

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR2 Activity Rm- 2nd Flr AR3 Activity Rm- 3rd Flr B Bistro DR1 Dining Room-1st Flr DR3 Dining Rm- 3rd Flr LIB Library-1st Flr LOB Lobby-1st Flr LR3 Living Room-3rd Flr OP Outdoor Patio			9:30 Good Morning Chat & Updates! 1 10:00 Dancing Through the Decades (AR2) 11:00 SingFit® (AR3) 1:30 Go4Life® Walking Club 2:00 Worship Service w/Pastor Jeanne (AR2) 3:00 Cooking/Baking Club (DR3) 4:00 Current Events (AR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 2 10:00 Exercise Essentials (AR3) 10:45 Hangman (AR3) 1:00 MoMA Art: Artfully Aging Watercolors (DR3) 1:30 Go4Life® Walking Club 2:00 Noodle Ball w/Kristel (AR3) 3:30 Afternoon Social w/music (B) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 3 10:00 Exercise Essentials (AR3) 11:15 Lunch Bunch 1:30 LCR dice game (DR3) 1:30 Go4Life® Walking Club 2:30 Memory Game w/Claiffie (AR3) 3:15 Bingo (B) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 4 10:00 Exercise Essentials (AR3) 11:00 Sing along w/Cindy (AR3) 12:00 Lunch Bunch (DR3) 1:30 Move to the Music (AR3) 1:30 Go4Life® Walking Club 2:00 SingFit® 4:00 News Currents Sr. 6:30 Evening Relaxation Circle (AR3)
9:30 Good Morning Chat & Updates! 5 10:00 Exercise Essentials (AR3) 10:30 Manicures (DR3) 11:00 SingFit® (AR3) 1:30 Go4Life® Walking Club 2:00 Cooking/Baking Club (DR3) 4:00 Bowling Club (LR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 6 10:00 Exercise Essentials (AR3) 10:30 Rosary w/Tim (AR3) 10:30 Flower Arranging (DR3) 1:00 Family Feud w/Claiffie (AR3) 1:30 Sing-a-long w/Lolly (AR3) 1:30 Go4Life® Walking Club 2:30 No Wheel No Fortune (AR3) 3:00 LCR Dice Game w/Kristel (DR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 7 10:00 Exercise Essentials (AR3) 10:30 No Wheel No Fortune (AR3) 11:00 Communion Service (AR2) 1:30 Go4Life® Walking Club w/Claiffie (AR3) 2:30 Game time (AR3) 3:15 Bingo (B) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 8 10:00 Chair Line Dancing (AR2) 11:00 SingFit® (AR3) 1:30 Go4Life® Walking Club 2:00 Worship Service w/Pastor Jeanne (AR2) 3:00 Cooking/Baking Club (DR3) 4:00 Current Events (AR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 9 10:00 Exercise Essentials (AR3) 10:30 Resident Council (AR2) 10:45 Hangman (AR3) 11:00 Bingo Buck Store 1:30 Go4Life® Walking Club 2:00 Noodle Ball w/Kristel (AR3) 3:30 Afternoon Social w/music (B) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 10 10:00 Exercise Essentials (AR3) 11:15 Lunch Bunch 1:30 LCR dice game (DR3) 1:30 Go4Life® Walking Club 2:30 Memory Game w/Claiffie (AR3) 3:15 Bingo (B) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 11 10:00 Exercise Essentials (AR3) 11:00 Sing along w/Cindy (AR3) 12:00 Lunch Bunch (DR3) 1:30 Move to the Music (AR3) 1:30 Go4Life® Walking Club 2:00 SingFit® 4:00 News Currents Sr. 6:30 Evening Relaxation Circle (AR3)
9:30 Good Morning Chat & Updates! 12 10:00 Exercise Essentials (AR3) 10:30 Manicures (DR3) 11:00 SingFit® (AR3) 1:30 Go4Life® Walking Club 2:00 Cooking/Baking Club (DR3) 4:00 Bowling Club (LR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 13 10:00 Exercise Essentials (AR3) 10:30 Rosary (AR3) 10:30 Flower Arranging (DR3) 1:00 Family Feud w/Claiffie (AR3) 1:30 Sing-a-long w/Lolly (AR3) 1:30 Go4Life® Walking Club 2:30 No Wheel No Fortune (AR3) 3:00 LCR Dice Game w/Kristel (DR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 14 10:00 Exercise Essentials (AR3) 10:30 No Wheel No Fortune (AR3) 11:00 Catholic Mass (AR2) 1:30 Go4Life® Walking Club w/Claiffie (AR3) 2:30 Ceramics w/Susie 2:30 Game time (AR3) 3:15 Bingo (B) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 15 10:00 Dancing Through the Decades (AR2) 11:00 SingFit® (AR3) 1:30 Go4Life® Walking Club 2:00 Worship w/Pastor Jeanie (AR2) 2:00 Worship Service w/Pastor Jeanne (AR2) 3:00 Cooking/Baking Club (DR3) 4:00 Current Events (AR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 16 10:00 Exercise Essentials (AR3) 10:45 Hangman (AR3) 1:00 MoMA Art: Artfully Aging Watercolors (DR3) 1:30 Go4Life® Walking Club 2:00 Noodle Ball w/Kristel (AR3) 3:30 Afternoon Social w/music (B) 4:00 Memory Support Group (AR3) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 17 10:00 Exercise Essentials (AR3) 11:15 Lunch Bunch 1:30 LCR dice game (DR3) 1:30 Go4Life® Walking Club 2:30 Memory Game w/Claiffie (AR3) 3:15 Bingo (B) 6:30 Evening Relaxation Circle (AR3)	9:30 Good Morning Chat & Updates! 18 10:00 Exercise Essentials (AR3) 11:00 Sing along w/Cindy (AR3) 1:30 Move to the Music (AR3) 1:30 Go4Life® Walking Club 2:00 SingFit® 4:00 News Currents Sr. 6:30 Evening Relaxation Circle (AR3)
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JANUARY 2020

Reminiscence

Sunrise of Des Peres

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