



# Between the LIONS

U City Community Update

November 21, 2025



**University City Firefighters Honored for Heroic Rescue**

The Greater St. Louis Area Fire Chiefs Association recently recognized several members of the University City Fire Department for their exceptional bravery and life-saving actions during a mutual-aid response earlier this year.

**Captain John Kramer, Firefighter Nick Alderton (Mid County), Driver/Operator Neal Gaston, Captain Dan Jones, and Battalion Chief Joel Myers** (not pictured) were honored for their roles in a multi-victim rescue that occurred on January 5.

University City's Unit 2612 responded to assist Mid County firefighters following reports of individuals trapped inside a residential structure fire. Upon arrival, the 2612 crew conducted an immediate interior search and located a victim on a bedroom floor. The individual was removed through a second-floor window and transferred to EMS.

After replacing their air bottles, the crew reentered the burning structure to continue suppression efforts. During this time, Driver/Engineer Neal Gaston placed a ladder to the second floor and rescued a second victim from a window.

Their coordinated actions, quick decision-making, and courage under dangerous conditions directly contributed to saving lives and protecting the community.

Please join us in congratulating and thanking these dedicated firefighters for their outstanding service.



**UCPD Inspires Young Innovators at Brittany Woods STEM Expo**

The University City Police Department proudly joined students, families, and community partners at this year's STEM Expo at Brittany Woods Middle School. The event brought together organizations from across the region to showcase the many ways science, technology, engineering, and math shape our daily lives—and our future.

Officers engaged with students throughout the expo, highlighting how STEM is deeply connected to modern policing. Students had the opportunity to learn about the technology used in day-to-day public safety operations, explore equipment up close, and ask questions about the role innovation plays in keeping our community safe.

The department's participation offered an exciting, hands-on learning experience that encouraged students to think critically, explore career paths, and see real-world applications of what they are learning in the classroom. Many students expressed interest in how tools such as in-car computers, communication systems, and investigative technology help officers do their jobs effectively.

University City remains committed to supporting STEM education and empowering local youth with opportunities to connect with professionals who use these skills every day. The UCPD thanks Brittany Woods Middle School for hosting another outstanding STEM Expo and looks forward to continuing to engage and inspire the next generation of thinkers, leaders, and problem-solvers.



# WashU

## Washington University Leads Promising Alzheimer's Prevention Research

Washington University School of Medicine in St. Louis—right here in our community—is receiving national recognition for its groundbreaking work in the fight against Alzheimer's disease. Featured recently on CBS Sunday Morning, Chief Medical Correspondent Dr. Jon LaPook highlighted WashU's promising clinical trials aimed at preventing or slowing the onset of Alzheimer's symptoms before they appear.

These trials focus on the 1–2% of individuals genetically predisposed to develop early-onset Alzheimer's. By studying participants years before symptoms typically occur, researchers hope to better understand how the disease forms—and ultimately how to stop it.

Early findings from related studies have shown that new antibody-based drugs may help slow cognitive decline in individuals already experiencing early symptoms. WashU's work expands on this progress by exploring whether intervening even earlier in life could change the course of the disease entirely.

Philanthropist Bill Gates, who has committed \$300 million to support Alzheimer's research, was also featured in the story. His investment underscores the national

urgency and momentum behind advancing Alzheimer's prevention and treatment.

For University City residents, this research represents more than scientific progress—it's a direct benefit to our community. With WashU's medical campus in close proximity, U City residents gain access to cutting-edge clinical trials, expert physicians, and evolving treatment options that could support local families affected by Alzheimer's.

The city's connection to one of the nation's leading medical research institutions continues to bring invaluable health resources and innovations to our doorstep. To view the CBS news coverage, visit the link below:

<https://www.cbsnews.com/video/promising-clinical-trials-in-alzheimers-prevention/>



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## Human Resources News

University City is looking for dedicated professionals to join our team! Current openings include:

**Accountant**

**Advanced Clerk Typist - Sanitation**

**Crew Leader - Streets**



**Economic Development Specialist**

**Heavy Equipment Operator – Sanitation**

**Laborer - Light Equipment Operator - Sanitation**

**Mechanic I and II – Fleet**

**Planner – Planning and Zoning**

**Police Officer**

**Purchasing Manager**

If you're ready to make a difference in your community and build a rewarding career with the City, we encourage you to apply.

Apply Here: [\*\*UNIVERSITY CITY JOBS\*\*](#)

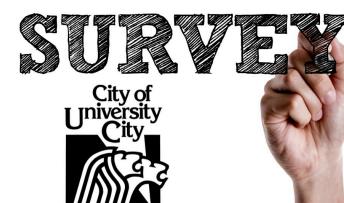
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## **Resident Satisfaction Survey Still Open!**

University City's biennial community survey is still open! If you received a survey in the mail or by email, please take a few minutes to share your feedback. This legitimate survey, conducted by the ETC Institute, helps City leaders understand community priorities and satisfaction with City services.

Visit the survey site at: [\*\*universitycitygov.org\*\*](http://universitycitygov.org)

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**Candidate filing opens Tuesday, December 9, 2025, at 8:00 a.m. and closes Tuesday, December 30, 2025, at 5:00 p.m.** Filing must be completed in person with the **City Clerk at City Hall, 6801 Delmar Blvd., 2nd Floor, Room 4**.



Help fill the shelves for local families in need this holiday season!

Your University City firefighters are collecting non-perishable food items to support local food pantries. Every

For more information or to schedule a filing appointment, contact **City Clerk LaRette Reese** at **(314) 505-8605** or [lreese@ucitymo.org](mailto:lreese@ucitymo.org).

donation helps ensure no table in our community goes empty this winter.

**Drop-Off Location:**  
University City Fire House 1  
863 Westgate Ave



## **Fitness & Fun Spotlight:** **Centennial Commons Recreation Center**

Ongoing and upcoming events hosted by Centennial Commons Rec Center.



*Thanksgiving hours*

*Thursday, November 27<sup>th</sup>*

*Closed*

*Friday, November 28<sup>th</sup>*

*5:30 am - 6 pm*

*Have a wonderful Thanksgiving*



# Centennial Commons & Operation Food Search Thanksgiving Food Drive

This Thanksgiving season, Centennial Commons is proud to partner with Operation Food Search in collecting non-perishable food items to support those in need across our community and help local families enjoy a warm and plentiful holiday meal.

**Suggested Donations (Pop-top canned items greatly appreciated):**

- Chicken, light tuna & salmon (canned & pouches)
- Diced tomatoes, tomato paste, canned spaghetti sauces (low-sodium appreciated)
- Canned chicken soup, chili, stews with meat/beans
- Canned fruit (in natural juices)
- Diced tomatoes, tomato paste, canned spaghetti sauces (low-sodium appreciated)
- Canned beans (low-sodium appreciated)
- Instant brown rice, whole wheat pasta
- Boxed meal kits
- Canned vegetables
- Dried spices: chili powder, garlic powder, cumin, oregano, basil
- Deodorant, toothbrushes & toothpaste
- **NOTE: Please do not donate - items in glass containers or ramen noodles**

**Drop-off Location: Centennial Commons Lobby, 7210 Olive Blvd.**

**Collection Dates: Monday, October 27 - Tuesday, November 25**

Let's come together and share the spirit of giving this Thanksgiving!



**Operation  
Food Search**



# 2025 FITNESS CLASSES MINI SESSION

November 10<sup>th</sup> - December 20<sup>th</sup>

**NOTE: No classes the week of Thanksgiving (11/24 - 11/29)**

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

## TOTAL BODY & TONE

**MONDAYS & WEDNESDAYS, 9-10 A.M.**  
FEES: Member \$40, Res. \$45, NonRes \$50  
Participants: min. 8/ 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 \$30, Res. \$35, NonRes \$40  
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.

## SILVER SNEAKERS MOVE & GROOVE

**TUESDAYS, 11 A.M. - 12:00 P.M.**  
FEES: Member \$30, Res. \$35, NonRes \$40  
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 YOGA

**TUESDAYS, 6-7 P.M.**  
FEES: Member \$35, Res. \$40, NonRes \$45  
Participants: min. 7/ max. 10

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.

## INTERMEDIATE TAI CHI

**WEDNESDAYS, 10:30-11:30 AM**  
FEES: Member \$30, Res. \$35, NonRes \$40  
Participants: min. 8/ max. 20

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

## BEGINNERS SLIDE & LINE DANCING

**WEDNESDAYS, 4:30-5:30 PM**  
FEES: Member \$25, Res. \$30, NonRes \$35  
Participants: min. 8/ max. 20

Never line danced before? Then here's the perfect class for you!

## BEGINNERS TAI CHI

**THURSDAYS, 10-11 A.M.**  
FEES: Member \$30, Res. \$35, NonRes \$40  
Participants: min. 8/ 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.

## SASSY SLIDE & LINE DANCING

**SATURDAYS, 11:00 AM-12:00 PM**  
FEES: Member \$25, Res. \$30, NonRes \$35  
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.

## CHAIR YOGA

**SATURDAYS, 11:00 A.M. -12:00 P.M.**  
FEES: Member \$35, Res. \$40, NonRes \$45  
Participants: min. 7/ max. 10

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.



UCITYMO.ORG / 314.505.8625

# 2025 FITNESS CLASSES MINI SESSION

November 10<sup>th</sup> - December 20<sup>th</sup>

**NO classes the week of Thanksgiving (11/24 - 11/29)**

## Total Body & Tone

Mondays & Wednesdays  
9:00 AM - 10:00 AM  
M: \$40, R: \$45, NR: \$50  
Min: 8, Max: 20

## Zumba

Mondays  
6:30 PM - 7:30 PM  
M: \$30, R: \$35, NR: \$40  
Min: 8, Max: 20

## Silver Sneakers

Move & Groove  
Tuesdays  
11:00 AM - 12:00 PM  
M: \$30, R: \$35, NR: \$40  
Free: Eligible Silver Sneakers  
Members  
Min: 10, Max: 20

## Beginners Yoga

Tuesdays  
6:00 PM - 7:00 PM  
M: \$35, R: \$40, NR: \$45  
Min: 7, Max: 10

## Intermediate Tai Chi

Wednesdays  
10:30 AM - 11:30 AM  
M: \$30, R: \$35, NR: \$40  
Min: 8, Max: 20

## Beginners Slide & Line Dancing

Wednesdays  
4:30 PM - 5:30 PM  
M: \$25, R: \$30, NR: \$35  
Min: 8, Max: 20

## Beginners Tai Chi

Thursdays  
10:00 AM - 11:00 AM  
M: \$30, R: \$35, NR: \$40  
Min: 8, Max: 20

## Chair Yoga

Saturdays  
11:00 AM - 12:00 PM  
M: \$35, R: \$40, NR: \$45  
Min: 7, Max: 10

## Sassy Slide & Line Dancing

Saturdays: 11:00 AM - 12:00 PM  
M: \$25, R: \$30, NR: \$35  
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**





**PRESENTS**

## FAMILY PUZZLE NIGHT CHALLENGE!

THINK YOU'VE GOT THE FASTEST PUZZLE-SOLVING CREW IN TOWN?  
GRAB YOUR FAMILY OR FRIENDS AND PUT YOUR TEAMWORK TO THE TEST!

**FRIDAY  
NOVEMBER 14  
6:00-7:30 PM  
CHECK IN  
5:30 PM**

### HOW TO WIN:

 **BE THE FIRST TEAM TO FINISH YOUR PUZZLE BEFORE TIME RUNS OUT!**

 **IF NO ONE FINISHES, THE TEAM WITH THE FEWEST PIECES LEFT WINS!**

 **WINNERS TAKE HOME A FAMILY PUZZLE NIGHT GIFT BASKET FILLED WITH FUN SURPRISES!**

 **TEAM SIZE: 2-4 PLAYERS PER TEAM**

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

 **LIMITED SPOTS: 6-10 TEAMS ONLY — DON'T MISS OUT!**

**REGISTER AT CENTENNIAL COMMONS  
DURING NORMAL BUSINESS HOURS  
NOW THRU FRIDAY NOVEMBER 7**





## Blood Drive Centennial Commons

Century Rooms 1 and 2  
7210 Olive Blvd.  
University City, MO 63130

**Friday, November 28, 2025**  
**11:00 a.m. to 3:00 p.m.**

Please visit [RedCrossBlood.org](https://RedCrossBlood.org) and enter: CentCom to schedule an appointment.



Give blood Nov. 17-Dec. 7 for an exclusive pair of Red Cross x PAC-MAN socks, while supplies last!



Scan to schedule  
an appointment.

[161] • Order ID: 1889970 • Item ID: 5465878 • Qty: 1 of 1 • 4144777 • 2025-APL-0742 • APL69 • 252708

1-800-RED CROSS | 1-800-733-2767 | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

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University City's Recreation  
Department invites you to a

# KID'S HOLIDAY CHARCUTERIE WORKSHOP

You bring the creativity, we will supply everything else. Register early, space is very limited!

Registration: Monday November 3, 2025 - Wednesday December 3, 2025

**FRIDAY  
DEC 12  
2025**

**5:30 PM - 7:00 PM**

**7210 Olive Blvd  
University City, MO  
63130**

**KIDS AGES 4-10.**

**ONE ADULT FIGURE PER KID!**

**\$30 PER CHILD**

**MIN: 15  
MAX: 30**

For more information please  
contact:  
[mmeahan@ucitymo.org](mailto:mmeahan@ucitymo.org)  
314.505.8613

**REGISTER IN PERSON**

**M-F: 5:30 AM-9:00 PM  
SAT: 8:00 AM-8:00 PM  
SUN: 10:00 AM-6:00 PM**



Take a look at what you will  
be making:



# 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!

## UPCOMING EVENTS



### Special City Council Work Session

Sat., Nov. 22 @ 9:00 a.m.

### City Council Meeting

Mon., Nov. 24 @ 6:30 p.m.

### UCPD Focus Group

Tue., Nov. 25 @ 6:00 p.m.

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

# NOVEMBER 10TH

UNIVERSITY CITY  
CITY HALL-COUNCIL CHAMBERS  
5TH FLOOR  
6:30 P.M.

## CITY COUNCIL MEETING

[More U City News](#)

[Explore U City](#)

[U City Schools Peachjar Flyers](#)

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

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

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