

Florissant Senior Citizens 2024 Calendar of Events

Florissant Senior Center, 315 Howdershell Road
314-839-7605, www.florissantmo.com

REVISED – APRIL 2024

Lunch Program: Bring a table of friends or make new friends at the Friday Lunch Program. Lunch is held in the Senior Center at JFK and is provided by local Florissant restaurants. For menu information, reservations or for more information, check our website or the Senior Office.

Clubs, Classes and Health & Wellness: The Senior Office offers Bingo Clubs, a Pinochle Club, Exercise Classes, Health & Wellness Events and a dance class! Check with the Senior Office for times, dates and more information.

Senior Citizen Trips: The Senior Office offers day trips in and around the St. Louis Area. Check out the Senior Citizen Department on our Florissant Website or check with the Senior Office for more information.

APRIL

- 8 Sign Ups for Exercise & Line Dance Classes, (Non-Residents sign ups begin on 4/15) - *8-week sessions start the week of May 13*
- 9 **Senior Citizen Resource Fair 2024; 9:00am – 11:00am, JFK Community Center**
- 16 Reservations begin for Meet & Greet (Apr 23); Call 314-839-7605
- 18 Day Time Dance: JFK Community Center, 1:00 – 3:00pm
- 23 Meet & Greet: Wildlife Command Center – Movie Animals, Sr. Ctr. 10-12pm; coffee & donuts
(*Please note time for longer presentation*)
- 25 **TRIP:** Bellefontaine Cemetery Tour & Lunch at The Lemp Mansion

MAY

- 3, 4, 5 **Florissant Valley of Flowers Celebration**
- 13 Ticket sales begin for St. Louis Cardinal Baseball Game - Premium Suite/Buffer (June 13)
- 20 Ticket sales begin for Day Time Dance (Jun 20)
- 21 Reservations begin for Meet & Greet (May 28); Call 314-839-7605
- 27 **City Offices Closed – Memorial Day**
- 28 Meet & Greet: Gina Siebe with Historic Florissant, Inc., to provide insights on some of the 80 historic properties in Florissant, Sr. Ctr. 10-11am; coffee & donuts

JUNE

- 10 Ticket sales begin for the Swing for the Red, White & Blue Party (Jul 11)
- 10 Sign Ups for Exercise & Line Dance Classes, (Non-Residents sign ups begin on 6/17) - *8-week sessions start the week of July 8*
- 13 **TRIP:** St. Louis Cardinal Game in Premium Party Suite with Full Buffet
- 18 Reservations begin for Meet & Greet (Jun 25); Call 314-839-7605
- 20 Day Time Dance: JFK Community Center, 1:00 – 3:00pm
- 25 Meet & Greet: Author Julie Nicolai – *Enslavement and the Underground Railroad in Missouri and Illinois*, Sr. Ctr. 10-11am; coffee & donuts

JULY

- 4 **City Offices Closed – Independence Day**
- 11 **Swing for the Red, White & Blue Party:** JFK Community Center, 1:00 – 5:00pm, dinner/drinks, musical tribute from *Sentimental Journey* to our Armed Forces
- 15 Ticket sales begin for Day Time Dance (Aug 15)
- 16 Reservations begin for Meet & Greet (Jul 23); Call 314-839-7605
- 23 Meet & Greet: Barbara Kay – A World War II Sing-A-Long, Sr. Ctr. 10-11am; coffee & donuts

AUGUST

- 5 Sign Ups for Exercise & Line Dance Classes, (Non-Residents sign ups begin on 8/12) - *8-week sessions start the week of September 3 (Stretch & Strengthen will start week of September 9)*
- 15 Day Time Dance: JFK Community Center, 1:00 – 3:00pm
- 19 Reservations begin for the Mayor's Town Hall Meeting (Sep 12); Call 314-839-7605

AUGUST (continued)

- 20 Reservations begin for Meet & Greet (Aug 27); Call 314-839-7605
27 Meet & Greet: Amy Lutz, Historian & Director of Marketing for the St. Louis Holocaust Museum will present *Carl Lutz, the Forgotten Hero*, who rescued tens of thousands Hungarian Jews. Sr. Ctr. 10-11am; coffee & donuts

SEPTEMBER

- 2 **City Offices Closed – Labor Day**
3 Ticket sales begin for the FanDuel Sportsbook & Horseracing
12 **Mayor’s Town Hall Meeting, 9:00 – 11:00am; JFK Community Center:** *Have breakfast with Mayor Lowery!* The Mayor addresses the Senior Citizens of Florissant; Department Heads & Community Organizations will be present
17 Reservations begin for Meet & Greet (Sep 24); Call 314-839-7605
24 Meet & Greet: Mary Saputo with *Somewhere in Time*, will share a light-hearted presentation highlighting the film career of the All-American Girl – Doris Day, Sr. Ctr. 10-11am; coffee & donuts
30 Sign Ups for Exercise & Line Dance Classes, (Non-Residents sign ups begin on 10/7) - *8-week sessions start the week of October 28*
30 Ticket sales begin for the Halloween Party & Bingo (Oct 24)

OCTOBER

- 7 Ticket sales begin for Day Time Dance (Nov 7)
8 **TRIP:** FanDuel Sportsbook & Horse Racing
8 Reservations begin for Meet & Greet (Oct 15); Call 314-839-7605
15 Meet & Greet: Ghosts, hauntings & dark tales...meet Len Adams with Alton Haunting Tours who will share stories of one of the most haunted small towns in America – Alton, Illinois, Sr. Ctr. 10-11am; coffee & donuts
24 Halloween Party & Bingo; JFK Community Center; 10:00am – 2:00pm; lunch, costume contest, entertainment, attendance prizes & Bingo

NOVEMBER

- 4 Ticket sales begin for Christmas Trip (Dec 14)
7 Day Time Dance: JFK Community Center, 1:00 – 3:00pm
12 Reservations begin for Meet & Greet (Nov 19); Call 314-839-7605
19 Meet & Greet: The Florissant Police Department will share some important tips and information focusing on Senior Safety and staying away from scams, Sr. Ctr. 10-11am; coffee & donuts
28 & 29 **City Offices Closed - Thanksgiving**

DECEMBER

- 2 Ticket sales begin for the New Year’s Eve Party (Dec 31)
14 (Saturday) **TRIP:** Ambassadors of Harmony Christmas Show and Dinner at Lombardo’s Restaurant
25, 26 **City Offices Closed – Christmas**
31 **NEW YEAR’S EVE PARTY! The Grandest Party of the Year! 10:00am – 2:00pm; JFK Center; appetizers, lunch, beautiful Big Band music, attendance prizes, countdown to the New Year at 12:00noon!**

Senior Citizen Exercise Classes: The Senior Office offers the following exercise classes – *Senior Stretch & Strengthen, Senior Citizen Line Dancing & Senior Citizen Joints in Motion*. These classes are on-going throughout the year. Please check with the Senior Office for class times and sign-ups.

Health & Wellness Free Classes:

- *Living a Healthy Life* (presented by Oasis): Manage your health – set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication & increase your confidence in managing your health. To register, please call Oasis at 314-862-4859, ext. 24.
When: Thursdays, May 2 to June 13 (7 sessions) **Where:** JFK Community Center **Time:** 10:00a – 12:30p
- *Over the Counter & On the Web* (presented by Oasis): Tylenol is in almost everyone’s medicine cabinet. However, over-the-counter medications have some risks if you have chronic health conditions or take prescription drugs. To register, please call Oasis at 314-862-4859, ext. 24. Class #5901
When: Mondays, May 13 to June 24 (6 sessions) **Where:** JFK Community Center **Time:** 10:00a – 11:30a