

Mature Matters

A Publication for Maryland Heights Seniors
March-April 2023



City Of
**Maryland
Heights**
Parks & Recreation

Steve's Scoop



With the warmer weather approaching, trips will finally be starting back up in March! We hope you can join us for some of the fantastic outings listed in this issue. Afternoon Flicks will also be starting back up in April (I can already smell the popcorn!).

We have a new program called the Senior Learning Institute that I hope you will attend. I am very excited about the partnership we have formed which will bring informational seminars directly to our Community Center. This program will meet on the 2nd Thursday of every month beginning in March. You may have remembered hearing about this program if you attended our Meet and Greet in February, and I know that many of you were excited about it. Take a look at page 3 for more information.

Thanks for being such a great group to be around! I can't wait for the events coming up this spring!

Steve Clark, CPRP – Recreation Specialist, Adult & Senior
(314) 738-2552 • sclark@marylandheights.com

Volunteer Service Day - April 22nd

Saturday, April 22 • 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 are primarily 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 or at the Maryland Heights Community Center.

Volunteers are also needed and can register at the same link!

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Paper Shredding

The next Paper Shredding event has been scheduled for **Saturday, May 6**. At this event, residents may bring the equivalent of five file-sized boxes or bankers boxes (12"W x 15"L x 10"H) of paper to be shredded. Paper shredding trucks will set up at the Government Center in the parking lot that faces Millwell. An employee of the City will be present to check you in. This event is free and is for Maryland Heights residents only, no businesses. **Registration is required to attend.**

If you do not register, you will be turned away. Register online at www.marylandheights.com/papershred or call (314) 738-2358 or (314) 738-2497. **Registration will open on March 27 and close on April 21.**

Upcoming Trips with Maryland Heights Parks & Recreation

Trip Activity Level Guide

This scale is a guide to indicate the approximate activity level of a trip. If you are unsure if a trip is right for you, please call (314) 738-2552.

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.

Alton Little Theater: Violet Sharp

Wednesday, March 8 • 4:00 ~ 10:00 p.m.

Activity Level 1 ★

(Ages 21+) Violet Sharp is a powerful drama inspired by the behind-the-scenes facts learned about the Lindberg baby's kidnapping. The public's thirst for answers leads to a too-zealous policeman looking for notoriety and an easy win. Prior to the show, we'll have a pulled pork and pulled chicken dinner at Old Bakery Beer Company Restaurant in Alton. Cost includes motorcoach transportation, theater tickets, dinner and gratuity.

Fee: R: \$80 • NR: \$96

Dogwood Azalea Festival

Friday, April 14 • 7:30 a.m. ~ 6:00 p.m.

Activity Level 2 ★★

(Ages 21+) Come with us to Charleston, MO at the top of the "bootheel" for the 55th annual Dogwood Azalea Festival. When we arrive, we'll have a step-on tour guide take us around town and share the history of this beautiful and historical city. Next, we'll experience local flavor with a lunch of chicken salad on a croissant and homemade soup and desserts at the Southside Baptist Church. After lunch, we'll have plenty of time to walk around the festival and see the area's local vendors and merchants who have kept this classic town unique. Cost includes: motorcoach transportation, step-on tour guide, lunch and gratuity.

Fee: M/R: \$75 • NR: \$90

Register for trips at
MarylandHeights.com/Webtrac,
in person at the Community Center
or call (314) 738-2599.

April Ballot Issues - Prop U and Prop M

When Maryland Heights' voters go to the polls on Tuesday, April 4, two propositions will be on the ballot: Prop U and Prop M.

Prop U

Prop U is asking if the City should impose a local use tax on purchases from out-of-state vendors. This is most commonly done through internet purchases. If passed, this 1/2 cent local Use Tax would be the same amount as the local Sales Tax and will generate an estimate of \$750,000 - \$2 million in revenue to help pay for public safety, trash/recycling/yard waste, utility tax rebates, sidewalks, parks, and emergency equipment. Not sure if this tax will affect you? When shopping online, check your receipts. Most items that you purchase online are from companies that have

a Missouri address and you are most likely paying a SALES tax on those items. You will never pay both a Sales Tax AND a Use Tax on the same purchase. For more information, visit www.marylandheights.com/UseTax.

Prop M

Just as previous cigarette or alcohol taxes that had to be approved by voters, Prop M is asking if they would like to allow the city to place a tax of up to three percent on the retail sales of recreational marijuana to adults in the City. If passed, medical marijuana will only be taxed at four percent, and no additional taxes will be added. There are currently no dispensaries within Maryland Heights. Several other cities in the area will also have Prop M on the ballot in April.

Senior Learning Institute

Second Thursday of the Month

10:00 a.m. - 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. In addition to the live sessions hosted at the Community Center, seniors will also have access to free consultations. There is no registration process; just come on by!

March 9

Ask the Attorney: Estate Planning Q&A

At this informative seminar, you will gain the knowledge needed about wills, trusts, advance directives, power of attorneys, probate, and more. Get your questions answered by St. Louis Area Estate and Elder Law Attorneys. Attendees will also be offered a FREE State of Missouri Health Care Directive to complete.

April 13

Your Estate Matters

We're finishing up our discussion on Advance Directives and other estate planning tools as well introducing the importance of ongoing financial and tax planning. We'll also touch on estate liquidation.

Fee: Free

Afternoon Flicks

Afternoon Flicks are back this spring! Watch great films with friends at the Community Center. Popcorn and water will be provided. All movies will begin at 2:00 p.m. No registration required.

Thursday, April 13: Mrs. Harris Goes To Paris

Thursday, April 20: Belfast

Thursday, April 27: See How They Run

Fee: Free



Mammography Van Screening

Friday, March 24 • 8:00 a.m. - 2:00 p.m.

Community Center

(Ages 55+) The digital Mobile Mammography Service Van is sponsored by the Missouri Baptist Medical Center and provides a convenient and easy way to screen for breast cancer. Please check with your medical insurance provider to verify your benefits and eligibility. Make sure you have your insurance card, physician's name and phone number and a form of identification at your appointment. Free mammograms may be available to women ages 40-64 without insurance. Call (314) 996-5170 to schedule an appointment.

Fee: Varies based on insurance

Murder in Maaaybury: A Murder Mystery Dinner

Friday, April 28 • 6:30 p.m. - 9:30 p.m.

Community Center

(Ages 21+) Welcome to the first annual Maybury garden party. Aunt Dee is throwing a garden party to raise money to buy fertilizer for the Flower and Garden Club. Earnest D. Sass shows up to cause trouble and someone stops him "cold." Who could it be? Aunt Dee? Otis? Andy? Or any one of numerous other characters that the audience members will play! Participate a lot, a little or sit back and enjoy the show. Buffet dinner will include chaminade chicken, mashed potatoes, glazed carrots, Italian salad and peach cobbler (menu subject to change). Purchase tickets at the Welcome Desk or by calling (314) 738-2599.

Fee: \$55/person

11911 Dorsett Road
Maryland Heights, MO 63043
marylandheights.com

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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 6

Kathy McKenney is a Guarded Wellness Consultant from Advanced Life Management. Her topic is “Understanding the Rising Need and Cost of Home Health...Navigating Your Payment Options”.

Monday, April 3

Danielle Oettle, Finance Director for the City of Maryland Heights, will come over from the Government Center to speak with us about some of the current news in the city and discuss issues on the upcoming ballot and what they mean to you.

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 20

Brian Clarke is a local icon who has played with and opened for several famous bands. He plays a variety of music that will get your toes tappin' and up on your feet dancin'!

Menu: Corned Beef, Cabbage, Red Potatoes, Roll, Layered Pistachio Dessert

Monday, April 17

David Green will play music spanning from the 1940's to present day. His genre includes; Jazz, Pop, R&B, Country, Oldies and more!

Menu: Ham, Pasta Con Broccoli, Yam Patties, Roll, Yellow Cake w/Fruit