



Greetings friends and neighbors! Welcome to our July Newsletter! Please note, this month ALL events except for our Sit N Get Fit Class, will be held at St. Paul's Lutheran Church at 112 N. Border Street here in Troy. Special thanks to St. Paul's for the use of their space! Please see upcoming event notes regarding happenings for the month of July.

- ★ Drum Fun has resumed on Fridays at 9 AM at St. Paul's. Thank you so much Lisa Edwards our interim class leader!
- ★ Our next Monthly Luncheon is July 6th at NOON at St. Paul's. PLEASE NOTE NEW LOCATION!! There are handicapped ramps and parking spots. We will be downstairs AND...they have AN ELEVATOR!!! YAY!! We have The Singing Sheriff, Forrest Bevineau entertaining. If you haven't heard Forrest, you are in for a treat! Lunch will be bratwurst on a bun, with or without sauerkraut, potato salad, corn, and dessert. \$10 at the door. RSVP is required! Please let us know if you plan to come. If you RSVP'd and can no longer make it, PLEASE call the center, and let us know! Many Thanks!
- ★ We'll begin taking payments on Mon. June 26th at 10 AM for our St. Louis Union Station trip to the STL Aquarium, STL Wheel and dinner at Landry's on August 30th. All payments are due by July 31st. We have a full 40 count bus right now. Please call if you would like to be on the waiting list. Trip is \$85, all inclusive! Checks should be made out to JTSC.
- ★ Our "Sit n Get Fit Class" continues every Wed. at 10 AM at the Little House at 409 Collinsville Rd here in Troy. We do a 30-minute, easy stretch and move session designed to build strength and increase range of motion. We've added resistance bands to our routine, come try it out! No cost to attend. Space is limited so please RSVP!
- ★ NO BINGO on July 3rd due to the holiday. Otherwise, Bingo continues every Monday at 12:30 at St. Paul's. PLEASE NOTE NEW LOCATION!! We'll have a light snack and there is no cost to play, and no RSVP required.
- ★ Pokeno will be held July 19th at 12:30 at St. Paul's. PLEASE NOTE NEW TIME AND LOCATION!! We'll serve a light snack, and there is no cost to play. No RSVP required. Our sponsor this month are Friends of the Seniors, Gary, and Sharon Koenig. Thank you to the Koenig family! Cambridge House has agreed to provide snacks for the year! THANK YOU TO ANGIE at CAMBRIDGE HOUSE IN MARYVILLE!
- ★ Our next Live and Learn event will be Thurs. July 20th at 12:30 at St. Paul's. We have Marsha Griffin here from the Attorney General's Office to talk about the latest scams. Marsha tells me the scammers are as busy as ever! RSVP appreciated!

My hours are generally Mon. Wed. Thurs. from 9 am till 2 pm. Please know, if I am in the office at the "house" my door is always open! If not at the "house" you can always leave a message at 618.667.2022 and I'll get back with you as quick as I can!

Wanda Todoroff Activity Director 618.667.2022