

APRIL

 Happy Spring to all! April promises to hold more fun at the center! Please take a moment to look over the newsletter and join us for anything that might interest you. All are welcome so bring a friend! You make our world go round!

 Our next Monthly Luncheon is April 2nd at NOON at Wiesemeyer. We are serving ham, au gratin potatoes, Carol's salad, with dessert. \$10 at the door. **RSVP IS VERY IMPORTANT! Last day to RSVP is Friday March. 27th.** If you RSVP'd and can no longer make it, PLEASE call the center at 618.667.2022 and let us know! Many Thanks!

 Our next Day Trip is to Anheuser-Busch Brewery on Thursday May 14th. \$80 per person. Tickets go on sale Monday the 13th at 10 AM. You must come to the office and take a number. Two tickets max per person. Checks preferred, cash accepted.

 Our next Live and Learn is Thursday April 23rd at 1 pm at Wiesemeyer. Dr. Arthur Langston will be here to tell us more about Pain Relief Without Pills. There are so many new modalities to improve function without medication. Let's learn more! RSVP is appreciated. 618.667.2022

 Drum Fun continues every Friday at 9 AM at the skating rink.! Lisa Edwards leads the group, and it's more fun than ever! Free to participate. No talent needed! 😊! Thank you, Lisa! Drummers unite!

 Shoot the Breeze continues on Monday's at 11:30 at Wiesemeyer. Shoot the Breeze is just that, a time to get together and chat! You are welcome to bring a sack lunch, and catch up with friends. We have also added a Swap Table! Bring gently used, clothing, household goods, decorations etc. to donate to anyone who wants it. Take something, leave something! Of note: **YOU MUST TAKE ANYTHING THAT IS NOT TAKEN BACK HOME WITH YOU!**

 We play Hand and Foot the second and third Thursdays of the month. In April we'll play on the 9th and the 16^h from 12:45 – 3:30 pm at the office building. No experience needed! Free to play. Come one come all!

 Our Sit n Get Fit Class meets every Wednesday at 10 AM at the Wiesemeyer building. This class improves strength and flexibility, all in a fun inviting setting! We even exercise to the Beer Barrel Polka! Bring a friend for this seated exercise class! Weights, exercise bands and water are provided. **THIS CLASS IS FREE!** No RSVP required.

 Pokeno is Wed. the 15th at 12:30 at Wiesemeyer. We'll serve a light snack, and there is no cost to play. No RSVP required. You do not need to know how to play. Cambridge House of Maryville has agreed to provided snacks for the all of 2026! **THANK YOU TO ANGIE!**

 Food and Friends is April 29th at 4 PM. Location will be voted on at the March dinner. RSVP is a must! Call the center at 618.667.2022 to RSVP.

 BUNCO is played the last Thursday of the month at Wiesemeyer, our next game is April 30th at 1 PM at Wiesemeyer. Seats are currently full; however, we are looking for additional subs. Please call the center to get on the waiting or sub list. 618.667.2022

 We have a new Alzheimer's Support group meeting on the first and fourth Wednesday's of the each month at the office. We'll meet on the 1st and 29th in April. No charge to attend. If you or some one you know could use some extra support living with this disease, join us! The best support often comes from others dealing with the same issues.

Overnight Trips 2026

May 18 – 23 - Biloxi and New Orleans. A deposit of \$75 can be made now to hold your seat. Limited seating available.

September 20- 26 - Garden of the Gods, Royal Gorge, Colorado Springs

Day Trips 2026

Thank you to those who serve on our Day Trip Committee. We have a great line up of day trips planned for 2026. Details will follow as the time gets closer. Details are subject to change as the year goes on.

You may take a number as soon as 9 am on the first date of ticket sales for any day trip. NO EARLY SALES. Two tickets per person max.

May 14th – Anheuser- Busch Brewery Tour. Tickets on sale April 13th at 10 AM. \$80 per person. You must come to the office and take a number. Two tickets per person max. Flyer is in your email or on the website at troyseniorcenter.com to see details.

July – Grizzlies Game

October – Stages St. Louis, “Come from Away”

December – The Fox – Will decide based on their December schedule later in the year

If you have suggestions for Live and Learns, new entertainment, or day trip ideas, please let me know! As always, my hours are generally Mon. Wed. Thurs. from 9 am till 2 pm. Please know, if I am in the office, my door is always open! If not at the office you can always leave a message at 618.667.2022 and I will get back with you as quick as I can!

Wanda Toderoff

Activity Director 618.667.2022

