



Greetings friends and neighbors! Welcome to our August Newsletter! Please note, this month ALL events except for our Sit N Get Fit Class, and our new Bunco Club, 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 August!

 Drum Fun continues Fridays at 9 AM at St. Paul's. Thank you so much Lisa Edwards our interim class leader!

 Our next Monthly Luncheon is August 3rd 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 Tom Wilkerson entertaining. Lunch will be a deluxe grilled hamburger on a bun, with or without cheese, homegrown tomato slices, lettuce, onion slices, cole slaw, baked beans, 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!

 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 a Motown seated workout to our routine!! It's so fun!! Come try it out! No cost to attend. Space is limited so please RSVP!

 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 is August 16th 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 is the Troy VFW. Cambridge House has agreed to provide snacks for the year! THANK YOU TO ANGIE at CAMBRIDGE HOUSE IN MARYVILLE!

 Our Million Dollar Quartet Day Trip is coming up on October 4th at Stages in Kirkwood. We'll begin taking reservations at 10 AM on August 7th. \$85 all inclusive. Tickets are non-refundable. Come see me at the office. You may want to call first to be sure I'm here, otherwise call and let me know you want to go, and you can drop the check in the mail.

 **ANNDddd...NEW THIS MONTH...BUNCO!! We'll play the last Thursday of the month; in August it will be on the 31st from 1 PM until about 3 PM at the little house. We have room for 16 to start. \$5 to play, cash prizes for most Bunco's, Wins and Losses. Snacks provided! Please call the center to secure your spot!**

 Special thanks to all who participate in the center's activities! It's people like you that make our center a fun place to be! Your smiling faces add so much light to our giant family of friends! Thank you!

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