



SEPTEMBER


Welcome to our September 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!

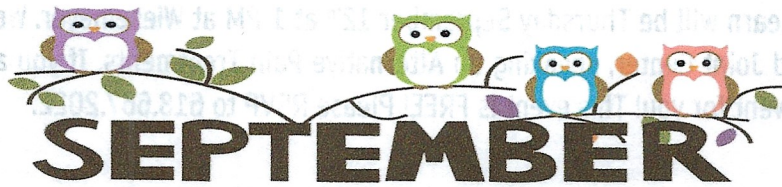
 **We have NO LUNCHEON this month, as it conflicts with our Nashville Trip.** Our next Monthly Luncheon is October 3rd at NOON at Wiesemeyer. We have Kathy Hahn entertaining. We'll serve pork chops, fried apples, au gratin potatoes, a dinner roll and dessert. \$10 at the door. **RSVP IS VERY IMPORTANT!** 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 September 16th!** 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 September 18th!** 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. September 18 at 12:30 at Wiesemeyer. Dave Margherio from State Farm is sponsoring prizes. Thank you Dave! 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!**




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 Our next Live and Learn will be Thursday September 12th at 1 PM at Wiesemeyer. We have Dr. Arthur Langston with Integrity Spine and Joint Center, speaking on Alternative Pain Treatments. If you are struggling with chronic pain issues this is the event for you! This event is FREE! Please RSVP to 618.667.2022.

 The September Food and Friends Club dinner is Wed. the 25th at 4 PM. The restaurant will be announced after the vote at the August 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 26th 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.

Day Trips 2024

 All the BIG Stuff in Casey, IL Thursday, 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!) \$60 for the day, tips and taxes included. See attached flyer for details!

 Miners Theater in Collinsville, Sat. Dec. 21st. First we'll enjoy dinner at a local restaurant, then head to Miner's Theater to hear the ShinSings Orchestra perform the Sinatra Christmas Big Band Tribute, with hits from Frank Sinatra, Dean Martin, Michael Buble, Harry Connick Jr, and more. This 12 piece Little Big Band includes the finest musicians in the Midwest, bringing the LasVegas Rat Pack heydays to life! No bus transport for this trip, because we are so close to Collinsville, we will drive our own cars. Stay tuned for 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 