

Calendar of Events

May 19, 2026

Learn from Our Doctors: A Natural Approach to Cholesterol ? Join Us!

Sunset Hills Community Center

3915 S. Lindbergh Blvd.

St. Louis, MO 63127

07:00 PM - 07:45 PM CST

Chiropractic Family Wellness Center, 636-825-6555

functionalmedicine@sunsetfamilychiro.com

We'd love to invite you to a special in-person session with our Functional Medicine doctors: A Natural Approach to Cholesterol

There's a lot of confusion surrounding cholesterol — what it is, whether it's "good" or "bad," and what truly helps support healthy levels naturally.

In this class, we'll break it down in a simple, practical way so you can better understand your body and make informed decisions about your health.

You'll Learn:

- *What cholesterol really is and why your body needs it*
- *The difference between LDL, HDL, triglycerides, and inflammation*
- *Common lifestyle factors that impact heart health*
- *Natural strategies to support healthy cholesterol levels*
- *Nutrition and wellness habits that can make a real difference*

Whether you're looking to improve your lab results, support your heart naturally, or simply learn more about wellness, this class is for you. Our doctors have helped many patients improve and manage their cholesterol naturally through lifestyle changes, nutrition, and functional medicine approaches.

If this is something you're interested in learning more about, we would love for you to join us for this informative talk!

May 20, 2026

Women's Group Monthly Luncheon | Topic: Mind Over Matter

Fenton Chamber Office

1315 N. Highway Drive

Fenton, MO 63026

11:30 AM - 12:45 PM CST

Fenton Chamber, 636-717-0200

bridgetn@fentonmochamber.com

Women are often balancing careers, businesses, leadership responsibilities, family life, and countless daily demands—making it easy for our own wellness to fall to the bottom of the list.

Join us for an honest and encouraging conversation centered around mental wellness and the importance of caring for ourselves holistically. Through guided discussion and a personalized Wellness Wheel exercise, attendees will have the opportunity to reflect on different areas of wellness—including emotional, physical, social, occupational, and financial well-being—and identify where they may need more balance, support, or intention.

This interactive session is designed to provide practical perspective, meaningful conversation, and simple takeaways that can support both personal well-being and professional growth.

?About Women's Group Luncheons:

Our monthly Women's Group luncheons are an opportunity to connect, collaborate, and grow with fellow women in business. Network with Chamber members from a wide range of industries, share experiences in a supportive environment, and enjoy meaningful conversations that foster both personal and professional growth. Each luncheon features engaging discussion, occasional educational topics, and a welcoming space for building strong relationships and sharing business leads. Whether you're a long-time member or attending for the first time, you are part of a vibrant, empowering community of women.

May 21, 2026

Ribbon Cutting & Open House: Emerson Dental Office by Compass Health Network
Emerson Dental by Compass Health Network
324 Emerson Road
High Ridge, MO 63049

01:00 PM - 03:00 PM CST

Fenton Chamber, 636-717-0200

bridgetn@fentonmochamber.com

Open House 1pm to 3pm

Formal remarks and Chamber Ribbon Cutting will take place at 1:30pm.

Join the Fenton Chamber as we celebrate the Ribbon Cutting and Grand Opening of the newly remodeled Emerson Dental office in High Ridge, hosted by Compass Health Network! This transformed dental clinic was thoughtfully redesigned to expand access to care and better serve the High Ridge community with a welcoming, updated space for patients and families. Come connect with fellow Chamber members, meet the team, and help us celebrate this exciting milestone and continued investment in community healthcare.

Ribbon cuttings are a meaningful and celebratory way the Fenton Chamber supports local businesses. By promoting Chamber members and encouraging the community to shop and do business locally, we help drive growth and keep the Fenton area vibrant and strong.

May 22, 2026
- May 23, 2026

St. Paul Parish Picnic
St. Paul Catholic Church
15 Forest Knoll Ave
Fenton, MO 63026

05:00 AM - 10:00 PM CST

Tim Valli, 636-343-1234

tvalli@stpfenton.org

The St. Paul Parish, located in Fenton, MO, at the corner of Highway 141 and Highway 30 (Gravois Rd) is one of the most anticipated community events of the year, bringing together families, friends, and neighbors from across Fenton and the surrounding area. Held annually over Memorial Day weekend, this long-standing tradition has been a cornerstone of the parish for decades, offering a welcoming space for people of all ages to come together, celebrate, and support St. Paul Church and School.

More than just an event, the St. Paul Parish Picnic is a true kickoff to summer. Thousands of attendees gather each year to enjoy a full weekend of activities, entertainment, and great food. From the moment the picnic begins, the grounds are filled with energy, laughter, and the unmistakable feeling of community.

One of the biggest draws of the Parish Picnic is the carnival experience. With rides and games running throughout the weekend, there is no shortage of excitement for kids, teens, and even adults looking to relive a bit of nostalgia. Whether it's spinning rides, classic midway games, or simply walking the grounds with family, the atmosphere delivers something for everyone.

Saturday highlights include the St. Paul Community Parade, a local favorite that brings the broader community together in celebration. Families line the streets as the parade makes its way to the parish, setting the tone for a full day of activities. Throughout the day, guests can enjoy face painting, a lively cornhole tournament, and the ever-popular Bingo in the church basement, which continues to be a staple of the event year after year.

Of course, no St. Paul Parish Picnic would be complete without food. From classic picnic fare to featured meals like the chicken dinner served in the cafeteria, there are plenty of options to keep everyone fueled throughout the day.

At its core, the Parish Picnic is about connection. It's a chance to reconnect with familiar faces, meet new families, and experience the strength of the St. Paul community. Whether you've been attending for years or are visiting for the first time, the St. Paul Parish Picnic offers a welcoming environment where faith, fellowship, and fun come together.

We invite you to join us this Memorial Day weekend and experience the tradition of the St. Paul Parish Picnic for yourself.

May 26, 2026

In Your Neighborhood: IHOP at Gravois Bluffs

IHOP at Gravois Bluffs

110 Kate G Lane

Fenton, MO 63026

08:30 AM - 10:00 AM CST

Fenton Chamber, 636-717-0200

bridgetn@fentonmochamber.com

*Gravois Bluffs Area Friends... Let's Get Together In Your Neighborhood!
Meeting members & supporting businesses... one neighborhood at a time!
The Fenton Chamber is bringing the connection closer to you with our monthly In Your Neighborhood events! Designed to meet members where they are, this program takes us on the road to local businesses throughout Fenton and surrounding communities—spotlighting our members and strengthening relationships along the way. Each month, we pop into a different “neighborhood” for breakfast, lunch, or after-hours networking at a Chamber member location. These relaxed, come-and-go gatherings make it easy to connect with Chamber staff, meet fellow members, and build relationships with nearby business owners you might not see at other events.*

While all are welcome, we make a point to personally invite members and prospective members who live or work nearby—creating a welcoming, community-focused atmosphere that's all about connection, visibility, and support. Come support a local business, grow your network, and be part of what makes our business community thrive... one neighborhood at a time!

May 27, 2026

Business Success Group | Topic: AI for Small Business

Fenton Chamber Office

1315 North Highway Drive

Fenton, MO 63026

08:30 AM - 09:45 AM CST

Fenton Chamber, 636-717-0200

bridgetn@fentonmochamber.com

Topic: AI for Small Business

Presenter: Kim Boothman, Optivas Advisors

Join us for an upcoming Business Success Group featuring Kim Boothman of Optivas Advisors as he leads a discussion on AI for Small Business. Artificial Intelligence continues to shape the way businesses operate, communicate, and grow. During this session, Kim will share insights, ideas, and conversation around how AI is impacting the small business landscape and why it is becoming an increasingly important topic for business owners and professionals to understand.

Whether you are already exploring AI tools or simply curious about the conversation, this will be a great opportunity to learn, connect, and gain perspective on a rapidly evolving business topic.

About Business Success Group:

In this series we will host a variety of marketing professionals who will focus on industry specific information, strategies, and tools - that is, easy things you can do to promote and elevate your business, and improve/enhance your existing marketing plan.

May 28, 2026

Connect Over Coffee at Benz Press Werks

Benz Press Werks

4648-D Russell Ct.

High Ridge, MO 63049

08:30 AM - 10:00 AM CST

Fenton Chamber, 636-717-0200

bridgetn@fentonmochamber.com

Join us for this month's Connect Over Coffee, hosted by Benz Press Werks! Start your morning with the Fenton Chamber -- enjoy coffee, refreshments, great conversation, and meaningful connections in a relaxed, welcoming setting.

Located in High Ridge, Benz Press Werks specializes in all things print, offering a wide variety of printed materials and solutions for businesses, organizations, events, and more. What makes their shop especially unique is the incredible range of equipment they use — from modern printing technology to historic printing presses that are still fully operational and producing client projects today. Their blend of craftsmanship, creativity, and hands-on expertise creates a truly one-of-a-kind experience and product.

Stop by on your way into work, enjoy a cup of coffee, and connect with fellow Chamber members and guests. Whether you stay for a few minutes or the full hour, one thing remains true — coffee is better with friends. We look forward to seeing you there!

June 14, 2026

America's 250th Anniversary Celebration at American Legion Post 400

American Legion Post 400

2 Gravois Road

Fenton, MO 63026

01:00 PM - 06:00 PM CST

Marty Rueter, 314-952-8971

martin.t.rueter@gmail.com

Join the community for a patriotic afternoon of fun, food, and celebration as we honor America's 250th Anniversary! ??

Hosted at American Legion Post 400 in Fenton, this family-friendly event will bring the community together for an afternoon filled with patriotic spirit, great company, and classic American favorites. Enjoy free hamburgers and hot dogs (while supplies last), along with beer and soda available for purchase.

Bring your family, friends, and community pride as we celebrate 250 years of American history with food, fellowship, and fun for all ages!

? Sunday, June 14, 2026

? 1:00 PM – 6:00 PM

? American Legion Post 400 | 2 Gravois Rd, Fenton, MO

Everyone is welcome — we hope to see you there!

August 10, 2026

37th Annual FACC Golf Tournament at Tapawingo Golf Club

Tapawingo National Golf Club

13001 Gary Player Drive

St. Louis, MO 63127

08:30 AM - 04:30 PM CST

Fenton Chamber, 636-717-0200

bridgetn@fentonmochamber.com

Join us for a fun-filled day out at Tapawingo for the Fenton Chamber's most popular fundraiser; this event sells out each year with over 40 teams! Four-person teams play 18 holes in a scramble format at Tapawingo National Golf Club in Sunset Hills which provides three unique and challenging courses with well-maintained grounds and beautiful scenery. Proceeds from the tournament go towards facilitating new Chamber programs and growing the FACC Scholarship Fund. To date, the Fenton Chamber has awarded over \$385,000 to area high school graduates.

Here's what you can look forward to:

Four-Person Scramble: Work together as a team with the scramble format in which each player tees off on every hole and the team chooses the best shot. This is a great way to have fun, be competitive, and maybe even shave some strokes off your score!

Challenge Yourself at Tapawingo: Test your skills on the beautiful Tapawingo National Golf Club course. With its stunning scenery and well-maintained greens, this course offers a challenge for golfers of all abilities.

More Than Just Golf: Enjoy a day of camaraderie and friendly competition. Mingle with fellow golfers, enjoy refreshments, and celebrate your achievements at the post-tournament gathering.

Golfing, Sponsorship, Advertising & Volunteer Opportunities are available - all are reserved on a first come, first served basis. Many opportunities will sell out quickly! To reserve your spot in the tournament or to become a sponsor, contact the Fenton Chamber office at 636-717-0200, email exdir@fentonmochamber.com, or register online.