

# Mature Matters

A Publication for Maryland Heights Seniors  
March-April 2024



City Of  
**Maryland  
Heights**  
Parks & Recreation

## Steve's Scoop



As we say farewell to winter and welcome spring with its' warmer temperatures, it's time to start thinking about some of the wonderful day trips and activities that we have planned. Get ready for baseball season as we head over to Busch Stadium for a tour, or join us on a trip to Hannibal Missouri as we learn

about Mark Twain! Check out all of our upcoming trips on page 2!

On a personal note, many of you know that I was out on medical leave for nearly all of December and January. I just want to thank you all for the thoughts, prayers, well-wishes, cards, etc. that you have blessed me with. I'm officially back to work, nearly recovered and happy to be back with you all!

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## Volunteer Service Day

**Saturday, April 20**

**8:30 a.m. - 12:00 p.m.**

The Parks and Recreation Department organizes service days to assist elderly and disabled residents with yard work. Tasks include raking and bagging leaves, and may include some minor shrub trimming. To receive assistance, you must be a resident of Maryland Heights, age 62 or older, or under 62 and on documented Social Security Disability. Assistance applications are available online at [www.marylandheights.com/Volunteer](http://www.marylandheights.com/Volunteer) or at the Maryland Heights Community Center. Volunteers are also needed and can register at the same link!

## What's Inside

**Page 2:**

**Upcoming Trips**

**Page 3:**

**Senior Learning Institute**

**Murder Mystery Dinner**

**Book Clubs**

**Page 4:**

**First Monday Meet & Greet**

**Monthly Luncheons & Bingo**

## Adult Egg Hunt

**Friday, March 22 • 7:30 p.m.**

**Vago Park**

(Ages 21+) Who said egg hunts are just for kids? Channel your inner child and hunt for eggs in the dark. We'll begin promptly at dusk and go until the last egg is found. Don't forget your flashlight and container to collect your eggs! Outside food and drink are welcome, no glass containers please. No walk-up tickets will be available. Register at [www.marylandheights.com/tickets](http://www.marylandheights.com/tickets).

**Fee: Early Bird: \$12**

**After March 1: \$15**

# Upcoming Trips with Maryland Heights Parks & Recreation

## Trip Activity Level Guide

Level 1 ★ Easy: Minimal walking. Terrain is typically flat, no stairs or incline.

Level 2 ★★ Moderate: Light walking. Occasional incline and/or stairs and possible uneven terrain.



## Spring Training

Wednesday, March 20 • 11:30 a.m. - 4:30 p.m.

Activity Level 2 ★★

Just like the Cardinals, we'll get into baseball shape by touring Busch Stadium and getting pumped up for the 2024 season! Tour includes the Champions Club, Redbird Club, Broadcast Booth, Warning Track/Dugout and the Cardinals Museum. This is a one-hour walking tour with stops along the way. Prior to the tour, we'll have lunch at Syberg's right here in Maryland Heights. Cost includes motorcoach transportation, lunch, tour and all gratuities.

Fee: M/R: \$86 • NR: \$114

## Hannibal, MO

Wednesday, April 24 • 8:00 a.m. - 4:30 p.m.

Activity Level 2 ★★

Travel back in time with us as we go see where Tom Sawyer and Huck Finn had their mischievous adventures. We will do a downtown trolley tour and see over 200 years of history learning about Hannibal and Mark Twain. We will have time to browse some of the shops on Main St. before heading to lunch at the Cave Hollow Winery. There, we'll also see an award-winning one man show featuring Mark Twain. Cost includes motorcoach transportation, tours, lunch, show ticket and gratuity.

Fee: M/R: \$105 • NR: \$139



Register at [MarylandHeights.com/Webtrac](https://MarylandHeights.com/Webtrac), in person at the Community

Center, or call (314) 738-2599.

## Senior Learning Institute

Second Thursday of the Month

10:00-11:30 a.m. • Community Center

Founded by Ted Gottlieb, Certified Senior Advisor, The Senior Learning Institute provides FREE advocacy, resources, and education on a variety of topics, such as: Aging In Place; Estate & Financial Planning; In-Home Care; Wellness; Decluttering & Organizing; Senior Living Community Options; Selling The Home; and so much more. In addition to the live sessions hosted at the Community Center, seniors will also have access to free consultations. Upcoming topics are advertised through Mature Matters. For more information, visit [www.StlSli.com](http://www.StlSli.com).

### March 14

#### Getting More Out of Your Home

Home is not just a place where most older adults prefer to live out their lives – it could help fund your care and your legacy. This seminar touches on how to stay safer and longer in your home.

### April 11

#### Death, Dying, and Funerals ~ Navigating End of Life Decisions

Panelists will share the most important things you need to know about death, dying, and commemorating your life on your terms. This could quite possibly be one of the most important seminars of the year.

## Bullets in The Bathtub ~ A Murder Mystery Dinner

Friday, April 12 • 6:30-9:30 p.m.

### Community Center

(Ages 21+) Welcome to the 1920'S where bathtubs were only made for one thing. To make gin! (Ok, maybe two things). Lot's of gangsters are showing up at "Cherry's Speakeasy" to talk about the turf war going on between the Corneolis and the Buttafuccos. Just when we think things are going to settle down, in comes Harry Hyde, (the famous Russian mobster). He sure does know how to make enemies! I guess the local constable, Doyle Lonnegan, will come and solve the crime. You'll meet crazy characters before we find out who put "da finger" on Harry's Hyde! When you come to "Bullets in the Bathtub", don't forget to bring your gangster hat, tommy gun and flapper! Participate a lot, a little, or just sit back and enjoy the show! Visit [www.jestmurdermystery.com](http://www.jestmurdermystery.com) for more information. A buffet dinner will be served. Register in person or online at [www.marylandheights.com/webtrac](http://www.marylandheights.com/webtrac).

Fee: \$55/person



## Book Clubs

Avid reading into old age has been shown to reduce memory decline by more than 30 percent, so keep reading through your golden years! Join our book clubs at the Community Center to help you discover and discuss new books. No RSVP needed. Call 314-738-2552 for more information.

### Cover to Cover Book Club

2nd Monday of the month • 9:30-10:30 a.m.

- March: Annie Freeman's Fabulous Traveling Funeral by Kris Radish
- April: The Good Sister by Sally Hepworth

### Such Great Heights Book Club

2nd Monday of the month • 6:45-8:00 p.m. • Zoom

- March: West With Giraffes, A Novel by Lynda Rutledge
- April: The Name of the Rose by Umberto Eco

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## First Monday Meet & Greet

Join others for fellowship and great discussion at the Community Center on the first Monday of each month at 10:30 a.m. Donuts and coffee are served. All are welcome at no cost and no RSVP is required.

### Monday, March 4

AARP of St. Louis will discuss why having too many possessions can impede people from relocating or receiving health care in their homes. This engaging presentation explores why some people want to hold onto their belongings and teaches practical, easy-to-follow tips on downsizing and decluttering.

### Monday, April 1

Come meet the City of Maryland Heights Social Services Coordinator Ericka Jones. She will discuss her role with the City and provide valuable resources that are available to seniors.

## Monthly Luncheons & Bingo

Join us on the third Monday of each month for entertainment at 10:30 a.m. followed by a hot, catered meal at 11:30 a.m. No food substitutions can be made. Cost to attend is \$13. Stay after lunch for bingo beginning at approximately 12:45 p.m. Cost to play is \$8. Pre-registration is required and can be made at the Community Center Welcome Desk.

### Monday, March 18

Dan Sproat is known locally and plays at wineries, parties and festivals. He plays it all from rock to country, oldies and more!

**Menu:** Corned beef, cabbage, potatoes, layered pistachio dessert

### Monday, April 15

Back by popular demand The Retro Band will have you up and dancing to oldies, rhythm and blues, rock and roll and much more!

**Menu:** Ham, pasta con broccoli, yam patties, yellow cake with cream cheese icing topped with fruit