



Between the LIONS

U City Community Update

November 14, 2025



🍂 Fall Leaf Collection Update 🍂

Central Area
Nov. 17th-Nov. 21st

🍂 Fall Leaf Collection Update 🍂

Attention, University City residents! Starting **Monday, November 17th.**, our crews will begin collection in the **Central Area**, weather permitting.

Please ensure leaves are raked to the curb, not blocking storm drains, to help workers complete the process efficiently. Thank you for your cooperation!



ROARS

THE VOICE OF UNIVERSITY CITY

WINTER 2025 - 2026



Serving Seniors with Fun Programs and Special Services

As the year winds down and the holiday season draws near, we're reminded of the importance of celebrating the generations of people who have helped shape our community. In University City, this includes honoring our many older residents who grew up here, raised their families here, and remain deeply woven into the fabric of local life.

A COMMUNITY THAT CARES. This holiday season, University City celebrates the generations who helped shape our neighborhoods, schools and traditions. Whether it's sharing laughs over bingo, stretching in yoga class, or receiving a reassuring home safety visit, seniors here are surrounded by a community that values connection, respect and care.

FRIENDSHIP AND FUN. At the Heman Park Community Center, "Laughter, Lunch and Bingo" is more than a catchy name. It's a place where neighbors gather for a hot meal, plenty of laughs and a few friendly games. The games offer more than entertainment; they build community, helping seniors make new friends while reconnecting with old ones.



LIFELONG LEARNING AND WELLNESS. The University City Public Library has become a hub for enrichment. Seniors can explore chair yoga, arts workshops and monthly "lunch-and-learn" sessions on topics ranging from fitness and safety to estate planning. With food, fellowship and fresh ideas, these gatherings nourish both body and mind.

SUPPORT AT HOME. University City's Senior Resources connect residents with services that make life easier and safer. From complimentary home safety checks provided by the Fire Department to transportation, handyman help and caregiver support, these programs allow seniors to remain independent while giving families peace of mind.

University City is proud to honor its seniors, the very people who built the foundation of our community. We encourage you to take part in these opportunities, show up, and meet new friends. Together, we'll keep University City strong, connected, and thriving for every generation.



COUNCIL MEETING DATES:

2025

MONDAY, DEC. 8

2026

MONDAY, JAN. 12

MONDAY, JAN. 26

MONDAY, FEB. 9

MONDAY, FEB. 23

All meetings begin at 6:30 p.m.

In-person meetings are subject to change. Information about meetings is at ucitymo.org/Calendar.

All meetings are streamed live at [youtube.com/UniversityCityGovernment](https://www.youtube.com/UniversityCityGovernment). To be notified when meetings go live, click the subscribe button.

WINTER 2025 - 2026 1

Sneak Peek: Winter 2025 ROARS

The latest issue of ROARS: The Voice of University City is here — packed with community news, events, and updates to kick off the new year!

Inside this edition, you'll find:

- ★ Exciting updates on major construction projects, including the new Police Headquarters and Market at Olive developments.
- ✿ Winter fun highlights like the Delmar Loop Ice Carnival, Heart Health Month events, and family bingo nights.
- 🌳 Improvements coming to Metcalfe and Rabe Parks with brand-new playgrounds.



Celebrations of our senior residents and the programs that keep them active and connected.

Dog Park membership details and city service updates for the winter season.

Read the full newsletter online using the link below and stay connected with everything happening in University City!

www.icitymo.org/DocumentCenter/View/19569/Winter

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



University City's
biennial
community

**Candidate
filing opens Tuesday,
December 9, 2025, at**



Help fill the shelves for
local families in need this

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

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.**

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

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



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 10th - December 20th

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 10th - December 20th

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**





happy thanksgiving

SENIORS 60+ JOIN US FOR LAUGHTER, LUNCH AND **BINGO**



THURSDAY
NOVEMBER
20, 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, October 27th

FOR PHONE REGISTRATION OR MORE INFORMATION,
CONTACT CENTENNIAL COMMONS 314.505.8625





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 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: 5405878 • Qty: 1 of 1 • 4144777 • 2025-APL-0044 • 2025-APL-0742 • APL69 • 252708

1-800-RED CROSS | 1-800-733-2767 | 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:
mmeehan@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:





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



Fall Leaf Collection-Central Area

Nov. 17 - Nov. 21

Senior Commission Meeting-Virtual

Mon., Nov. 17 @ 6:00 p.m.

Parks Commission Meeting

Tue., Nov. 18 @ 6:30 p.m.

Non-Traffic Court

Wed., Nov. 19 @ 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](#)

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

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

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

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