






Happy May! Looks like those April showers did bring May flowers! 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!

 The Food and Friends Dinner Club will get together 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 next meal will be Wed. May 29th at 4 PM at Coltons Steak House, 5 Eastport Plaza Dr. Collinsville, IL. 62234.

RSVP IS REQUIRED, because we will get a good size group! RSVP by Friday May 24th! Please call 618.667.2022! Can't wait to see you for dinner!

 Bingo continues every Monday at 12:30 at Wiesemeyer. **NO BINGO ON MON. THE 27TH due to Memorial Day.** 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. It's a flexibility and strength vibe, all done to music new and old! 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!

 **NO LUNCH IN MAY!** Our next Monthly Luncheon is June 6th at NOON at Wiesemeyer. We have The Nitpickers entertaining. We'll serve chicken salad on a croissant, pasta salad, chips 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 May 15^h at 12:30 at Wiesemeyer. Tailor Made Physical Therapy is sponsoring prizes. 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!**

 Why Can't I Hear? Our next Live and Learn will be May 23rd at 1 PM at Wiesemeyer. The Audiology Department from Anderson Hospital will be here to discuss, what causes hearing loss, how the ear functions, and what can be done to improve hearing with modern technology. **Please RSVP to 618.667.2022.**



Bunco is on the 30th 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.



NO DRUM FUN UNTIL FRIDAY MAY 17th! 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:



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 19th. Lunch will be at Castell's Moonlight Restaurant. We'll have their famous fried chicken meal with mostaccioli. \$90 all-inclusive for the day. Tickets available now! 10 seats still available. This is a 1 sneaker trip!
- Newsies the Musical at Stages on August 7th. Tickets go on sale July 1st 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

