

June 2022

Activities & Events

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Legend:

B- Ballroom
 BC-Business Center
 C- Chapel
 CA- Creative Arts Studio
 CD- Cambridge Dining Room
 CH- Clubhouse
 CL- Crossing Lobby
 CP- Cambridge Patio
 FC- Fitness Center

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

1
 9:00am Cardio Kickboxing, WC
 9:00am Chair Exercise DVD, VIS
 10:00am Care for the Caregivers Mtg, RH
 10:00am Quilting Group, Room 202
 10:15am Cardio Drumming, WC
 1:00pm Brain Fitness, RH
 1:30pm Core and Cardio, WC
 2:00pm Sojourner's Circle, LR
 2:00pm Water Volleyball, P
 2:30pm Library Committee Mtg, M

2
 8:15am Yoga w/Christy, WC
 8:45am Strength w/Christy, WC
 9:00am Low Impact DVD, VIS
 10:15am Balance Class, WC
 10:30am Bible Study, C and VIS
 11:00am Closed Circuit Training, M-s/u
 1:30pm Balance Class, WC
 1:30pm Chain Reaction, RH
 2:00pm Chapel Choir Practice, C
 2:15pm Specialty Dance:
Line Dancing w/ Colleen, WC
 6:30pm Tony Snyder's Birthday Bash, B

3
 8:45am Water Aerobics, P
 9:00am Yoga/Stretch DVD, VIS
 10:00am Moment of Meditation, VIS
 10:15am Strength, Cardio, & Stretch, WC
 11:00am Acrylic Painting, CA- s/u
 11:15am Fun Fitness Friday: Wii Golf, WC
 1:00pm Christian Movie, VIS
 1:00pm Parkinson's Class, WC
 2:00-4:00pm EmpowerMe Open House, WC-s/u
 2:00pm Presentation, RH
Age of Vikings
 5:00pm Moment of Meditation, VIS
 6:30pm Bingo, B

4
 9:00am Exercise DVD, VIS
 9:00-11:00am Pickleball, PC
 9:00am Richard Simmons DVD, FC
 1:00pm Exercise DVD, VIS
 3:00pm Catholic Mass, C and VIS

5
 9:00am Exercise DVD, VIS
 10:00am Worship Service, C and VIS
 1:00pm Exercise DVD, VIS
 6:30pm Trivial Pursuit, Evergreen Lounge

6
 9:00am Strength Class, WC
 9:00am Strength DVD, VIS
 10:00am Liverpool Rummy, M- s/u
 10:00am Tai Chi, WC
 10:00am Train Club Meeting, RH
 10:00am Village Hymn Sing w/ Sam, C and VIS
 10:00am VST Balance Assessments, WG-s/u
 11:15am Seated Strength, WC
 1:30pm Balance Class, WC
 1:30pm FV Singers, B
 6:30pm Rosary, S

7
 8:45am Water Aerobics, P
 9:00am Balance DVD, VIS
 9:00-10:15am SLCL Book Mobile, ML
 10:00am Moment of Meditation, VIS
 10:00am Resident Council Meeting, RH
 10:15am Balance Class, WC
 11:00am Seated Dance, WC
 1:00pm Cardio Drumming, WC
 1:00pm Grounded in Prayer, C
 1:30pm Midday Matinee, RH
 1:30pm Sharing of Sunday Mass, Alpine Lounge
 2:00pm Cardio Drumming, WC
 5:00pm Moment of Meditation, VIS

8
 9:00am Cardio Kickboxing, WC
 9:00am Chair Exercise DVD, VIS
 9:00am Quilting Group, Room 202
 10:00am Resident Care Committee Meeting, LR
 10:15am Cardio Drumming, WC
 11:00am Art w/ Mary, CA-s/u
 1:30pm Core and Cardio, WC
 2:00pm Water Volleyball, P
 2:30pm Pastoral Care Committee, C

9
 8:15am Yoga w/Christy, WC
 8:45am Strength w/Christy, WC
 9:00am Low Impact DVD, VIS
 10:15am Balance Class, WC
 10:30am Bible Study, C and VIS
 1:00pm Welcome Committee, Mktg Suite
 1:30pm Balance Class, WC
 2:00pm Chapel Choir Practice, C
 2:15pm Specialty Dance, WC
Ballet Barre

10
 9:00am Yoga/Stretch DVD, VIS
 10:00am Moment of Meditation, VIS
 1:00pm Christian Movie, VIS
 1:00pm Parkinson's Class, WC
 1:30pm Fun Fitness Friday: Disc Golf, CP
 2:30pm Drama Club, B
 5:00pm Moment of Meditation, VIS

11
 9:00am Exercise DVD, VIS
 9:00-11:00am Pickleball, PC
 9:00am Richard Simmons DVD, FC
 1:00pm Exercise DVD, VIS
 3:00pm Catholic Mass, C and VIS

12
 9:00am Exercise DVD, VIS
 10:00am Worship Service, C and VIS
 1:00pm Exercise DVD, VIS
 6:30pm Trivial Pursuit, Evergreen Lounge

13
 9:00am Strength Class, WC
 9:00am Strength DVD, VIS
 9:00am Trail Mix Making, CA-s/u
 10:00am Tai Chi, WC
 10:00am Village Hymn Sing w/ Sam, C and VIS
 10:00am VST Balance Assessments, WG- s/u
 11:00am Bunco, M-s/u
 11:15am Seated Strength, WC
 1:30pm Balance Class, WC
 1:30pm FV Singers, B
 2:00pm Trail Mix Making, CA-s/u
 2:00pm Water Volleyball, P
 2:30pm Facilities Meeting, LR
 6:30pm Rosary, S

14
 8:45am Water Aerobics, P
 9:00am Balance DVD, VIS
 9:00-10:15am SLCL Book Mobile, ML
 9:30am Chime Choir, B
 10:00am Moment of Meditation, VIS
 10:15am Balance Class, WC
 11:00am Seated Dance, WC
 1:00pm Cardio Drumming, WC
 1:00pm Grounded in Prayer, C
 1:30pm Family Feud, RH
 1:30pm Sharing of Sunday Mass, Alpine Lounge
 2:00pm Cardio Drumming, WC
 5:00pm Moment of Meditation, VIS
 5:30pm Birthday Dinner, Bavarian-s/u
 6:30pm Entertainment, B
Ms. Senior Missouri Talent Show

15
 9:00am Cardio Kickboxing, WC
 9:00am Chair Exercise DVD, VIS
 9:00am-3:00pm Scavenger Hunt: Golfing
 10:00am Leather Craft, CA-s/u
 10:00am Presentation by Mike Cowan, RH
Quantum Computers and All That Jazz!
 10:00am Quilting Group, Room 202
 10:15am Cardio Drumming, WC
 11:00am Seated Strength, WC
 1:00pm Brain Fitness, RH
 1:00pm Leather Craft, CA-s/u
 1:30pm Core and Cardio, WC
 2:00pm All-Resident Meeting, B

16
 8:15am Yoga w/Christy, WC
 8:45am Strength w/Christy, WC
 9:00am Bocce Club, Bocce Court
 9:00am Dining Committee Meeting, CD
 9:00am Low Impact DVD, VIS
 10:00am Discussing Dementia/Alzheimer's, RH
 10:00am Water Aerobics, P
 10:15am Balance Class, WC
 10:30am Bible Study, C and VIS
 1:30pm Balance Class, WC
 2:00pm Chapel Choir Practice, C
 2:15pm Specialty Dance, WC
Basics of Jazz (DVD)

17
 8:45am Water Aerobics, P
 9:00am Yoga/Stretch DVD, VIS
 10:00am Moment of Meditation, VIS
 10:15am Strength, Cardio, & Stretch, WC
 11:00am Acrylic Painting, CA- s/u
 11:00am Activity Committee Mtg, Game Room
 1:00pm Christian Movie, VIS
 1:00pm Parkinson's Class, WC
 1:30pm Fun Fitness Friday:
 Golfing Games and Pretzels, PG-s/u
 2:30pm Drama Club, B
 2:30pm Presentation and Popcorn, RH
Famous Fathers
 5:00pm Moment of Meditation, VIS
 6:30pm Bingo, B

18
 9:00am Exercise DVD, VIS
 9:00-11:00am Pickleball, PC
 9:00am Richard Simmons DVD, FC
 1:00pm Exercise DVD, VIS
 3:00pm Catholic Mass, C and VIS

19
 9:00am Exercise DVD, VIS
 10:00am Worship Service, C and VIS
 1:00pm Exercise DVD, VIS
 6:30pm Trivial Pursuit, Evergreen Lounge

20
 9:00am Strength Class, WC
 9:00am Strength DVD, VIS
 10:00am Ponytail Canasta, M-s/u
 10:00am Tai Chi, WC
 10:00am Village Hymn Sing w/ Sam, C and VIS
 10:00am VST Balance Assessments, WG- s/u
 11:15am Seated Strength, WC
 1:30pm Balance Class, WC
 1:30pm FV Singers, B
 6:30pm Rosary, S

21
 8:45am Water Aerobics, P
 9:00am Balance DVD, VIS
 9:00-10:15am SLCL Book Mobile, ML
 10:00am Moment of Meditation, VIS
 10:15am Balance Class, WC
 11:00am Seated Dance, WC
 1:00pm Cardio Drumming, WC
 1:00pm Grounded in Prayer, C
 1:30pm Sharing of Sunday Mass, Alpine Lounge
 2:00pm Cardio Drumming, WC
 2:00pm Grounds Committee Meeting, S
 5:00pm Moment of Meditation, VIS

22
 9:00am Cardio Kickboxing, WC
 9:00am Chair Exercise DVD, VIS
 9:00am Quilting Group, Room 202
 10:15am Cardio Drumming, WC
 11:00am Art w/ Mary, CA-s/u
 11:00am Seated Strength, WC
 1:30pm Core and Cardio, WC
 2:00pm Water Volleyball, P

23
 8:15am Yoga w/Christy, WC
 8:45am Strength w/Christy, WC
 9:00am Bocce Club, Bocce Court
 9:00am Low Impact DVD, VIS
 10:00am Water Aerobics, P
 10:15am Balance Class, WC
 10:30am Bible Study, C and VIS
 1:30pm Balance Class, WC
 2:00pm Chapel Choir Practice, C
 2:15pm Specialty Class, WC
Square Dancing

24
 9:00am Yoga/Stretch DVD, VIS
 10:00am-12:00noon Health Fair, B
 10:00am Moment of Meditation, VIS
 1:00pm Christian Movie, VIS
 1:00pm Parkinson's Class, WC
 1:30pm Book Club, Alpine Lounge
 1:30pm Midday Matinee, RH
 5:00pm Moment of Meditation, VIS

25
 9:00am Exercise DVD, VIS
 9:00-11:00am Pickleball, PC
 9:00am Richard Simmons DVD, FC
 1:00pm Exercise DVD, VIS
 3:00pm Catholic Mass, C and VIS

26
 9:00am Exercise DVD, VIS
 10:00am Worship Service, C and VIS
 1:00pm Exercise DVD, VIS
 6:30pm Trivial Pursuit, Evergreen Lounge

27
 9:00am Strength Class, WC
 9:00am Strength DVD, VIS
 10:00am Rummikub, M- s/u
 10:00am Tai Chi, WC
 10:00am Village Hymn Sing w/ Sam, C and VIS
 10:00am VST Balance Assessments, WG- s/u
 11:15am Seated Strength, WC
 1:30pm Balance Class, WC
 1:30pm FV Singers, B
 6:30pm Rosary, S

28
 8:45am Water Aerobics, P
 9:00am Balance DVD, VIS
 9:00-10:15am SLCL Book Mobile, ML
 9:30am Chime Choir, B
 10:00am Moment of Meditation, VIS
 10:15am Balance Class, WC
 11:00am Seated Dance, WC
 1:00pm Cardio Drumming, WC
 1:00pm Grounded in Prayer, C
 1:30pm Family Feud, RH
 1:30pm Sharing of Sunday Mass, Alpine Lounge
 2:00pm Cardio Drumming, WC
 5:00pm Moment of Meditation, VIS
 6:30pm FV Singers Concert, B

29
 9:00am Cardio Kickboxing, WC
 9:00am Chair Exercise DVD, VIS
 10:00am Quilting Group, Room 202
 11:00am Seated Strength, WC
 1:30pm Core and Cardio, WC
 2:00pm Water Volleyball, P

30
 8:15am Yoga w/Christy, WC
 8:45am Strength w/Christy, WC
 9:00am Bocce Club, Bocce Court
 9:00am Low Impact DVD, VIS
 10:00am Water Aerobics, P
 10:30am Bible Study, C and VIS
 1:30pm Balance Class, WC

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|---|
| | | | 1 9:45am Train Club Outing 3:30pm Dinner Out: Marcella's Mia Sorella's-s/u (L2) | 2 8:15am-5:00pm Ladies' Outing: Arcadia Valley and Pilot Knob-s/u (L3) | 3 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks/ Walgreens Gravois Bluffs-s/u 1:30pm Assisted Living | 4 12:45pm Fox Theatre *Advanced tickets |
| 5 9:00am St. Lucas Church- s/u 9:30am St. Paul's Catholic Church- s/u 3:00pm Glen Miller Concert at The Sheldon *Advanced tickets | 6 8:45am Schnucks Southfield Center- s/u 10:30am Aldi (Kirkwood)- s/u 1:00-3:00pm Walmart, Target, Kohl's or Big Lots-s/u | 7 10:00am Assisted Living 2:30pm MCN/Bridge | 8 1:15pm Assisted Living (Walgreens) | 9 10:00am Joyride-s/u (L1) 12:45pm Joyride-s/u (L1) 3:30pm Dinner Out: Marcella's Mia Sorella's-s/u (L2) | 10 8:45-10:30am Riverwalk -s/u (L3) 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs-s/u | 11 |
| 12 9:00am St. Lucas Church- s/u 9:30am St. Paul's Catholic Church-s/u 1:15pm Kirkwood Theatre *Advanced tickets | 13 8:45am Schnucks Southfield Center- s/u 10:30am Aldi (Kirkwood)- s/u 12:30pm Tesson Hts/SAMC/ So. St. Louis Doctors-s/u | 14 10:30am Augusta Cruise * Advanced tickets 6:15pm STAGES *Advanced tickets | 15 10:30am MCN/Bridge 7:00pm Muny *Advanced tickets | 16 8:15am-5:00pm Men's Outing: Arcadia Valley and Pilot Knob-s/u (L3) | 17 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs -s/u 2:15pm SNR Outing | 18 12:45pm Ambassadors of Harmony |
| 19 9:00am St. Lucas Church- s/u 9:30am St. Paul's Catholic Church-s/u | 20 8:45am Schnucks Southfield Center- s/u 10:30am Aldi (Kirkwood)-s/u 12:30pm Clayton/BJC/Ballas/ Brentwood/St.Clare/St.Luke's-s/u | 21 10:30am Assisted Living 2:15pm SN&R Outing | 22 9:15am SN&R Outing 12:45-3:00pm Trader Joe's-s/u 7:00pm Muny *Advanced tickets | 23 9:00-11:00am Walmart, Target Or Big Lots-s/u 12:00pm Bible Study Luncheon | 24 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs-s/u | 25 |
| 26 9:00am St. Lucas Church- s/u 9:30am St. Paul's Catholic Church-s/u 1:00pm Village Adventure: Mamma Mia! (Jefferson College)-s/u (L2) | 27 8:45am Schnucks Southfield Center- s/u 10:30am Aldi (Kirkwood)-s/u 1:30pm Assisted Living | 28 10:30am MCN/Bridge 1:00pm Local Banks-s/u 8:00am-5:00pm Jeff City *Advanced sign up | 29 11:00am-3:30pm Wellness Outing Swing-A-Round Fun Town and Fuddrucker's-s/u (L4) | 30 11:00am-3:30pm Wellness Outing Swing-A-Round Fun Town and Fuddrucker's-s/u (L4) | | |