



Welcome to March friends and neighbors, as of March 1st, Spring is 20 days away! We're looking forward to warm sunny days! We have a lot going on this month at the center, 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!



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" is back this month! We meet 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!



Drum Fun continues Friday's at 9 AM at the Skating Rink. Come one, come all, for this fun, upbeat class! Call the center with questions, 618.667.2022.



Our next Monthly Luncheon is March 7th at NOON. Everyone is Irish for the day, so wear your green! We'll be at the Wiesemeyer building. The O'Faolain Irish Dancers are entertaining! We're serving corned beef, cabbage and potatoes and a dinner roll with 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 March 20th 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!



Our next Live and Learn will be March 21st at 1 PM at Wiesemeyer. Gwyn Marini will be here to teach us about "The Importance of Bees." Gwyn is an expert bee keeper, with years of experience. She was responsible for moving a large bee swarm at Triad High School a while back. She'll bring examples of bees and bee hives, and we'll learn why bees are important to all of us! Please RSVP to 618.667.2022.



Hand & Foot is looking for players. You don't need to know how to play, it seems folks catch on pretty quickly. If you are interested please call the center at 618.667.2022. We will play generally, the second and third Thursday's of the month at 1 PM at the house, although this month we will play the second Thursday the 14th, and the fourth Wednesday the 27th.



Bunco is on the 28th 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.



Our next fundraiser is March 14 from 3-8 PM. DQ in Troy donates 20% of proceeds to benefit the center! Come one come all! See you there!



UPCOMING TRIPS:

Our next overnight 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:

- STL Historic Home Tour on March 13th, \$90 all-inclusive for the day. We'll have guided tours of the Magic Chef Mansion, The Campbell House, and the Cupples House on SLU campus. Lunch will be at Zia's on The Hill. This trip is currently full, but again please don't hesitate to call to be placed on the waiting list. This is a 3-sneaker trip!
- Singin' in the Rain at Alton Little Theater on May 19th. 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 1st at 10 AM. 40 seats available. This is a 1 sneaker trip!
- Newsies the Musical at Stages in August details to follow.
- 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