



Between the LIONS

U City Community Update

September 12, 2025



Fall Bulk Item Collection Schedule

East Area: Sept. 8-12

Central Area: Sept. 15-19

West Area: Sept. 22-26

For more information on collection, call (314) 505-8560

Bulk Item Pickup Continues in Central Area *Sept. 15th–19th*

University City's Fall Bulk Item Pickup continues in the Central Area from Monday, September 15 through Friday, September 19. **Place items curbside on the Sunday of the scheduled collection week.** If they are not set out by Sunday night, you may miss your collection. Having items out by Sunday night will ensure that your items are collected during the scheduled week. The City will make only one pass on each street on one of the days during your collection week. Be sure to review the City's bulk pickup guidelines to ensure items are collected. For more details, including a list of accepted and prohibited items, click the button below.

University City Police Department Monthly Focus Group

Date: September 23, 2025

Time: 6:00 PM

Location: Heman Park Community Center

The University City Police Department invites residents to take part in its monthly Focus Group meetings, designed to strengthen community engagement and open dialogue. These meetings provide an opportunity to share concerns, ask questions, and collaborate with officers on ways to enhance public safety. All residents are welcome to attend. For upcoming dates and meeting details, please visit ucitymo.org.



Education Spotlight: University City School District

Ongoing and upcoming events hosted by
the University City School District.

You are cordially invited to



University City High School

Thursday, October 16, 2025

Buffet Dinner Reception | 5:30 p.m.

Ceremony | 6:45 p.m.

~ Cocktail Attire ~

Tickets

\$75 per person

Gold Contributor: \$100 per person

(includes sponsorship of a student attendee & notation in the program)

Tickets can be purchased online at

ucityschools.org/hof2025tickets

Proceeds go towards the

University City Education Foundation.

Event sponsorships and donations are available.

For more information,
email vhohe@ucityschools.org



Hall of Fame Induction Ceremony

Thursday, October 16, 2025 | University City High School

This biennial tradition honors 10 outstanding UCHS alumni for their achievements and contributions. The evening will include a reception and ceremony, and we warmly invite the community to join us in celebrating our honorees.

ANITA JACKSON AND BROTHERS LAZAROFF FEATURING LARRY "FALLOUT" MORRIS
WITH SPECIAL GUEST & UCITY ALUM, CHRIS THOMAS. DARIUS BRADFORD AS EMCEE.

Anita Jackson

Brothers
Lazaroff

Celebrate the pride, music, and community spirit of University City.

Date:

Saturday, October 18, 2025

Location:

COCA - The Berges Theater
6880 Washington Avenue

VIP Reception:

6:00 pm

Concert:

7:00 pm



Scan for Tickets

- \$50** - Concert Only
- \$125** - Concert / VIP Reception & Reserved Seating
- \$30** - UCity Teachers Concert Only
- \$90** - UCity Teachers Concert / VIP Reception & Reserved Seating



VIP Reception

Savor heavy appetizers, drinks, special guests, and premier seating in an exclusive pre-concert gathering. Network with changemakers before the show.

Concert Experience

A dynamic live performance in an intimate 450-seat theater—every note benefiting educational equity through the University City Education Foundation.

Savor the Pride

Show your concert ticket at participating UCity restaurants for exclusive offers. Support local tastes while supporting a great cause.



Darius Bradford
UCity Alum



Christopher Thomas
UCity Alum

Lion's Pride & Purpose Concert Saturday, October 18, 2025 / COCA Berges Theater

Presented by the University City Education Foundation, this unforgettable night will feature:

- Soul-stirring performances from Anita Jackson, Brothers Lazaroff & Christopher Thomas
- Uplifting comedy from Darius Bradford

- A refined atmosphere celebrating excellence and purpose

This is more than a concert. Every ticket purchased and every donation made directly fuels transformative educational initiatives for the School District of University City. From innovative classroom programs to student support, your presence powers progress.



Fitness & Fun Spotlight: Centennial Commons Recreation Center

Ongoing and upcoming events hosted by
Centennial Commons Rec Center.

2025 FITNESS CLASSES FALL SESSION

September 8th - November 1st

Total Body & Tone

Mondays & Wednesdays

9:00 AM - 10:00 AM

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

Min: 10, Max: 20

Zumba

Mondays

6:30 PM - 7:30 PM

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

Min: 8, Max: 20

Silver Sneakers

Move & Groove

Tuesdays

11:00 AM - 12:00 PM

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

Free: Eligible Silver Sneakers

Members

Min: 10, Max: 20

Beginners Tai Chi

Thursdays

10:00 AM - 11:00 AM

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

Min: 10, Max: 20

Intermediate Tai Chi

Wednesdays

10:30 AM - 11:30 AM

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

Min: 10, Max: 20

Slide & Line Dancing

Wednesdays: 4:30 PM - 5:30 PM

Saturdays: 11:00 AM - 12:00 PM

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

Min: 8, Max: 20

September 15th - November 8th

Beginners Yoga

Tuesdays

6:00 PM - 7:00 PM

M: \$55, R: \$60, NR: \$65

Min: 12, Max: 20

Chair Yoga

Saturdays

11:00 AM - 12:00 PM

M: \$55, R: \$60, NR: \$65

Min: 12, Max: 15

October 7th - November 25th

Ageless Action Boot Camp

Tuesdays & Thursdays

9:00 AM - 10:00 AM

M: \$55, R: \$60, NR: \$65

Min: 8, Max: 20

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

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

In order to receive resident rates, you must present your occupancy permit.

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 FALL SESSION

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

In order to receive resident rates you must present your occupancy permit

September 8th - November 1st

September 15th - November 8th

TOTAL BODY & TONE

MONDAYS & WEDNESDAYS, 9-10 A.M.

FEES: Member \$60, Res. \$65, NonRes \$70
Participants: min. 10/ 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. 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.

BEGINNERS YOGA

TUESDAYS, 6 - 7 P.M.

FEES: Member \$55, Res. \$60, NonRes \$65
Participants: min. 12/ max. 20

Designed for a first time student. Poses in this class will focus on building a strong, safe foundation of basic teachings and yoga postures. The meaning of the importance of matching breath to movement as a basic tenant of yoga will be taught.

SILVER SNEAKERS MOVE & GROOVE

TUESDAYS, 11 A.M. - 12:00 P.M.

FEES: Member \$50, Res. \$55, NonRes \$60
Participants: min. 10/ max. 20

Combination of low-impact cardio and strength-building moves. Improve flexibility & balance. A complete workout for all fitness levels!

**Eligible Silver Sneakers
Members: class is FREE!**

BEGINNERS 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. It is a form of 'moving meditation' that can be practiced, studied, and enjoyed by anyone at any age.

CHAIR YOGA

SATURDAYS, 11:00 A.M. - 12:00 P.M.

FEES: Member \$55, Res. \$60, NonRes \$65
Participants: min. 12/ max. 15

A modified form of yoga that uses a chair for support and balance, making it accessible for various fitness levels and physical conditions. It incorporates traditional yoga elements like poses and breathwork, but adapted to be gentle, slow, and safe allowing participants to increase flexibility and strength without putting stress on their bodies.

INTERMEDIATE TAI CHI

WEDNESDAYS, 10:30-11:30 AM

FEES: Member \$45, Res. \$50, NonRes \$55
Participants: min. 10/ max. 20

An opportunity for students who have complete the Beginner's class to continue their studies in the art of tai chi.

SLIDE & LINE DANCING

WEDNESDAYS, 4:30-5:30 PM

SATURDAYS, 11:00 AM-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.

October 7th - November 25th

AGELESS ACTION BOOT CAMP

TUESDAYS & THURSDAYS, 9-10 A.M.

FEES: Member \$55, Res. \$60, NonRes \$65
Participants: min. 8/ max. 20

Designed for the active aging population who wish to maintain or rejuvenate their vitality with fun, energetic, full body bootcamp style exercises. Participants MUST have the ability to get down on the floor and back up! Open to all levels. Just bring a towel, water and a smile!



UCITYMO.ORG / 314.505.8625



**SENIORS 60+
JOIN US FOR**

**LAUGHTER,
LUNCH AND
BINGO**



**THURSDAY
SEPTEMBER
25, 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 wearing your FAVORITE ST. LOUIS**

CARDINAL ATTIRE. Phone registration REQUIRED

BINGO BOARDS AVAILABLE (no personal boards allowed)

REGISTRATION BEGINS Tuesday, September 2nd

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





NOW HIRING **SILVER SNEAKERS INSTRUCTOR**

QUALIFICATIONS:

- Instructor leads group classes in a safe, enjoyable and positive environment that welcomes people of all skill and fitness levels. Effectively builds community within the class and provides options as needed to meet varied health and abilities
- First Aid, CPR and AED Certification
- Certification in areas of expertise - classic, circuit, yoga etc.

**FOR MORE INFO OR TO APPLY CONTACT LESLIE EUTZ AT
LEUTZ@UCITYMO.ORG OR CALL 314.505.8525**



NOW HIRING GROUP EXERCISE INSTRUCTOR

QUALIFICATIONS:

- **Current Group Fitness Certification through ACE, AFAA/NASM,ACSM, NETA, NCCPT or other NCAA-accredited specialty class cert. required**
- **Group Exercise Certification**
- **First Aid, CPR and AED Certification**

**FOR MORE INFO OR TO APPLY CONTACT LESLIE EUTZ AT
LEUTZ@UCITYMO.ORG OR CALL 314.505.8525**



OPERATION PLAY - FALL 2025/SPRING 2026 September 2 - May 22



Fall 2025/Spring 2026 Hours:

Monday-Friday5:30 a.m. - 9:00 p.m.
Saturday.....8:00 a.m. - 8:00 p.m.
Sunday.....10:00 a.m. - 6:00 p.m.

Admission

Admission is limited to any individual (age 3+) with a Centennial Commons membership or a resident or non-resident recreation ID card. Memberships and ID cards may be purchased at the Centennial Commons Control Desk (**Photo ID required**) and are available to both residents and non-residents. Visit www.ucitymo.org/RecreationFacilities for more information about facility use rates.

To access the facility at resident rates, individuals will need to obtain a membership or resident recreation ID card and pay the daily admission fee. To obtain either one, residents must present their University City issued occupancy permit as proof of residency (fee: \$5.00) - NO EXCEPTIONS. Occupancy permits are available at City Hall, located at 6801 Delmar, on the 4th floor Monday through Friday from 8:00 a.m. to 4:30 p.m. **Note:** Please ensure your University City occupancy permit has been updated to include **all immediate family members** who reside in your home.

To access the facility, non-residents will be required to have a non-resident recreation ID card and pay the daily admission fee or hold a membership. Individuals who cannot provide proof of residency via a University City occupancy permit may purchase a non-resident recreation ID card, which costs \$7.00 or membership. To access the facility, non-residents must show their card and pay the daily admission fee or swipe their membership card.

REMINDER: Parents must initially apply for youth 17 and under and Youth age 10 and under MUST be accompanied by a parent/authorized guardian/caregiver who is 18 years or older and remains with the youth throughout the entire facility visit.

Recreation ID/Memberships Fees:

Resident	Daily *	1 Month	3 Month	Annual
Youth (17 and under)	\$4.00	\$17.00	\$50.00	\$125.00
Adult	\$5.00	\$32.00	\$96.00	\$240.00
Senior (60+)	\$4.00	\$20.00	\$60.00	\$150.00
Senior Couple**		\$34.00	\$100.00	\$250.00
Family		\$54.00	\$160.00	\$400.00

Non-Resident	Daily *	1 Month	3 Month	Annual
Youth (17 and under)	\$7.00	\$27.00	\$80.00	\$200.00
Adult	\$7.00	\$47.00	\$140.00	\$350.00
Senior (60+)	\$7.00	\$34.00	\$100.00	\$250.00
Senior Couple**		\$47.00	\$140.00	\$350.00
Family		\$64.00	\$190.00	\$475.00

*Must purchase recreation ID card/
 Resident - \$5.00;
 Nonresident - \$7.00
 (good one year from purchase)
 **Both individuals must be
 60 or older
 Guest Admission
 Must be accompanied by current
 member, up to 4 individuals
 \$6/person

NOTE: Memberships include unlimited entry to Heman Park Swimming Pool - Summer 2026 season, member rates for programs/classes and resident rates at Ruth Park Golf Course

REMINDER: Centennial Commons Recreation Facility participates in both SilverSneakers and RenewActive programs. Check with your insurance provider to see if you qualify for this "no cost" membership.

Facility Availability:



Centennial Commons Gymnasium

Court A - Open Gym
 Monday - Friday
 11:00 a.m. - 6:45 pm
 Saturday
 8:00 a.m. - 7:45 pm
 Sunday
 12:45 p.m. - 7:45 a.m.
Court B - Open Gym
 (when Programs/Rentals
 not scheduled)



Centennial Commons Gymnasium
 Pickleball Hours

Court A
 Monday - Friday
 8:00 am - 11:00 am
 Sunday
 10:30 a.m. - 12:30 p.m.
Court B
 Monday - Friday
 5:00 pm - 6:45 pm



Centennial Commons Indoor Soccer
 Facility - Open
 (when Programs/Rentals
 not scheduled)



Centennial Commons Lower Level
 Weight Area



Centennial Commons Cardio Area



Centennial Commons Indoor
 Elevated Track



Centennial Commons Century Room
 Reservations

For detailed information, contact Centennial Commons, 314.505.8625

UPCOMING EVENTS



Fall Bulk Item Collection-Central Area

STAY ALERT!



CodeRED™

**BE PREPARED
SIGN UP NOW**



UCITYMO.ORG/CODERED

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!

Sep. 15 - Sep. 19

[Click Here for more information](#)

Parks Commission Monthly Meeting- CANCELLED

~~Tue., Sep. 16 @ 6:30 p.m.~~

Industrial Development Authority(IDA) Meeting

Wed., Sep. 17 @ 2:00 p.m.

Urban Forestry Commission Meeting

Wed., Sep. 17 @ 6:00 p.m.

Non-Traffic Court

Wed., Sep. 17 @ 6:00 p.m.

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



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