



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Jan/Feb 2026

VOL 16 01

www.sajeseniorministry.org

Donating to SAJE

You can make a difference to help SAJE Senior Ministry make available quality programs to seniors in the south county area. We get some donations and participation fees to day trips, exercise classes, Lunch and Learn programs, movie events, and health fairs. Currently, SAJE is only receiving 45% of our contributions from church member sponsorship fees to cover operating costs. We are dependent on the remaining 55% through tax deductible donations and fundraising.

You can make a tax-deductible donation to SAJE Senior Ministry. SAJE is a Federal and Missouri registered 501(c)(3) nonprofit charity. Also, if you are age 70 ½ or older, you may directly transfer up to \$100,000 from your IRA to SAJE and/or other charitable organizations. This gift would help fulfill or offset some or all of any required minimum distributions (RMD) without increasing your taxable income. Talk to your financial institution where your IRA is administered to make this direct distribution to SAJE and benefit from the tax savings.

Contact Ken Janovec, SAJE Treasurer at 314-402-2574 if you have any questions about tax deductible donations or supporting SAJE Senior Ministry.

NEW CLASS !!!

Dancing Through the Decades

Step into our time machine as we dance our way through hits of the 20's, 30's, 40's through today! This is a chair based-class; fully adaptable for a variety of fitness levels. However, if the music moves you, you can always get up on the dance floor and boogie away.

Dancing Through the Decades exercise class will be held at St Thomas/Holy Spirit Lutheran Church, 3980 S. Lindbergh, 63127.

The class runs 8 weeks, starting January 7, 2026 at 2 PM. Come to all or as many as you like. Best of all it's **FREE**.

For more information call the office at **314 664 9700**.



WINTERFEST



FEBRUARY 15

ST JUSTIN
MARTYR
11922 EDDIE & PARK,
SUNSET HILLS

SAJE
Senior Ministry

DOORS OPEN AT 12:30
WITH RESERVED
SEATING

We're thrilled to invite you to a spectacular day of fun, German-style food, and festivities! Join us as we come together to celebrate the season with an event full of laughter, joy, and great company.

See other side for Registration Form
For more information call: 314 664 9700
www.sajeseniorministry.org

\$35 per Person or Table of 8 - \$250

Those wanting to sit together **MUST** send in their reservation form with **ONE CHECK** in the same envelope.

Please make checks out to SAJE Senior Ministry.

Mail to:
SAJE Senior Ministry
3980 S. Lindbergh Blvd
Sappington, MO 63127

Name

Phone

Address

City, State, Zip

Please seat me with (tables of 8)

RSVP by Friday, February 6, 2026.

Thank you for supporting SAJE Senior Ministry

If you can't attend, but would still like to support our ministry, you can make a tax deductible donation, as we are a registered 501c3 organization.

Why Am I So Cold?

One of the common changes people notice while they are aging is that they are more sensitive to cold temperatures.

The normal workings that keep our body warm may be affected by poor health and a weak immune system. Sometimes, hormonal changes, especially in women, can lead to feeling cold all the time. Low estrogen levels associated with menopause or low thyroid hormone levels are some examples of changes that commonly occur in women.

Your doctor may try to find out if you are feeling cold all the time may be a symptom of a medical problem such as high blood pressure or diabetes. Low thyroid activity and high cholesterol can also affect your body's ability to regulate your temperature. Some drugs may also contribute to these symptoms. Medications used to treat high blood pressure and heart disease, such as beta blockers and calcium channel blockers, can affect blood vessels and blood circulation, which can lead to heat loss and hypothermia. Hypothermia is a condition characterized by a dangerously low body temperature.

However, even healthy people who are growing older may also experience feeling cold. This is because the blood vessels, which help conserve body heat, are not as elastic as they used to be, and their responses to changes in temperature become slower. Furthermore, different people may react to cold temperature in various ways, depending on their individual sensitivities. Feeling cold does not necessarily mean that you are sick or that you need treatment. Sometimes, the best thing to do is to just put on a warm sweater or a cozy pair of socks. If you have been feeling cold for some time, and bundling up does not seem to help, ask yourself if the unusual feeling is related to other symptoms. For example, have you noticed any changes in weight or any weakness? Do you feel cold all over or is it just your hands and feet? Help your doctor evaluate your symptoms by discussing them with him or her.

Christian Community Homecare is a ministry of

St. Thomas/Holy Spirit Lutheran Church.

314-843-9673

Website: www.christiancommunityhomecare.org

e-mail: chris@christiancommunityhomecare.org



Activity Cancellations

We hate to admit it, but winter weather is here. Our members have proven to not let a little snow or ice deter their activities, so on occasion we will err on the side of caution and cancel activities.

Please check KMOV 4, KSDK 5, KPLR 11, KMOX, or Facebook for closings.



Exercise Classes

Concord Trinity United Methodist
5275 South Lindbergh 63126

Chair Exercise 10:30 AM Tuesdays **FREE**

Zumba Gold 11:30 AM Tuesdays
\$5.00 with Sherri Lucas

Chair Yoga 10:30 AM Fridays \$5.00 or
Silver Sneakers accepted with
Sherri Lucas

Zumba Gold 11:30 AM Fridays
\$5.00 with Sherri Lucas



A.Men Men's Group

Good morning men! This is your opportunity to start your day with coffee, a donut or pastry and time to talk about sports, weather, news, or whatever interests you that day.

Monday, **Jan 12 and Feb 9** - 9 AM at St. Thomas/Holy Spirit Lutheran Church, 3980 S. Lindbergh Blvd, Room 101. See you there. For more information call Dave at 314 378 2227.

Come and join us, get out of the house, and have some guy time. You'll be glad you did.

Tech Problems

If you have questions about your phone, computer, tablet or other tech devices, let our new volunteer, Patti S. help you trouble shoot your technology problems. Call the office at **314 664 9700** to schedule a time to get together with Patti.

Lunch Meet Up

54th Street Scratch Grill & Bar
5310 S Lindbergh Blvd, St Louis, MO 63126

January 26 @ 1 PM

This is a time to socialize and catch up with other SAJE members. Transportation and lunch are on your own. As a courtesy to the restaurant, we will be making reservations. Please call the office at **314 664 9700** to reserve your spot.

Interested in Learning How to Play Mah Jong?

There has been several people asking if we have a Mah Jong group or do we have classes to learn how to play.

Currently, we do not have any classes. If you are interested in playing or learning American Mah Jong; which is different than the computer game, call the office at **314 664 9700**. If we get enough interest perhaps we can put together a beginner's class.

What is Mah Jong?

Mahjong, is a game that is similar to Rummy, but it is played with tiles instead of cards. The object of the game is to create "hands" until you can go out, or go "Mah Jong!" .





WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd 63127

Thursday, January 8, 11 AM

All Levels of Care

What's Independent Living? Assisted Living? Long-term Care? Sounds confusing? The care and the experience of different care levels will be explained by Nathan Torno, Marketing Director at Friendship Village. Join us, as Nathan gives us a better understanding of different offerings, so we can be prepared for whatever life has in store.

Thursday, February 12, 11 AM

RESCHEDULED: *What Goes on in the Federal Courthouse?*

Have you ever wondered what goes on in the Federal Courthouse and how it affects you and your family? A judge from the U.S. District Court of the Eastern District of Missouri will visit with us and explain the federal judicial branch of government. Time will be allotted for Q & A.

All presentation are at 11 AM, followed by the luncheon. Cost \$5.00.

Newsletter Folding

St Thomas /Holy Spirit Lutheran Church

Wednesday, February 18, 2026, 10:00 AM

Our newsletters are mailed every other month.

Movie Matinee

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Thursday, January 22

Soul on Fire

Drama 2025 1 hr 52 min PG

Based on a true story here in St. Louis. After a devastating accident, a young boy, lifted by faith, family, and a baseball legend, grows into a man who discovers what it means to truly live, inspiring everyday heroes in his path.

Cast: Joel Courtney, John Corbett, Stephanie Shostakovich

Thursday, February 26

A Walk in the Woods

Drama & Comedy 2015 1 hr 44 min R

After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz (Nick Nolte).

Cast: Robert Redford and Nick Nolte



Our Lady of the Snows Evening Excursion 2025



Warm
Smiles,
Friend-
ship and
Memories





3980 South Lindbergh Blvd
Sappington, MO 63127

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Jan/Feb 2026 Newsletter

SAJE Senior Ministry www.sajeseniorministry.org

Member Supporting Organizations

St Thomas/Holy Spirit

Lutheran Church

3980 South Lindbergh Blvd

Sappington, MO 63127

(314) 843-6577

sthschurchstl.com

St Justin Martyr

Catholic Church

11910 Eddie & Park Rd

Sappington, MO 63126

(314) 843-8482

stjustinmartyr.org

Christian Community Homecare

Contact Chris at

(314) 843-9673

chris@christiancommunityhomecare.org

General Questions

Contact the office at

(314) 664-9700

office@sajeseniorministry.org

Submission deadline for the Jan/Feb newsletter is Friday, Feb 6, 2026.