


**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

<p><b>Legend:</b>                  B- Ballroom                  C- Chapel                  CA- Creative Arts Studio                  CD- Cambridge Dining Room                  CH- Clubhouse                  CL- Crossing Lobby                  CP- Cambridge Patio                  FC- Fitness Center</p>		<p>LR- Linden Room                  M- Mezzanine                  ML- Media Lounge                  PC- Pickleball Court                  RH- Rhineland Hall                  S- Sagewood                  VIS- Village Information Station                  WC- Wellness Classroom                  WG- Wellness Gym</p>					
<p><b>2</b>                  10:00am Virtual Worship Service, C and VIS                  1:00pm Exercise DVD, VIS                  2:00pm Tech Connect, ML-s/u                  6:30pm Trivial Pursuit, Alpine Lounge -s/u</p>	<p><b>3</b>                  9:00am Strength DVD, VIS                  10:00am Singing With Sam, C and VIS                  10:00am Tai Chi, WC                  10:00am Train Club Meeting, RH                  11:00am Bunco, M- s/u                  11:00am Chair Exercise DVD, VIS                  1:30pm FV Singers, B                  6:30pm Rosary, S</p>	<p><b>4</b>                  8:30am Yoga w/Christy, WC                  8:45am Water Aerobics, P                  9:00am Low Impact Exercise DVD, VIS                  9:00am-3:00pm Mother's Day Bouquet Hunt                  9:15am Strength w/Christy WC                  10:00am Moment of Meditation, VIS                  10:00am Nail Painting, CA- s/u                  10:00am Resident Council Meeting, RH                  10:15am Balance Class, WC                  11:00am Chair Exercise DVD, VIS                  1:00pm Grounded in Prayer, C                  1:30pm Balance Class, B                  1:30pm Midday Matinee, RH                  3:00pm SLCL Book Pick-up, CL                  3:45pm SLCL Book Pick-up, CH                  5:00pm Moment of Meditation, VIS</p>	<p><b>5</b>                  9:00am Chair Yoga DVD, VIS                  9:00am VST Balance Assessments, FC- s/u                  10:00am Care for the Caregivers, RH                  10:00am-3:00pm Nellie's Closet, B                  10:30am Circuit Class, WC                  1:00 pm Brain Fitness, RH                  1:00pm Strength Exercise DVD, VIS                  1:30pm Low Impact, WC                  2:00pm Water Volleyball, P                  2:15pm Sojourner's Circle, RH                  2:30pm Library Committee Meeting, M                  2:30pm Line Dancing, WC</p>	<p><b>6</b>                  9:00am Cardio Kickboxing, WC                  9:00am Stretching DVD, VIS                  10:00am Writing Your Life Stories, M-s/u                  10:15am Balance Class, WC                  10:00am National Day of Prayer w/                  Chapel Choir, C and VIS                  1:00pm Fiber Arts Club, Alpine Lounge                  1:30pm Balance Class, B                  1:30 pm Who Wants To Be a Millionaire, RH                  2:00pm Chair Exercise DVD, VIS</p>	<p><b>7</b>                  8:45am Water Aerobics, P                  9:00am Chair Exercise DVD, VIS                  10:00am Moment of Meditation, VIS                  10:15am Strength, Cardio, &amp; Stretch, WC                  11:00am Acrylic Painting, CA- s/u                  11:00am Balance DVD, VIS                  1:00pm Christian Movie, VIS                  2:00pm Fun Fitness Friday (Mini Golf), PG                  2:30pm Drama Club, B                  5:00pm Moment of Meditation, VIS                  6:30pm Bingo, B</p>	<p><b>8</b>                  9:00-11:00am Pastries on the Patio, CP- s/u                  9:00am Richard Simmons DVD, FC                  1:00pm Exercise DVD, VIS                  1:30-4:00pm Train Club Open House, TR                  3:00pm Catholic Mass, B</p>	
<p><b>9</b>                  10:00am Virtual Worship Service, C and VIS                  1:00pm Exercise DVD, VIS                  2:00pm Tech Connect, ML-s/u                  6:30pm Trivial Pursuit, Alpine Lounge- s/u</p>	<p><b>10</b>                  9:00am Strength Class, WC                  9:00am Strength DVD, VIS                  10:00am Liverpool Rummy, M-s/u                  10:00am Singing With Sam, C and VIS                  11:00am Chair Exercise DVD, VIS                  11:15am Strength Class (seated), B                  1:00pm Cardio Drumming, WC- s/u                  1:00pm Learn How to Use the FV App, BC-s/u                  1:30pm FV Singers, B                  2:00pm Cardio Drumming, WC- s/u                  2:00pm Facilities Meeting, LR                  6:30pm Rosary, S</p>	<p><b>11</b>                  8:30am Yoga w/Christy, WC                  8:45am Water Aerobics, P                  9:00am Low Impact Exercise DVD, VIS                  9:15am Strength w/Christy WC                  9:30am Chime Choir, B                  10:00am Moment of Meditation, VIS                  10:15am Balance Class, WC                  11:00am Chair Exercise DVD, VIS                  1:00pm Grounded in Prayer, C                  1:30 pm Balance Class, B                  1:30pm Family Feud, RH                  3:00pm Try-It Tuesday (Pickleball), PC-s/u                  5:00pm Moment of Meditation, VIS                  6:00pm Birthday Dinner, Edelweiss</p>	<p><b>12</b>                  9:00am Chair Yoga DVD, VIS                  9:00am VST Balance Assessments, FC- s/u                  10:30am Circuit Class, WC                  11:00am Art with Mary, CA- s/u                  1:00pm Strength Exercise DVD, VIS                  1:30pm Low Impact, WC                  2:00pm Water Volleyball, P                  2:30pm Line Dancing, WC                  2:30pm Pastoral Care Committee, C</p>	<p><b>13</b>                  9:00am Cardio Kickboxing, WC                  9:00am Stretching DVD, VIS                  10:00am Writing Your Life Stories, M-s/u                  10:15am Balance Class, WC                  10:30am Virtual Bible Study, C and VIS                  1:00 pm Fiber Arts Club, Alpine Lounge                  1:30 pm America Says, RH                  1:30pm Balance Class, B                  2:00pm Chair Exercise DVD, VIS                  2:30pm Chapel Choir Practice, C                  6:30pm Entertainment, B  <i>Missouri Pageant Alumni Club</i></p>	<p><b>14</b>                  8:45am Water Aerobics, P                  9:00am Chair Exercise DVD, VIS                  10:00am Moment of Meditation, VIS                  10:15am Strength, Cardio, &amp; Stretch, WC                  11:00am Balance DVD, VIS                  12:00pm Terrarium Workshop, CA- s/u                  1:00pm Christian Movie, VIS                  1:00-3:00pm Sweet Treats Food Truck, CH                  2:00pm Stroke Awareness Presentation, B                  5:00pm Moment of Meditation, VIS</p>	<p><b>15</b>                  9:00am Richard Simmons DVD, FC                  1:00pm Exercise DVD, VIS                  3:00pm Catholic Mass, B</p>	
<p><b>16</b>                  10:00am Virtual Worship Service, C and VIS                  1:00pm Exercise DVD, VIS                  6:30pm Trivial Pursuit, Alpine Lounge- s/u</p>	<p><b>17</b>                  9:00am Strength Class, WC                  9:00am Strength DVD, VIS                  10:00am Ponytail Canasta, M- s/u                  10:00am Singing With Sam, C and VIS                  10:00am Tai Chi, WC                  11:00am Chair Exercise DVD, VIS                  11:15am Strength Class (seated), B                  1:00pm Cardio Drumming, WC- s/u                  1:00pm Learn How to Use the FV App, BC-s/u                  1:30pm FV Singers, B                  2:00pm Cardio Drumming, WC- s/u                  2:00pm Water Volleyball, P                  6:30pm Rosary, S</p>	<p><b>18</b>                  8:30am Yoga w/ Christy, WC                  8:45am Water Aerobics, P                  9:00am Low Impact Exercise DVD, VIS                  9:15am Strength w/ Christy, WC                  10:00am Moment of Meditation, VIS                  10:00am-3:00pm White Elephant Sale, B                  10:15am Balance Class, WC                  11:00am Chair Exercise DVD, VIS                  1:00pm Grounded in Prayer, C                  1:30pm Balance Class, WC                  2:00pm Grounds Committee Meeting, S                  2:30pm Vicksburg Presentation, RH                  3:00pm SLCL Book Pick-up, CL                  3:45pm SLCL Book Pick-up, CH                  5:00pm Moment of Meditation, VIS</p>	<p><b>19</b>                  9:00am Chair Yoga DVD, VIS                  10:30am Circuit Class, WC                  1:00pm Brain Fitness, RH                  1:00pm Strength Exercise DVD, VIS                  2:00pm All Resident Meeting, B and VIS                  2:30pm Line Dancing, WC</p>	<p><b>20</b>                  9:00am Cardio Kickboxing, WC                  9:00am Dining Committee Meeting, CD                  9:00am Stretching DVD, VIS                  10:00am Alzheimer's Discussion Group, RH                  10:00am Terrarium Workshop, CA-s/u                  10:15am Balance Class, WC                  10:30am Virtual Bible Study, C and VIS                  1:00 pm Fiber Arts Club, Alpine Lounge                  1:30pm Balance Class, B                  1:30 pm Who Wants To Be a Millionaire, RH                  2:00pm Chair Exercise DVD, VIS                  2:30pm Chapel Choir Practice, C</p>	<p><b>21</b>                  8:45am Water Aerobics, P                  9:00am Chair Exercise DVD, VIS                  10:00am Moment of Meditation, VIS                  10:15am Strength, Cardio, &amp; Stretch, WC                  10:30am Activity Committee Mtg, Game Room                  11:00am Acrylic Painting, CA-s/u                  11:00am Balance DVD, VIS                  1:00pm Christian Movie, VIS                  1:00-3:00pm Sweet Treats Food Truck, CH                  2:00pm Book Club, M                  2:30pm Drama Club, B                  5:00pm Moment of Meditation, VIS                  6:30pm Bingo, B</p>	<p><b>22</b>                  9:00am Richard Simmons DVD, FC                  1:00pm Exercise DVD, VIS                  3:00pm Catholic Mass, B</p>	
<p><b>23</b>                  10:00am Virtual Worship Service, C and VIS                  1:00pm Exercise DVD, VIS                  2:00pm Tech Connect, ML-s/u                  6:30pm Trivial Pursuit, Alpine Lounge- s/u</p>	<p><b>24</b>                  9:00am Strength Class, WC                  9:00am Strength DVD, VIS                  10:00am Rummikub, M- s/u                  10:00am Singing With Sam, C and VIS                  11:00am Chair Exercise DVD, VIS                  11:15am Strength Class (seated), B                  1:00pm Cardio Drumming, WC- s/u                  1:30pm FV Singers, B                  2:00pm Cardio Drumming, WC- s/u                  6:30pm Rosary, S</p>	<p><b>25</b>                  8:30am Yoga w/Christy, WC                  8:45am Water Aerobics, P                  9:00am Low Impact Exercise DVD, VIS                  9:15am Strength w/Christy, WC                  9:30am Chime Choir, B                  10:00am Moment of Meditation, VIS                  10:15am Balance Class, WC                  11:00am Chair Exercise DVD, VIS                  1:00pm Grounded in Prayer, C                  1:30pm Balance Class, B                  1:30pm Family Feud, RH                  3:00pm Try-It Tuesday (Pickleball), PC- s/u                  5:00pm Moment of Meditation, VIS</p>	<p><b>26</b>                  9:00am Chair Yoga DVD, VIS                  9:00am VST Balance Assessments, FC- s/u                  10:30am Circuit Class, WC                  11:00am Art with Mary, CA- s/u                  1:00pm Strength Exercise DVD, VIS                  1:30pm Low Impact Class, WC                  2:00pm Water Volleyball, P                  2:30pm Line Dancing, WC</p>	<p><b>27</b>                  9:00am Stretching DVD, VIS                  10:30am Virtual Bible Study, C and VIS                  1:00 pm Fiber Arts Club, Alpine Lounge                  1:30pm Balance Class, B                  2:00pm Chair Exercise DVD, VIS                  2:30pm Chapel Choir Practice, C                  6:30pm Entertainment, B  <i>Gateway Harmonica Club</i></p>	<p><b>28</b>                  9:00am Chair Exercise DVD, VIS                  10:00am Moment of Meditation, VIS                  10:15am Strength, Cardio, &amp; Stretch, WC                  11:00am Balance DVD, VIS                  1:00pm Christian Movie, VIS                  1:30pm Midday Matinee, RH                  5:00pm Moment of Meditation, VIS</p>	<p><b>29</b>                  9:00am Richard Simmons DVD, FC                  1:00pm Exercise DVD, VIS                  3:00pm Catholic Mass, B</p>	
<p><b>30</b>                  10:00am Virtual Worship Service, C and VIS                  1:00pm Exercise DVD, VIS                  6:30pm Trivial Pursuit, Alpine Lounge- s/u</p>	<p><b>31</b>                  9:00am Strength DVD, VIS                  11:00am Chair Exercise DVD, VIS                  6:30pm Rosary, S</p> 						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 1px solid black; padding: 5px;"> <p align="center"><b>Walking Scale for Outings</b></p> <p><b>Level 1:</b> Easy with very little walking involved = (L1)  <b>Level 2:</b> Light walking from place to place with areas to sit and rest = (L2)  <b>Level 3:</b> Moderate amount of walking involved with mostly even surfaces = (L3)  <b>Level 4:</b> Walking involved with some uneven surfaces and/or hills = (L4)</p> </div>					<b>1</b>
<b>2</b> 9:30am St. Paul's Catholic Church s/u	<b>3</b> 8:45am Schnucks/Great Clips Southfield Center s/u 10:30am Aldi/Family Dollar Fantastic Sams s/u 1:00-3:00pm Walmart, Target, Kohl's or Big Lots s/u	<b>4</b> 10:30am Assisted Living 1:00pm Joyride- s/u (L1) 3:45pm Dinner Out: Lazy River Grill- s/u (L2)	<b>5</b>	<b>6</b> 9:00-11:30am Ladies' Outing-s/u (L3) 12:30pm Local Banks- s/u	<b>7</b> 9:00am Dierbergs/ Dollar Tree s/u 10:00am Josephine's Tea Room *Advanced Sign up (L2) 11:00am Schnucks & Walgreens Gravois Bluffs s/u 1:45pm Assisted Living	<b>8</b>
<b>9</b> 9:30am St. Paul's Catholic Church s/u	<b>10</b> 8:45am Schnucks/Great Clips Southfield Center s/u 10:30am Aldi/Family Dollar Fantastic Sams s/u 12:30pm Tesson Hts/SAMC/ So. St. Louis Doctors s/u	<b>11</b> 6:30-8:45pm Light Up the Wheel (L2)-s/u	<b>12</b> 9:00am SNF Outing	<b>13</b>	<b>14</b> 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs s/u 1:30pm Joyride- s/u (L1)	<b>15</b> 8:30am-2:00pm Train Club Outing
<b>16</b> 9:30am St. Paul's Catholic Church s/u	<b>17</b> 8:45am Schnucks/Great Clips Southfield Center s/u 10:30am Aldi/Family Dollar Fantastic Sams s/u 12:30pm Clayton/BJC/Ballas/ Brentwood/St.Clare/St.Luke's s/u	<b>18</b> 10:30am Assisted Living 2:00 p.m. SNF Outing	<b>19</b> 9:00am-3:00pm Wellness Outing: Ste. Genevieve-s/u (L4) 10:30am Assisted Living	<b>20</b> 9:00-11:30am Men's Outing- s/u (L3)	<b>21</b> 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs s/u 2:00pm SNF Outing	<b>22</b>
<b>23</b> 9:30am St. Paul's Catholic Church s/u	<b>24</b> 8:45am Schnucks/Great Clips Southfield Center s/u 10:30am Aldi/Family Dollar Fantastic Sams s/u 1:45pm Assisted Living	<b>25</b> 9:15am-3:30pm Village Adventure: Long Meadow Ranch (L3)-s/u 3:45pm Dinner Out: Lazy River Grill-s/u (L2)	<b>26</b> 9:00 a.m. SNF Outing	<b>27</b> 9:30am-11:30am Walmart, Target, Kohl's or Big Lots s/u 9:15am-3:30pm Village Adventure: Long Meadow Ranch (L3)-s/u 12:00pm Bible Study Luncheon	<b>28</b> 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs s/u	<b>29</b>
<b>30</b> 9:30am St. Paul's Catholic Church s/u	<b>31</b> 					