



# Between the LIONS

U City Community Update

*January 31, 2025*

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City of  
University  
City  
**2024**  
**ANNUAL  
REPORT**

## 2024 University City Annual Report Now Available!!

University City is proud to present the 2024 Annual Report, a comprehensive overview of the City's progress, achievements, and ongoing initiatives. This report highlights the significant investments and developments that have shaped our community over the past year!

Read the full report here: [2024 University City Annual Report](#)



Image by Mark Wiemers of 24Frames, Inc.



## LOCAL on Delmar Breaks Ground in University City!

Exciting developments are underway in the Delmar Loop! Subtext, a national real estate company, has officially begun vertical construction on LOCAL on Delmar, a new five-story mixed-use development at 6650 Delmar Blvd. The project will feature 259 residential units including studios, one, two, and three-bedroom layouts along with 7,100 square feet of retail space and a five-story parking garage.

Designed to enhance the vibrant character of the Loop, LOCAL on Delmar will offer premium amenities such as a wellness suite, co-working spaces, and a pool terrace. With completion expected in summer 2026, this development will provide much-needed housing for current and future residents.

Stay tuned for more updates as construction progresses!

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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

## 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



## 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*



**Stormwater Commission Meeting**

Tue., Feb 4 @ 3:30 p.m.

# STAY ALERT!



CodeRED™

BE PREPARED  
SIGN UP NOW



UCITYMO.ORG/CODERED

## Traffic Court

Wed., Feb 5 @ 6:00 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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[Explore U City](#)

[U City Schools Peachjar Flyers](#)

*Do you have news you want to share? Send us your stories!*

[\*\*SEND US YOUR IDEAS\*\*](#)

*Get Connected!*





City of University City | 6801 Delmar Blvd. | University City, MO 63130 US

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