



April is here, and Spring has sprung! We're looking forward to warm sunny days! Please take a minute to look over the calendar and newsletter. 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!



**NEW THIS MONTH!** The Food and Friends Dinner Club! We'll get together at local restaurants the last Wed. of each month, to have a meal, and shoot the breeze with friends. All are welcome! We'll do separate checks, and share all the news that is news! The first meal will be Wed. April 24th at 4 PM at Boogie's in Maryville, 2082 Vadalabene Dr. Maryville, IL. 62062. **RSVP is required, in case we get a good size group! RSVP by Friday April 19<sup>th</sup>! Please call 618.667.2022!** Can't wait to see you for dinner!



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. Cedarhurst of Troy has agreed to continue providing our snacks the first Monday of each month in 2024! Thank you to Cedarhurst of Troy!



Our "Sit n Get Fit" Class meets every Wednesday at 10 AM at the house. We've added a new routine with more of a yoga vibe, for flexibility and strength, along with our old favorites. Invite a friend for this seated exercise class! Please RSVP to the office at 618.667.2022. If you forget to RSVP, come anyway, we'll make it work!



Our next Monthly Luncheon is April 4<sup>th</sup> at NOON. We have Elizabeth LaKamp entertaining, we'll serve ham, au gratin potatoes, green beans with bacon, and a dessert yet undecided. \$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!



Pokeno is April 17<sup>th</sup> at 12:30 at Wiesemeyer. 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!**



The Birds are Back!! Our next Live and Learn will be April 24th at 1 PM at Wiesemeyer. The World Bird Sanctuary will be here with several birds of prey. We'll see them up close, and learn more about the birds and the Sanctuary's efforts to rehabilitate them. This was a great hit last year; you won't want to miss it! Please RSVP to 618.667.2022.



Bunco is on the 25<sup>th</sup> 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.



Drum Fun continues every Friday at 9 AM at the skating rink. This seated session is perfect for music lovers who want to improve and maintain upper body strength and mobility. NO RSVP required! Join us!



### UPCOMING TRIPS:

The Meet and Greet for our next overnight trip is April 23<sup>rd</sup> from 11 AM till 1 PM at the house. The trip is May 5-11 2024. We are headed for Virginia Beach, Colonial Williamsburg, and Historic Norfolk. Please call the center for more info. This trip is currently full, but don't hesitate to call and be placed on the waiting list at 618.667.2022.



We're headed to Nashville in September, for a Nashville Show Trip. Sept. 2-6, 2024. Tickets will not go on sale until we return from our Virginia Beach trip in May. More info to follow!



Several day trips are being planned for 2024. In the works:

- Singin' in the Rain at Alton Little Theater on May 19<sup>th</sup>. Lunch will be at Castelli's Moonlight Restaurant. We'll have their famous fried chicken meal with mostaccioli. \$90 all-inclusive for the day. Tickets go on sale April 1<sup>st</sup> at 10 AM. 40 seats available. This is a 1 sneaker trip!
- Newsies the Musical at Stages on August 7<sup>th</sup>. Tickets go on sale July 1<sup>st</sup> at 10 AM. We have 40 seats available. This a 1 sneaker trip!
- All the BIG Stuff in Casey, IL in October. 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*

