-1292

Housekeeping: Amber 314-283-7530

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

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

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

Mobility for U— a company that can provide rental of wheelchair accessible van. Call for more details: 314-873-6814

ON THE ROAD

full

AERIE'S Resort & Winery
(Thursday May 19th & May 20th 2022)



Come enjoy a beautiful day at Aerie's winery and resort up above the beautiful town of Grafton with breathtaking views of the scenery and river. To get up to the resort there is a Sky tour or gondola ride that takes you up the steep hill. It hovers just a step above the ground so it's not scary in the least. The winery has delicious food and you'll be on your own inside or on the patio to order anything from starters to flat breads, salads to entrees. The gift shop has a variety of items including their award winning wines and other nice items. Don't miss this amazing trip!

Leaving 10:45

Return: approx 3:30

Cost: \$15 (covers transportation and "Sky tour")

full

**Lone Elk Park
& Big Chief Roadhouse**
(Wednesday May 11th & May 12th 2022)

On this day we will be having lunch at the Big Chief Roadhouse which has a rich history going back to 1929. It was built as the Big Chief Highway hotel on Route 66 for travelers passing through Pond. It is one of the last remaining full service restaurants still operating on historic route 66. After a delicious lunch we will be taking a ride through Lone Elk Park to see if we can spot any elk, bison, deer, wild turkey or waterfowl.

Leaving at 11:00am

Return approx. 3pm

Cost: \$5



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 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



Health and Wellness

Swimming

The indoor pool in St. Ann will remain closed. 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 is the instructor on Tuesdays at 10:30 - 11:30 a.m. and on Thursdays at 10:30- 11:30 a.m. Sign in at the front desk.
Resident: \$2.50 per class* Non Resident: \$3.50 per class *Senior Resident card required for Resident Rate

VOLUNTEERS: Adults interested in volunteering their time for a worthy cause are welcome any and all Mondays. Volunteers sew bed pads for the Peregrine/Cancer Society. Come join us from **9:00 until 11:15** in room 102 at the community center. Call 314-429-4545 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

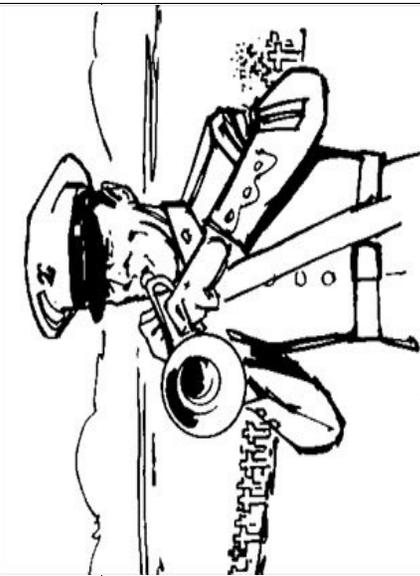
- ◆ Non Res. (15 & under) \$100 per year

*******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, Sauna and free swim at the pool for free. Call your Medicare Health Plan to see if they offer SilverSneakers. Call the senior office with any questions

May 2022

Sun Mon Tue Wed Thu Fri Sat

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|---|---|--|---------------------------|--|
| | 2 | 3 | 4 | 5 | 6 | |
| | | Senior Physical Fitness 10:30-11:30 | Dining Out | Senior Physical Fitness 10:30-11:30 | | |
| | 9 | 10 | 11 | 12 | 13 | |
| | | Senior Physical Fitness 10:30-11:30 | Lone Elk & Big Chief | Senior Physical Fitness 10:30-11:30 Lone Elk & Big Chief | | |
| | 16 | 17 | 18 | 19 | 20 | |
| | | Senior Physical Fitness 10:30-11:30 | | Senior Physical Fitness 10:30-11:30 Aerie's Winery | Aerie's Winery | |
| | 23 | 24 | 25 | 26 | 27 | |
| | | Senior Physical Fitness 10:30-11:30 | Golden Club | Senior Physical Fitness 10:30-11:30 | | |
| | 30 | 31 | | | | |
| | | Senior Physical Fitness 10:30-11:30 | | | | |
| | | | | | |  |