



Welcome to our August Newsletter! Here you will find all the news that is news! Please take a minute to look over the calendar and newsletter, we have a few changes and additions.

Join us when you can, and don't forget to invite friends!

Thanks as always for making our center a fun place to be! YOU make the difference!

☀️ Our next Monthly Luncheon is August 1st at NOON at Wiesemeyer. We have Paul Jarvis entertaining. We'll serve fried chicken, macaroni and cheese, coleslaw, a dinner roll and dessert. \$10 at the door. **RSVP IS VERY IMPORTANT!** If you RSVP'd and can no longer make it, PLEASE call the center at 618.667.2022, and let us know! Many Thanks!

☀️ **NO DRUM FUN August 5th!** Otherwise, Drum Fun is held every Monday downstairs at Wiesemeyer at 2 PM. Bring a friend! **ALL ARE WELCOME!** This seated session is perfect for music lovers who want to improve and maintain upper body strength and mobility. This class is **FREE!** **NO RSVP required!** Join us!

☀️ Bingo continues every Monday at 12:30 at Wiesemeyer. We'll have a light snack and there is no cost to play, and no RSVP required.

☀️ **NO SIT N GET FIT August 7th!** Otherwise, "Sit n Get Fit" Class meets every Wednesday at 10 AM at the house. This class improves strength and flexibility, all in a fun inviting setting! Bring a friend for this seated exercise class! Weights, exercise bands and water are provided. **THIS CLASS IS FREE!** Please RSVP to the office at 618.667.2022. If you forget to RSVP, come anyway, we'll make it work!

☀️ Pokeno is Wed. August 21 at 12:30 at Wiesemeyer. Debby and Jerry Linker are sponsoring prizes. Thank you! We'll serve a light snack, and there is no cost to play. No RSVP required. Cambridge House will be providing snacks for all of 2024! **THANK YOU TO ANGIE at CAMBRIDGE HOUSE IN MARYVILLE!**

Our next Live and Learn will be Thursday August 22nd at 1 PM at Wiesemeyer. We have St. Louis Oasis in partnership with Age Smart coming out for an "Ask a Techie" session. This class provides help with technology questions such as: Android or iPhone Smartphones, PC and Apple computers, iPad, and Android tablets. There will also be help with WIFI and email questions. This is a hands-on event, you bring your device and your questions, they find the answers! Class size is limited to 10. First come first serve. This event is FREE! Please RSVP to 618.667.2022.

The August Food and Friends Club dinner is Wed. the 28th at 4 PM. The restaurant will be announced after the vote at the July dinner. Watch for more info! All are welcome! We'll do separate checks, and share all the news that is news! RSVP IS REQUIRED, because we will have a good size group! RSVP by Friday August 23rd. Please call 618.667.2022! Can't wait to see you for dinner!

Bunco is on the 29th from 1 PM until about 3 PM at the house. \$5 to play, cash prizes for most Bunco's, Wins and Losses. Snacks provided! We are always looking for players and subs, call the center at 618.667.2022 to be put on the list, and to RSVP.

We're headed to Nashville in September, for the Nashville Show Trip. Sept. 2-6, 2024. Tickets are on sale NOW! \$915 double occupancy all inclusive! We have one bus full, and 4 seats remaining on the second bus. Give us a call to grab your seat!

Day Trips 2024

Newsies the Musical, at Stages on August 7th. The window for tickets has closed on this trip.

All the BIG Stuff in Casey, IL October 10th. We'll take the bus to Casey, have lunch at Richards Farm Restaurant, and do a self-guided tour of all the BIG stuff in Casey! Many Guinness Book of World Record items are here! You will receive a map of what's where, but most items are within a 3-block area. You will also have a chance to visit the Wildflour Bakery and Candy company all within easy walking distance! This is a 3-sneaker trip for distance, but otherwise this is paved level ground. There are lots of resting spots along the way. You won't want to miss this lighthearted trip during the beautiful month of October! (Praying for good weather, the trip goes on either way!) Stay tuned for pricing and more info!

As always, 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