

October 2021

Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Legend:</p> <p>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</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>3</p> <p>10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 2:00-4:00pm Tech Connect, ML 6:30pm Trivial Pursuit, Evergreen Lounge</p>	<p>4</p> <p>9:00am Strength Class, WC 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 2:00pm Facilities Meeting, LR 6:30pm Rosary, S</p>	<p>5</p> <p>9:00am Low Impact Exercise 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 10:30am Writing Your Life Stories, M-s/u 11:00am Chair Exercise DVD, VIS 11:00am Fiber Arts Club, Alpine Lounge 1:00pm Grounded in Prayer, C 1:30pm Middy Matinee, RH 5:00pm Moment of Meditation, VIS</p>	<p>6</p> <p>9:00am Chair Yoga DVD, VIS 10:00am Care for the Caregivers, RH 10:15am Circuit Class, WC 12:00-4:00pm Shred Day, CL 1:00pm Brain Fitness, RH 1:00pm Strength Exercise DVD, VIS 2:00pm Presentation: Driving and Aging, B 2:00pm Sojourner's Circle, LR 2:00pm Water Volleyball, P 2:30pm Library Committee Meeting, M 2:30pm Line Dancing, WC 2:30pm Pastoral Care Committee, C 6:30pm Fall Paint Party, CA-s/u</p>	<p>7</p> <p>8:30am Yoga w/Christy, WC 9:00am Pickleball, PC 9:00am Strength w/Christy, WC 9:00am Stretching DVD, VIS 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 1:30pm Who Wants to be a Millionaire, RH 2:00pm Chair Exercise DVD, VIS 2:00pm Chapel Choir Practice, C</p>	<p>1</p> <p>9:00am Chair Exercise DVD, VIS 10:00am Moment of Meditation, VIS 10:15am Strength, Cardio, & Stretch, WC 10:30am Sojourner's Group, LR 11:00am Acrylic Painting, CA- s/u 11:00am Balance DVD, VIS 1:00pm Christian Movie, VIS 2:00pm Presentation: Dracula, RH 2:30pm Drama Club, B 5:00pm Moment of Meditation, VIS 6:30pm Bingo, B</p>	<p>2</p> <p>9:00am Richard Simmons DVD, FC 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B</p>
<p>10</p> <p>10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge</p>	<p>11</p> <p>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 10:00am Tai Chi, WC 10:00am VST Balance Assessments, FC- s/u 11:00am Chair Exercise DVD, VIS 11:15am Strength Class (seated), B 1:00pm Cardio Drumming, WC 1:00pm Train Club Movie, RH 1:30pm FV Singers, B 2:00pm Cardio Drumming, WC 6:30pm Rosary, S</p>	<p>12</p> <p>8:45am Water Aerobics, P 9:00am Low Impact Exercise 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 10:30am Writing Your Life Stories, M-s/u 11:00am Chair Exercise DVD, VIS 11:00am Fiber Arts Club, Alpine Lounge 1:00pm Grounded in Prayer, C 1:30pm Balance Class, WC 1:30pm Family Feud, RH 5:00pm Moment of Meditation, VIS 5:30pm Birthday Dinner, Bavarian-s/u</p>	<p>13</p> <p>9:00am Cardio Kickboxing, WC 9:00am Chair Yoga DVD, VIS 10:00am Resident Care Committee Meeting, LR 10:15am Circuit Class, WC 11:00am Water Color with Charlotte, CA-s/u 1:00pm Strength Exercise DVD, VIS 1:30pm Core and Cardio, WC 2:00pm Water Volleyball, P 2:30pm Line Dancing, WC 2:30pm Pastoral Care Committee Meeting, C</p>	<p>14</p> <p>8:30am Yoga w/Christy, WC 9:00am Pickleball, PC 9:00am Strength w/Christy, WC 9:00am Stretching DVD, VIS 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 1:30pm Balance Class, B 2:00pm Chair Exercise DVD, VIS 2:00pm Chapel Choir Practice, C 6:30pm Tunes with Troy, B <i>Not So Scary Halloween</i></p>	<p>15</p> <p>8:45am Water Aerobics, P 9:00am Chair Exercise DVD, VIS 10:00am Moment of Meditation, VIS 10:15am Strength, Cardio, & Stretch, WC 10:30am Sojourner's Group, LR 11:00am Acrylic Painting, CA- s/u 11:00am Balance DVD, VIS 1:00pm Christian Movie, VIS 2:00pm Stroke Awareness Presentation, RH 2:30pm Drama Club, B 5:00pm Moment of Meditation, VIS 6:30pm Bingo, B</p>	<p>16</p> <p>9:00am Richard Simmons DVD, FC 10:45am-12:00noon Living Rosary, CP 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B</p>
<p>17</p> <p>10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 2:00-4:00pm Tech Connect, ML 6:30pm Trivial Pursuit, Evergreen Lounge</p>	<p>18</p> <p>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 10:00am VST Balance Assessments, FC- s/u 11:00am Chair Exercise DVD, VIS 11:15am Strength Class (seated), B 1:00pm Cardio Drumming, WC 1:30pm FV Singers, B 2:00pm Stretch and Guided Meditation, WC 2:00pm Water Volleyball, P 3:00pm Active Aging Presentation, B 6:30pm Rosary, S</p> <p><i>Active Aging Week: Hearing</i></p>	<p>19</p> <p>8:45am Water Aerobics, P 9:00am Low Impact Exercise DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 10:00am Moment of Meditation, VIS 10:00am Scented Ornaments, CA-s/u 10:15am Balance Class, WC 10:30am Writing Your Life Stories, M-s/u 11:00am Chair Exercise DVD, VIS 11:00am Fiber Arts Club, Alpine Lounge 11:00am Smell and Memory Journaling, CA-s/u 1:00pm Grounded in Prayer, C 1:30pm Smell and Memory Exercise, WC 2:00pm Grounds Committee Meeting, S 2:30pm Presentation: Vitality and Smell, B 5:00pm Moment of Meditation, VIS</p> <p><i>Active Aging Week: Smell</i></p>	<p>20</p> <p>9:00am Cardio Kickboxing, WC 9:00am Chair Yoga DVD, VIS 10:15am Circuit Class, WC 11:00am Healthy Eating Presentation, RH 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><i>Active Aging Week: Taste</i></p>	<p>21</p> <p>8:30am Yoga w/Christy, WC 9:00am Dining Committee Meeting, CD 9:00am Pickleball, PC 9:00am Strength w/Christy, WC 9:00am Stretching DVD, VIS 10:00am Discussing Dementia/Alzheimer's, RH 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Fall Ceramics Project, CA- s/u 1:00pm Ladder Golf, WC 1:30pm Who Wants to be a Millionaire, RH 2:00pm Chair Exercise DVD, VIS 2:00pm Chapel Choir Practice, C 2:30pm Healing Benefits of Massage, B 3:00pm Presentation: Civil War Surrenders, RH</p> <p><i>Active Aging Week: Touch</i></p>	<p>22</p> <p>8:45am Water Aerobics, P 9:00am Chair Exercise DVD, VIS 10:00am Moment of Meditation, VIS 10:15am Strength, Cardio, & Stretch, WC 10:30am Sojourner's Group, LR 11:00am Activity Committee Mtg, Game Room 11:00am Balance DVD, VIS 12:00-2:00pm Scavenger Hunt, WC 1:00pm Christian Movie, VIS 1:30pm Middy Matinee, RH 2:00pm Book Club, LR 3:00pm Visual Journey Presentation, B 5:00pm Moment of Meditation, VIS</p> <p><i>Active Aging Week: Sight</i></p>	<p>23</p> <p>9:00am Richard Simmons DVD, FC 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B</p>
<p>24</p> <p>10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge</p>	<p>25</p> <p>9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Rummikub, M- s/u 10:00am Singing With Sam, C and VIS 10:00am Tai Chi, WC 10:00am VST Balance Assessments, FC- s/u 11:00am Chair Exercise DVD, VIS 11:15am Strength Class (seated), B 1:00pm Cardio Drumming, WC 1:30pm FV Singers, B 2:00pm Cardio Drumming, WC 2:30pm Veterans Gift Project, CA- s/u 6:30pm Rosary, S</p>	<p>26</p> <p>8:45am Water Aerobics, P 9:00am Low Impact Exercise 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 Chair Exercise DVD, VIS 11:00am Fiber Arts Club, Alpine Lounge 1:00pm Grounded in Prayer, C 1:30pm Balance Class, B 1:30pm Family Feud, RH 5:00pm Moment of Meditation, VIS</p>	<p>27</p> <p>9:00am Chair Yoga DVD, VIS 10:00am Presentation: 30 Famous Artworks, RH 11:00am Art w/ Mary, CA- s/u 1:00pm Strength Exercise DVD, VIS 2:00pm Water Volleyball, P 2:30pm Line Dancing, WC</p>	<p>28</p> <p>8:30am Yoga w/Christy, WC 9:00am Pickleball, PC 9:00am Strength w/Christy, WC 9:00am Stretching DVD, VIS 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 1:30pm Balance Class, B 2:00pm Chair Exercise DVD, VIS 2:00pm Chapel Choir Practice, C 2:30pm Veterans Gift Project, CA- s/u</p>	<p>29</p> <p>8:45am Donuts for Halloween, B 9:00am Chair Exercise DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Resident Costume Contest, B 10:30am Sojourner's Group, LR 11:00am Balance DVD, VIS 12:30pm Presentation, B</p> <p><i>Phyllis Diller by Minnie Pearl</i></p> <p>1:00pm Christian Movie, VIS 2:00pm Employee Costume Contest, B 5:00pm Moment of Meditation, VIS 6:30pm Bingo, B</p>	<p>30</p> <p>9:00am Richard Simmons DVD, FC 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B</p>
<p>31</p> <p>10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge</p>						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<div style="border: 1px solid black; padding: 5px;"> <p align="center">Walking Scale for Outings</p> <p>Level 1: Easy with very little walking involved = (L1) Level 2: Light walking from place to place with areas to sit and rest = (L2) Level 3: Moderate amount of walking involved with mostly even surfaces = (L3) Level 4: Walking involved with some uneven surfaces and/or hills. Walkers and wheelchairs not recommended. = (L4)</p> </div>					<p>1 9:00am Dierbergs/ Dollar Tree s/u 9:15am Symphony (*Advanced sign-up) 11:00am Schnucks & Walgreens Gravois Bluffs s/u 1:30pm Assisted Living</p>	<p>2</p>
<p>3 9:30am St. Paul's Catholic Church- s/u 10:00am St. Lucas Church- s/u</p>	<p>4 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</p>	<p>5 10:30am Assisted Living 2:00pm Memory Care/Bridge 3:45pm Dinner Out: Hawthorne Inn- s/u (L2)</p>	<p>6</p>	<p>7 9:00am-4:00pm Ladies' Outing: Hermann, Mo. -s/u (L3)</p>	<p>8 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks & Walgreens Gravois Bluffs -s/u 1:30pm Joyride-s/u (L1)</p>	<p>9</p>	
<p>10 9:30am St. Paul's Catholic Church s/u 10:00am St. Lucas Church- s/u</p>	<p>11 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</p>	<p>12 6:15pm Stages (*Advanced sign-up)</p>	<p>13 8:45am SN&R Outing 1:30pm Joyride- s/u (L1) 3:45pm Dinner Out: Hawthorne Inn- s/u (L2)</p>	<p>14 9:00am-4:00pm Men's Outing: Hermann, Mo. -s/u (L3)</p>	<p>15 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks & Walgreens Gravois Bluffs -s/u 1:45pm SN&R Outing</p>	<p>16</p>	
<p>17 9:30am St. Paul's Catholic Church s/u 10:00am St. Lucas Church- s/u 6:45pm Bochelli Concert (*Advanced sign-up)</p>	<p>18 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</p>	<p>19 10:00am Assisted Living 1:45 pm SN&R Outing</p>	<p>20 9:00-11:00am Wellness Outing: Cliff Cave Park- s/u (L3) 10:30am Memory Care/Bridge 1:00-3:00pm Wellness Outing: Cliff Cave Park-s/u (L3) 2:00pm Local Banks- s/u</p>	<p>21 2:30pm Train Club Outing to Hermann, Mo. *Advanced sign-up required</p>	<p>22 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks & Walgreens Gravois Bluffs -s/u 1:30pm Joyride-s/u (L1)</p>	<p>23</p>	
<p>24 9:30am St. Paul's Catholic Church s/u 10:00am St. Lucas Church- s/u</p>	<p>25 8:45am Schnucks/Great Clips Southfield Center -s/u 10:30am Aldi/Family Dollar Fantastic Sams - s/u 1:15pm Assisted Living</p>	<p>26 9:45am-12:15pm Village Adventure: Van Gough (*Advanced sign-up) 1:00-3:30pm Village Adventure: Van Gough (*Advanced sign-up)</p>	<p>27 9:00am SN&R Outing 1:15pm Assisted Living</p>	<p>28 9:30-11:30 Walmart, Target, Kohl's or Big Lots- s/u 12:00pm Bible Study Luncheon</p>	<p>29 9:00am Dierbergs/ Dollar Tree -s/u 9:15am Symphony (*Advanced sign-up) 11:00am Schnucks & Walgreens Gravois Bluffs -s/u</p>	<p>30</p>	
<p>31 9:30am St. Paul's Catholic Church s/u 10:00am St. Lucas Church- s/u</p>							