

calendar & activities MAR 2020

Never Stop Growing

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

Location Keys

Country Kitchen
Creative Studio
Den
Dining Room
Entertainment Room
Outing

CK
CS
D
DR
ER
O

BIRTHDAYS

Carol Q. March 3

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
Unlimited options,
Unparalleled services

WWW.SENIORLIFESTYLE.COM
Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AM ● Chair Jazzercise [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Clipping Coupons [CK]</p> <p>PM ● Adult Art Books [CS]</p> <p>PM ● Movie Night and Popcorn</p> <p>1</p>	<p>AM ● Morning Jams and Poms [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Manicure Monday</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>AM ● Exploring Water Colors [CS]</p> <p>1:30 ● Jan on the Piano [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Matinee Monday [ER]</p> <p>PM ● Wheel of Fortune [ER]</p> <p>2</p>	<p>AM ● Music and Motion [CS]</p> <p>AM ● Helping Hands</p> <p>9:30 A ● NexCore Coffee Bar Outing [O]</p> <p>10:00 ● NexCore Coffee Bar! [O]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>AM ● Exploring Water Colors [CS]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>PM ● Trivia Time! (IN2L) [ER]</p> <p>3</p>	<p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>AM ● Baking Club [CK]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Ring Toss and Oldies [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Funny Videos (IN2L) [ER]</p> <p>PM ● Karaoke</p> <p>4</p>	<p>AM ● Conductorcise (IN2L) [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Exploring Water Colors [CS]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>10:00 ● Ballet Fitness Class [CS]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>9:30 A ● Beauty Shop</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Essence</p> <p>2:30 ● WaterColors with Mary Beth [CS]</p> <p>PM ● Happy Hour [CK]</p> <p>PM ● Manicures & Massages [D]</p> <p>5</p>	<p>AM ● Senior Fit Aerobics [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Thymeless Grocery Shopping</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Bingo and Popcorn [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Happy Hour [CS]</p> <p>PM ● Game Night: Checkers & Puzzles [ER]</p> <p>6</p>	<p>AM ● Chair Yoga [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>11:00 ● Holy Communion [ER]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Brain Fitness (IN2L)</p> <p>PM ● Color Therapy [CS]</p> <p>PM ● Family Fued (IN2L) [ER]</p> <p>7</p>
<p>Daylight Saving Time Begins - Spring forward on your clocks</p> <p>AM ● Chair Jazzercise [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Clipping Coupons [CK]</p> <p>PM ● Adult Art Books [CS]</p> <p>PM ● Movie Night and Popcorn</p> <p>8</p>	<p>AM ● Morning Jams and Poms [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Manicure Monday</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>AM ● Exploring Water Colors [CS]</p> <p>1:30 ● Jan on the Piano [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Matinee Monday [ER]</p> <p>PM ● Wheel of Fortune [ER]</p> <p>9</p>	<p>AM ● Music and Motion [CS]</p> <p>AM ● Helping Hands</p> <p>10:30 ● Lunch Bunch @ Maggie Obrien's</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>PM ● Trivia Time! (IN2L) [ER]</p> <p>PM ● Connect 4 [CS]</p> <p>10</p>	<p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>AM ● Book Marks Book Club [D]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Ring Toss and Oldies [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>3:00 ● Music by Carrie [DR]</p> <p>PM ● Karaoke</p> <p>11</p>	<p>AM ● Conductorcise (IN2L) [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Exploring Water Colors [CS]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>10:00 ● Ballet Fitness Class [CS]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>9:30 A ● Beauty Shop</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>PM ● Happy Hour [CK]</p> <p>12</p>	<p>AM ● Senior Fit Aerobics [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Haunted STL Scenic Drive [O]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Bingo and Popcorn [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Happy Hour [CS]</p> <p>PM ● Game Night: Checkers & Puzzles [ER]</p> <p>13</p>	<p>AM ● Chair Yoga [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>11:00 ● Holy Communion [ER]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Brain Fitness (IN2L)</p> <p>PM ● Color Therapy [CS]</p> <p>PM ● Family Fued (IN2L) [ER]</p> <p>14</p>
<p>AM ● Chair Jazzercise [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Clipping Coupons [CK]</p> <p>PM ● Adult Art Books [CS]</p> <p>PM ● Movie Night and Popcorn</p> <p>15</p>	<p>AM ● Morning Jams and Poms [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Manicure Monday</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>AM ● Exploring Water Colors [CS]</p> <p>1:30 ● Jan on the Piano [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Matinee Monday [ER]</p> <p>PM ● Wheel of Fortune [ER]</p> <p>16</p>	<p>St. Patrick's Day</p> <p>AM ● Music and Motion [CS]</p> <p>AM ● Helping Hands</p> <p>10:00 ● Irish Concert @ Sheldon Concert Hall</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>PM ● Trivia Time! (IN2L) [ER]</p> <p>PM ● Connect 4 [CS]</p> <p>17</p>	<p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>AM ● Baking Club [CK]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Ring Toss and Oldies [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Funny Videos (IN2L) [ER]</p> <p>PM ● Karaoke</p> <p>18</p>	<p>AM ● Conductorcise (IN2L) [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Exploring Water Colors [CS]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>10:00 ● Ballet Fitness Class [CS]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>9:30 A ● Beauty Shop</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>2:30 ● WaterColors with Mary Beth [CS]</p> <p>PM ● Happy Hour [CK]</p> <p>PM ● Manicures & Massages [D]</p> <p>19</p>	<p>AM ● Senior Fit Aerobics [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● World Bird Sanctuary [O]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Bingo and Popcorn [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Happy Hour [CS]</p> <p>PM ● Game Night: Checkers & Puzzles [ER]</p> <p>20</p>	<p>AM ● Chair Yoga [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>11:00 ● Holy Communion [ER]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Brain Fitness (IN2L)</p> <p>PM ● Color Therapy [CS]</p> <p>PM ● Family Fued (IN2L) [ER]</p> <p>21</p>
<p>AM ● Chair Jazzercise [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Clipping Coupons [CK]</p> <p>PM ● Adult Art Books [CS]</p> <p>PM ● Movie Night and Popcorn</p> <p>22</p>	<p>AM ● Morning Jams and Poms [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Manicure Monday</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>AM ● Exploring Water Colors [CS]</p> <p>1:30 ● Jan on the Piano [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Matinee Monday [ER]</p> <p>PM ● Wheel of Fortune [ER]</p> <p>23</p>	<p>AM ● Music and Motion [CS]</p> <p>AM ● Helping Hands</p> <p>10:30 ● Energy Stage Performance at Science Center [O]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>PM ● Trivia Time! (IN2L) [ER]</p> <p>PM ● Connect 4 [CS]</p> <p>24</p>	<p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>AM ● Book Marks Book Club [D]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Ring Toss and Oldies [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>3:00 ● Music by Carrie [DR]</p> <p>PM ● Karaoke</p> <p>25</p>	<p>AM ● Conductorcise (IN2L) [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Exploring Water Colors [CS]</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>10:00 ● Ballet Fitness Class [CS]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>9:30 A ● Beauty Shop</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>2:30 ● WaterColors with Mary Beth [CS]</p> <p>PM ● Happy Hour [CK]</p> <p>PM ● Manicures & Massages [D]</p> <p>26</p>	<p>AM ● Senior Fit Aerobics [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Mail Walking</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Bingo and Popcorn [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Happy Hour [CS]</p> <p>PM ● Game Night: Checkers & Puzzles [ER]</p> <p>27</p>	<p>AM ● Chair Yoga [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>11:00 ● Holy Communion [ER]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Brain Fitness (IN2L)</p> <p>PM ● Color Therapy [CS]</p> <p>PM ● Family Fued (IN2L) [ER]</p> <p>28</p>
<p>AM ● Chair Jazzercise [CS]</p> <p>AM ● Helping Hands</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Clipping Coupons [CK]</p> <p>PM ● Adult Art Books [CS]</p> <p>PM ● Movie Night and Popcorn</p> <p>29</p>	<p>AM ● Morning Jams and Poms [CS]</p> <p>AM ● Walking Club</p> <p>AM ● Helping Hands</p> <p>10:00 ● Manicure Monday</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>AM ● Exploring Water Colors [CS]</p> <p>1:30 ● Jan on the Piano [D]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>PM ● Matinee Monday [ER]</p> <p>PM ● Wheel of Fortune [ER]</p> <p>30</p>	<p>AM ● Music and Motion [CS]</p> <p>AM ● Helping Hands</p> <p>10:00 ● Pulitzer Arts Foundation</p> <p>AM ● Thymeless Garden Club [CS]</p> <p>10:30 ● Laundry Folding [CS]</p> <p>AM ● Snack and Chat [DR]</p> <p>AM ● This Day in History</p> <p>AM ● Daily Devotional [D]</p> <p>1:30 F ● Walking Club [CS]</p> <p>PM ● Thymeless Cooking Club [CK]</p> <p>1:45 ● Crafts [CS]</p> <p>PM ● Essence</p> <p>PM ● Trivia Time! (IN2L) [ER]</p> <p>PM ● Connect 4 [CS]</p> <p>31</p>				