



March 29, 2024

Upcoming Events Just for U City Seniors

SENIORS 60+
JOIN US FOR

**LAUGHTER,
LUNCH AND
BINGO**

**THURSDAY
APRIL 18
2024** **11:00 AM – 2:00 PM**
HEMAN PARK COMMUNITY CENTER,
975 PENNSYLVANIA

*EVENT FEE: \$5 PER PERSON
*FEE PAID THE DAY OF THE EVENT
MIN: 25 MAX: 100

Lunch Served - 11:00 am Bingo Begins at 12:00 pm

Get ready to laugh, lunch, shout "BINGO!" and win some prizes at this "come and have some fun" event. Phone registration REQUIRED
REGISTRATION: Monday, April 1st - Sunday, April 14th

FOR PHONE REGISTRATION OR MORE INFORMATION,
CONTACT CENTENNIAL COMMONS 314.505.8625

Senior Lunch & Learn

Join us for a series of free events just for U City's senior residents!

The second Friday of each month at 11 a.m.
University City Public Library, 6701 Delmar Blvd.

The monthly series will feature local experts discussing programs and services that are available for seniors in the St. Louis area.
Upcoming events and topics are:

- Friday, May 10 – Aging Ahead
- Friday, June 14 – OASIS + Chair Yoga
- Friday, July 12 – AARP: Avoiding Scams

Lunch is provided free-of-charge to those over 60 years old who pre-register for the event. Register by calling 636-207-0847.
Free transportation may be available to those who qualify.
Call 636-207-0847 to learn more.

There are several upcoming events made just for U City Seniors. On Apr. 18, the U City Recreation Division is hosting their monthly, "Laughter, Lunch and Bingo." Registration begins Apr. 1 at 11 a.m. Call 314.505.8625 to register. On May 10, the U City Public Library, City of University City and Aging Ahead are hosting a, "Senior Lunch and Learn," call 636.207.0847 to register and learn more.

[LEARN MORE](#)

Fitness Classes are back at Centennial Commons!

From Tai Chi to Hip Hop and more, sign up today for your favorite class. Session I begins on Apr. 8.

Centennial Commons is also hiring a



FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9 - 10 a.m. TOTAL BODY & TONE	9:30 - 10:30 a.m. STRETCH & STRENGTHEN WITH ESSENTRICS	9 - 10 a.m. TOTAL BODY & TONE	10 - 11 a.m. TAI CHI	9:30 - 10:30 a.m. INTERMEDIATE PILATES
SESSION I - APR. 8 - JUNE 1* <small>*MONDAY/WEDNESDAY CLASS ENDS 6/3</small> SESSION II - JUNE 17 - AUG. 10* <small>*THURSDAY CLASS ENDS 8/15</small> SESSION III - SEPT. 9 - NOV. 2		5:30 - 6:30 p.m. EXTREME HIP HOP STEP CLASS		

314.505.8625
UCITYMO.ORG

Group Fitness Instructor and Silver Sneakers Instructor. For more information or to apply, contact [Leslie Eutz](#) or call 314.505.8525

[LEARN MORE](#)



ELECTRONICS

RECYCLING Do you have old TVs, computers, cell phones, cords, or any other miscellaneous electronics laying around the house that you need to dispose of? Drop them off at the free electronics recycling event on Apr. 14.

[LEARN MORE](#)



NOW HIRING

Join #TeamUCity
There are seasonal, part time and full time openings available at U City. Apply today for the position of cashier; facility attendant; golf course attendant; laborer; senior services coordinator; and more!

[LEARN MORE](#)



BULK

COLLECTION Spring bulk item collection begins for the East Area on Mon., Apr. 8. This service allows residents to dispose of large furniture and appliances that are not accepted during regularly scheduled weekly collections. Questions? Call 314.505.8560

[LEARN MORE](#)

Blood Drive

Tues., Apr. 2 @ 10 a.m.

Centennial Commons (Donor Bus)

Join us for the ImpactLife sponsored Blood Drive, hosted by The University Police Department and University City Police Officers Association.

Visit the Donor Bus at Centennial Commons to donate. All donors will be entered in a drawing for a chance to win all-inclusive tickets to a Cardinals game.

[Click here to schedule an appointment.](#)

UPCOMING EVENTS



Election Day

Tues., Apr. 2 @ 6 a.m. - 7 p.m.

Storm Water Commission

Tues., Apr. 2. @ 3:30 p.m.

BLOOD DONORS SAVE LIVES

ImpactLife



**GIVE BLOOD
APRIL
1 THROUGH 30**
CHOOSE OF GIFT CARD, DONATION
TO THE FEATURED CHARITY OR
BONUS POINTS TO STORE!

University City Police Department and University City Police Officers Association

Tuesday, April 2 10:00 am - 3:00 pm
Centennial Commons - Donor Bus 7210 Olive Blvd

Appointments preferred.

To schedule an appointment, **scan QR code**
call David Colp at 314.250.8346
or go to bloodcenter.org/group, grp #11602



ImpactLife

[LEARN MORE](#)

EDRST Board Meeting
Thurs., Apr. 4 @ 6:30 p.m.

City Council Meeting
Mon., Apr. 8 @ 6:30 p.m.

[View the full listing of
U City events here](#)

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us your stories!*

[SEND US YOUR IDEAS](#)

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