


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend: B—Ballroom BC—Business Center C—Chapel CA—Creative Arts Studio CHL—Clubhouse Lobby CL—Crossing Lobby CP—Cambridge Patio CB—Crossover Bridge FC—Fitness Center LR—Linden Room M—Mezzanine MR—Magnolia Dining Room P—Pool RH—Rhineland Hall SB—Sky Bridge WC—Wellness Classroom WG—Wellness Gym</p>						
<p>4 8:45am Catholic Mass, B 10:30am Virtual Worship Service, C and VIS 1:00pm Exercise DVD, VIS 3:00pm Sunday Serenade <i>Butch Wax & The Hollywoods</i> 6:30pm Trivial Pursuit, Alpine Lounge -s/u</p> 	<p>5 9:00am Strength Class (standing), WC- s/u 9:00am Strength DVD, VIS 10:00am Singing With Sam, C and VIS 10:00am Tai Chi, WC-s/u 10:00am Train Club Meeting, RH 11:00am Bunco, M- s/u 11:00am Chair Exercise DVD, VIS 11:15am Strength Class (seated), B-s/u 1:00pm Cardio Drumming, WC- s/u 1:00pm Learn How to Use the FV App, BC-s/u 2:00pm Cardio Drumming, WC- s/u 2:00pm Water Volleyball, P 6:30pm Rosary, C</p>	<p>6 8:30am Yoga w/Christy, WC- s/u 8:45am Water Aerobics, P-s/u 9:00am Low Impact Exercise DVD, VIS 9:15am Strength w/Christy WC-s/u 10:00am Moment of Meditation, VIS 11:00am Chair Exercise DVD, VIS 11:30am Balance Class, WC- s/u 1:00pm Grounded in Prayer, C 1:30pm Balance Class, B-s/u 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>7 9:00am Chair Yoga DVD, VIS 9:00am VST Balance Assessments, FC- s/u 10:00am Care for the Caregivers, RH 10:30am Circuit Class, WC- s/u 11:00am Virtual Joyride, VIS <i>Hangzhou</i> 1:00 pm Brain Fitness, RH 1:00pm Low Impact, WC -s/u 1:00pm Strength Exercise DVD, VIS 2:00pm Sojourner's Circle, RH 2:00pm Update W/Terry, VIS 2:30pm Library Committee Meeting, M 2:30pm Line Dancing, WC-s/u</p>	<p>1 9:00am Cardio Kickboxing, WC-s/u 9:00am Stretching DVD, VIS 10:00am Easter Bunny Origami, CA-s/u 10:30am Maundy Thursday Service, C and VIS 11:30am Balance Class, WC-s/u 1:00pm Fiber Arts Club, Alpine Lounge 1:30 pm America Says, RH 1:30pm Balance Class, B-s/u 2:00pm Chair Exercise DVD, VIS 3:00pm Virtual Presentation, VIS 6:30pm Virtual Entertainment, VIS <i>Harp Performance</i> Marathon Wellness Challenge Begins!</p>	<p>2 8:45am Water Aerobics, P-s/u 9:00am Chair Exercise DVD, VIS 10:00am Moment of Meditation, VIS 10:15am Strength & Cardio w/Amanda, WC s/u 11:00am Acrylic Painting, CA-s/u 11:00am Balance DVD, VIS 11:00am Seated Stretch w/Amanda, WC s/u 1:00pm Christian Movie, VIS 2:30pm Drama Club, B 3:00pm Stations of the Cross, Devonshire DR 5:00pm Moment of Meditation, VIS 6:30pm Bingo, B <i>Easter Egg Walking Challenge (see Wings for details)</i></p>	<p>3 9:00am Richard Simmons DVD, FC 1:00pm Exercise DVD, VIS</p>
<p>11 10:30am Virtual Worship Service, C and VIS 1:00pm Exercise DVD, VIS 3:00pm Sunday Serenade <i>James Christensen</i> 6:30pm Trivial Pursuit, Alpine Lounge- s/u</p>	<p>12 9:00am Strength Class (standing), WC- s/u 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- s/u 1:00pm Cardio Drumming, WC- s/u 1:00pm Train Club Movie, RH 2:00pm Cardio Drumming, WC- s/u 2:00pm Facilities Meeting, LR 2:00pm Water Volleyball, P 6:30pm Rosary, C</p>	<p>13 8:30am Yoga w/Christy, WC- s/u 8:45am Water Aerobics, P-s/u 9:00am Low Impact Exercise DVD, VIS 9:15am Strength w/Christy WC-s/u 9:30am Chime Choir, B 10:00am Moment of Meditation, VIS 11:00am Chair Exercise DVD, VIS 11:30am Balance Class, WC-s/u 1:00pm Grounded in Prayer, C 1:30 pm Balance Class, B-s/u 1:30pm Family Feud, RH 5:00pm Moment of Meditation, VIS</p>	<p>14 9:00am Chair Yoga DVD, VIS 9:00am VST Balance Assessments, FC- s/u 10:30am Circuit Class, WC- s/u 11:00am Art with Mary, CA- s/u 11:00am Virtual Joyride, VIS <i>Shaoguan</i> 1:00pm Low Impact, WC- s/u 1:00pm Strength Exercise DVD, VIS 2:00pm Update w/Terry, VIS 2:30pm Line Dancing, WC-s/u 2:30pm Pastoral Care Committee, New Chapel 3:00pm Virtual Matinee, VIS</p>	<p>15 9:00am Cardio Kickboxing, WC-s/u 9:00am Dining Committee Meeting, Cambridge 9:00am Stretching DVD, VIS 10:00am Alzheimer's Discussion Group, RH 10:00am Writing Your Life Stores, M-s/u 10:30am Virtual Bible Study, C and VIS 11:30am Balance Class, WC-s/u 1:00 pm Fiber Arts Club, Alpine Lounge 1:30 pm America Says, RH 1:30pm Balance Class, B-s/u 2:00pm Chair Exercise DVD, VIS 2:30pm Chapel Choir Practice, C 6:30pm Virtual Entertainment, VIS <i>Irish Dancers</i></p>	<p>16 8:45am Water Aerobics, P-s/u 9:00am Chair Exercise DVD, VIS 10:00am Moment of Meditation, VIS 10:15am Strength & Cardio w/Amanda, WC s/u 10:30am Activity Committee Mtg, Game Room 11:00am Acrylic Painting, CA- s/u 11:00am Balance DVD, VIS 11:00am Seated Stretch w/Amanda, WC s/u 1:00pm Christian Movie, VIS 2:30pm Drama Club, B 3:00pm Fun Fitness Friday (Cornhole), CP 3:00pm Stations of the Cross, Devonshire DR 5:00pm Moment of Meditation, VIS 6:30pm Bingo, B</p>	<p>17 9:00am Richard Simmons DVD, FC 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B</p>
<p>18 10:30am Virtual Worship Service, C and VIS 1:00pm Exercise DVD, VIS 2:00pm Tech Connect, ML-s/u 3:00pm Sunday Serenade <i>Porgy Bess In</i> 3:00pm Tony Snyder's Birthday Bash, B 6:30pm Trivial Pursuit, Alpine Lounge- s/u</p>	<p>19 9:00am Strength Class (standing), WC- s/u 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-s/u 11:00am Chair Exercise DVD, VIS 11:15am Strength Class (seated), B- s/u 1:00pm Cardio Drumming, WC- s/u 1:00pm Learn How to Use the FV App, BC-s/u 2:00pm Cardio Drumming, WC- s/u 2:00pm Water Volleyball, P 6:30pm Rosary, C</p>	<p>20 8:30am Yoga w/ Christy, WC- s/u 8:45am Water Aerobics, P-s/u 9:00am Low Impact Exercise DVD, VIS 9:15am Strength w/ Christy, WC- s/u 10:00am Moment of Meditation, VIS 11:00am Chair Exercise DVD, VIS 11:30am Balance Class, WC-s/u 1:00pm Grounded in Prayer, C 1:30pm Balance Class, B-s/u 2:00pm Grounds Committee Meeting, Sagewood 3:00pm SLCL Book Pick-up, CL 3:45pm SLCL Book Pick-up, CH 5:00pm Moment of Meditation, VIS</p>	<p>21 9:00am Chair Yoga DVD, VIS 9:00am VST Balance Assessments, FC- s/u 10:30am Circuit Class, WC-s/u 10:30am Earth Day Upcycling, CA- s/u 11:00am Virtual Joyride, VIS <i>China's Mystical Land</i> 1:00pm Brain Fitness, RH 1:00pm Low Impact WC-s/u 1:00pm Strength Exercise DVD, VIS 2:00pm All Resident Meeting, B and VIS 2:30pm Line Dancing, WC-s/u</p>	<p>22 9:00am Cardio Kickboxing, WC-s/u 9:00am Stretching DVD, VIS 10:00am Writing Your Life Stores, M-s/u 10:30am Virtual Bible Study, C and VIS 11:30am Balance Class, WC-s/u 1:00 pm Fiber Arts Club, Alpine Lounge 1:30pm Balance Class, B-s/u 1:30 pm Who Wants To Be a Millionaire, RH 2:00pm Chair Exercise DVD, VIS 2:30pm Chapel Choir Practice, C 6:30pm Virtual Entertainment, VIS <i>Meghan Torno School of Dance</i></p>	<p>23 8:45am Water Aerobics, P-s/u 9:00am Chair Exercise DVD, VIS 10:00am Activity Fair, B 10:00am Moment of Meditation, VIS 10:15am Strength & Cardio w/Colleen WC s/u 11:00am Balance DVD, VIS 11:00am Seated Stretch w/Colleen WC s/u 1:00pm Christian Movie, VIS 1:30pm Midday Matinee, RH 2:00pm Stations of the Cross, Devonshire DR 5:00pm Moment of Meditation, VIS</p>	<p>24 9:00am Richard Simmons DVD, FC 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B</p>
<p>25 10:30am Virtual Worship Service, C and VIS 1:00pm Exercise DVD, VIS 2:00pm Tech Connect, ML-s/u 3:00pm Sunday Serenade <i>Hugh Smith</i> 6:30pm Trivial Pursuit, Alpine Lounge- s/u</p>	<p>26 9:00am Strength Class (standing), WC- s/u 9:00am Strength DVD, VIS 10:00am Singing With Sam, C and VIS 10:00am Rummikub, M- s/u 11:00am Chair Exercise DVD, VIS 11:15am Strength Class (seated), B-s/u 1:00pm Cardio Drumming, WC- s/u 2:00pm Cardio Drumming, WC- s/u 2:00pm Water Volleyball, P 6:30pm Rosary, C</p>	<p>27 8:30am Yoga w/Christy, WC- s/u 9:00am Low Impact Exercise DVD, VIS 9:15am Strength w/Christy, WC-s/u 9:30am Chime Choir, B 10:00am Moment of Meditation, VIS 11:00am Chair Exercise DVD, VIS 11:30am Balance Class, WC-s/u 1:00pm Grounded in Prayer, C 1:30pm Balance Class, B-s/u 1:30pm Family Feud, RH 5:00pm Moment of Meditation, VIS</p>	<p>28 9:00am Chair Yoga DVD, VIS 9:00am VST Balance Assessments, FC- s/u 10:30am Circuit Class, WC- s/u 11:00am Art with Mary, CA- s/u 11:00am Virtual Joyride, VIS <i>Himalaya</i> 1:00pm Low Impact Class, WC- s/u 1:00pm Strength Exercise DVD, VIS 2:00pm Update W/Terry, VIS 2:30pm Line Dancing, WC- s/u</p>	<p>29 9:00am Cardio Kickboxing, WC-s/u 9:00am Stretching DVD, VIS 10:00am Writing Your Life Stores, M-s/u 10:30am Virtual Bible Study, C and VIS 11:30am Balance Class, WC-s/u 1:00 pm Fiber Arts Club, Alpine Lounge 1:30pm Balance Class, B-s/u 2:00pm Chair Exercise DVD, VIS 2:30pm Chapel Choir Practice, C 6:30pm Virtual Entertainment, VIS <i>Andrea Bocelli: Music for Hope</i></p>	<p>30 8:45am Water Aerobics, P-s/u 9:00am Chair Exercise DVD, VIS 10:00am Moment of Meditation, VIS 10:15am Strength & Cardio w/Colleen WC s/u 11:00am Balance DVD, VIS 11:00am Seated Stretch w/Colleen WC s/u 1:00pm Christian Movie, VIS 2:00pm Stations of the Cross, Devonshire DR 3:00pm Fun Fitness Friday, Bocce Court 5:00pm Moment of Meditation, VIS 6:30pm Bingo, B Marathon Wellness Challenge Ends!</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <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 = (L4)</p> </div>			1 8:45am Ladies' Outing: Washington, MO-s/u (Level 3)	2 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs 1:30pm Assisted Living	3
4 9:30am St. Paul's Catholic Church s/u	5 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	6 10:30am Assisted Living 1:15pm Assisted Living	7 8:30 a.m. St. Louis Wheel s/u (L2) 1:00pm Train Club Outing s/u	8 10:00am Joyride s/u (L1)	9 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs s/u	10
11 9:30am St. Paul's Catholic Church s/u	12 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	13 11:30am Israel Reunion Lunch	14 9:00am SNF Outing 1:15pm Assisted Living	15 8:45am Men's Outing: Washington, MO s/u (L3) 2:15pm Local Banks s/u	16 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs s/u 2:00pm SNF Outing	17
18 9:30am St. Paul's Catholic Church s/u	19 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	20 10:30am Assisted Living 2:00 p.m. SNF Outing	21 8:30 a.m. St. Louis Wheel s/u(L2) 10:30am Assisted Living 1:00pm Joyride s/u (L1)	22 9:30am-11:30am Walmart, Target, Kohl's or Big Lots s/u 10:00am Village Adventure: Lemp Mansion (L3) 12:00pm Bible Study Luncheon	23 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs s/u	24
25 9:30am St. Paul's Catholic Church s/u	26 8:45am Schnucks/Great Clips -Southfield Center s/u 10:30am Aldi/Family Dollar Fantastic Sams s/u 1:30pm Assisted Living	27 9:30am Wellness Outing: Whitehaven (L3) s/u 12:30pm Wellness Outing: Whitehaven (L3) s/u	28 9:00 a.m. SNF Outing 1:15pm Assisted Living	29 10:00am Village Adventure: Lemp Mansion (L3)	30 9:00am Dierbergs/ Dollar Tree s/u 11:00am Schnucks & Walgreens Gravois Bluffs s/u	