



# Between the LIONS

U City Community Update

January 24, 2025



## Winter Carnival in the Delmar Loop: Ice, Fun, and Adventure Await!

Get ready for a day filled with frosty fun and exciting activities at the Delmar Loop! Join us for the Winter Carnival, where the streets will be transformed into a wonderland of icy delights and family-friendly entertainment.

### Ice Sculptures & Demos

Prepare to be amazed by the incredible artistry of Full Spectrum Ice as they carve blocks of ice into stunning frozen masterpieces. Witness live ice carving

demonstrations that showcase their extraordinary talent.

**♀ Temporary Tattoo Scavenger Hunt**

Embark on an adventurous scavenger hunt by visiting participating businesses to collect unique temporary tattoos. Complete the hunt for a chance to win a special prize, all while exploring the vibrant carnival area!

**Special Appearances by Louie**

Don't miss the chance to meet Louie, the lovable mascot of the St. Louis Blues, as he makes surprise appearances throughout the day.

**Blues Street Team Slap Shot Game**

Channel your inner hockey pro and test your skills at the Blues Street Team Slap Shot Game. Can you score like the pros?

This is an event you won't want to miss! Bring your family and friends to the Delmar Loop and enjoy a day of winter magic, creativity, and fun for all ages.

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**University City's Senior Commission**



## WE WANT YOU – FOR U CITY!

If you have an interest in serving your University City community, consider

### THE COMMISSION ON SENIOR SERVICES

Since January 2014, members of the Commission have been meeting to:



**GAIN A BETTER  
UNDERSTANDING OF AND  
KEEP CITY COUNCIL  
INFORMED ON THE NEEDS  
AND GAPS IN SERVICES FOR  
RESIDENTS WHO ARE 50  
YEARS OF AGE AND OLDER  
IN OUR COMMUNITY**



**FIND EFFECTIVE WAYS TO  
COMMUNICATE AND  
INFORM OLDER RESIDENTS  
ABOUT PROGRAMS,  
SERVICES AND RESOURCES**



**ADVOCATE FOR AN AGE-  
FRIENDLY COMMUNITY FOR  
ALL AGES AND FOR  
OPPORTUNITIES THAT  
ACTIVELY ENGAGE OLDER  
RESIDENTS**



**EDUCATE THE COMMUNITY  
ABOUT SENIOR ISSUES**

**THE COMMISSION MEETS ON  
THE 3RD MONDAY OF THE  
MONTH, EXCEPT  
AUGUST/DECEMBER AT 6 PM**

**ALL UNIVERSITY CITY ARE WELCOME!**



To apply, visit our website  
[ucitymo.org/29/Boards-and-Commissions](http://ucitymo.org/29/Boards-and-Commissions)



## Recreation Updates

# 2025 FITNESS CLASSES

Start your 2025 off right with one of our fitness classes!

**January 6 - March 1**

Drop in fees for all classes: M: \$7, R: \$8, NR: \$9

## Total Body & Tone

Mondays & Wednesdays

9:00 AM - 10:00 AM

M: \$60, R: \$65, NR: \$70

Min: 12, Max: 20

## Stretch and Strengthen

Tuesdays

9:30 AM - 10:30 AM

M: \$50, R: \$55, NR: \$60

Min: 10, Max: 20

## Senior Move & Groove

Fridays

11:00 AM - 12:00 PM

M: \$50, R: \$55, NR: \$60

Min: 10, Max: 20

## Zumba

Mondays

6:30 PM - 7:30 PM

M: \$45, R: \$50, NR: \$55

Min: 8, Max: 20

## Tai Chi

Thursdays

10:00 AM - 11:00 PM

M: \$45, R: \$50, NR: \$55

Min: 10, Max: 20

## Slow Flow Yoga

Saturdays

9:30 AM - 10:30 AM

M: \$60, R: \$65, NR: \$70

Min: 8, Max: 20

## Slide & Line Dancing

Saturdays

11:00 AM - 12:00 PM

M: \$35, R: \$40, NR: \$45

Min: 8, Max: 20

All classes will be held at Centennial Commons, 7210 Olive Blvd. To register, visit us

during our business hours.

M-F: 5:30 AM - 9:00 PM

SAT: 8:00 AM - 8:00 PM

SUN: 10:00 AM - 6:00 PM

For more information: 314.505.8625





# 2025 FITNESS CLASSES

## WINTER SESSION

Drop in fees for all classes: M: \$7, R: \$8, NR: \$9

### TOTAL BODY & TONE

**MONDAYS & WEDNESDAYS, 9 - 10 A.M.**  
FEES: Member \$60; Res. \$65, NonRes \$70  
Participants: min. 12 / max. 20

Build and tone muscle while using a variety of fitness equipment. This is a full body workout aiming to improve balance, resistance, speed and endurance. The structure of the class will change from week to week to keep your workout fresh and fun. All fitness levels welcome.

### ZUMBA

**MONDAYS, 6:30 - 7:30 P.M.**  
FEES: Member \$45; Res. \$50, NonRes \$55  
Participants: min. 8 / max. 20

Zumba is a fusion of Latin and International music/dance that creates a dynamic, exciting, and fun workout. The classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance while shaking off the stress and stirring up the fun! Levels are from beginning to advanced.

### STRETCH & STRENGTHEN WITH ESSENTRICS

**TUESDAYS, 9:30 - 10:30 A.M.**  
FEES: Member \$50; Res. \$55, NonRes \$60  
Participants: min. 10 / max. 20

This low impact, full body workout improves flexibility, mobility, balance and posture while increasing core strength. Escentrics is suitable for all ages and fitness levels and includes both standing movements and floor work. The Escentrics fitness program will unlock what is tight, strengthen what is weak and tone what needs shaping!

### TAI CHI

**THURSDAYS, 10 - 11 A.M.**  
FEES: Member \$45; Res. \$50, NonRes \$55  
Participants: min. 10 / max. 20

Tai Chi is a low-impact form of exercise that consists of slow, relaxed, continuous movements. When practiced consistently and mindfully, tai chi can improve health, balance, strength, and suppleness, while relaxing the mind and reducing stress. It is a form of "moving meditation" that can be practiced, studied, and enjoyed by anyone at any age.

### SENIOR MOVE & GROOVE

**FRIDAYS, 11:00 A.M. - 12:00 P.M.**  
FEES: Member \$50; Res. \$55, NonRes \$60  
Participants: min. 10 / max. 20

Enjoy a fun, low-impact fitness class that combines gentle cardio, strength exercises, and stretching to keep you active and feeling great. A complete workout for all fitness levels. Whether you're looking to improve flexibility, build balance, or just get your body moving to some great tunes, this class is for you! Join us for a supportive, energizing environment where you can move at your own pace and groove to the rhythm.

### SLOW FLOW YOGA

**SATURDAYS, 9:30 - 10:30 A.M.**  
FEES: Member \$60; Res. \$65, NonRes \$70  
Participants: min. 8 / max. 20

Slowly move in and out of the poses, take time to look inward and fully experience being present. Verbal instructions and modifications are offered to encourage the student to work at their own level. Whether you are a beginner student or a seasoned yogi, if you want to slow down your pace, this class is for you.

### SLIDE & LINE DANCING

**SATURDAYS, 11:00 A.M. - 12:00 P.M.**  
FEES: Member \$35; Res. \$40, NonRes \$45  
Participants: min. 8 / max. 20

We will have you out on the dance floor in no time! You'll get a great low impact aerobic workout. Learn both new and old dances.

314.505.8625

JANUARY 6 - MARCH 1

UCITYMO.ORG



# 2025 FITNESS CLASSES

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**JANUARY 6 -  
MARCH 1**

314.505.8625  
[UCITYMO.ORG](http://UCITYMO.ORG)

### UPCOMING EVENTS

# GO RED FOR WOMEN LUNCHEON

We are excited to announce our upcoming event dedicated to raising awareness about heart disease in women as part of the "Go Red for Women" campaign. To make this event impactful, we are on the lookout for local organizations, nonprofits, and community groups to participate in our event by setting up informational tables. This is a fantastic opportunity to showcase your work, engage with the community, and provide valuable information to our attendees. We are seeking informational tables who:

- Have expertise in women's heart health and cardiovascular diseases & can provide informative information
- Is passionate about the "Go Red for Women" campaign.
- Is available on Friday February 7, 2025 to join us.



**FOR MORE INFORMATION:**

314.505.8613

[MMEEHAN@UCITYMO.ORG](mailto:MMEEHAN@UCITYMO.ORG)



# GO RED FOR WOMEN LUNCHEON

Ladies (and guys too!) wear red on National Wear Red Day to stand with women in the fight against their number one killer: heart disease. University City Recreation Division and ArchWell Health will be providing a lunch, speaker, and a variety of Community Information Tables for this event.

**WHERE:**

Heman Park Community Center  
975 Pennsylvania Ave

**WHEN:**

Fri., February 7, 2025  
10:30 AM-1:00 PM

**COST: FREE**

**REGISTRATION:** Jan 13 - Jan 31  
MIN: 50 MAX: 75

**REGISTER IN PERSON OR PHONE:** 314.505.8625  
CENTENNIAL COMMONS- 7210 OLVE BLVD  
M-F: 5:30 AM - 9:00 PM  
SAT: 8:00 AM - 8:00 PM  
SUN: 10:00 AM - 6:00 PM



**FOR MORE INFORMATION:**

314.505.8613  
[MMEEHAN@UCITYMO.ORG](mailto:MMEEHAN@UCITYMO.ORG)



# SENIORS 60+

## JOIN US FOR

LAUGHTER,  
LUNCH AND  
**BINGO**

THURSDAY  
**FEBRUARY 27**  
**2025**

**11:00 AM - 2:00 PM**

HEMAN PARK COMMUNITY CENTER,  
975 PENNSYLVANIA

**\*EVENT FEE: \$5 PER PERSON**

**MIN: 25 MAX:100**

Doors Open - 10:45 am

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**

**BINGO BOARDS AVAILABLE (no personal boards allowed)**

**REGISTRATION BEGINS Monday, February 3rd**

**FOR PHONE REGISTRATION OR MORE INFORMATION,  
CONTACT CENTENNIAL COMMONS 314.505.8625**



## *UPCOMING EVENTS*



[City Council Study Session-Work  
Plan/Summer Camp](#)

# STAY ALERT!



CodeRED™

BE PREPARED  
SIGN UP NOW



UCITYMO.ORG/CODERED

Mon., Jan 27 @ 5:30 p.m.

[City Council Meeting](#)  
Mon., Jan 27 @ 6:30 p.m.

[Parks Commission Special Meeting-  
Virtual](#)  
Tue., Jan 28 @ 6:30 p.m.

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

## How to Sign Up

- Visit the City of University City's website.
- Click the Emergency Notifications button to access CodeRED enrollment information.
- Fill in your contact details and select your notification preferences.
- Download the CodeRED app for enhanced location-based notifications.

Emergencies can happen at any time, and staying informed can save lives. By enrolling in CodeRED, you'll receive real-time alerts to help protect you, your loved ones, and your property.

Stay safe, stay informed, stay connected with CodeRED!

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