

enrich		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> WWW.SENIORLIFESTYLE.COM Activities are subject to change</div> <div> your life, your style</div> <div><div>● CONNECT</div><div>● CONTRIBUTE</div><div>● FEEL</div><div>● GROW</div><div>● MOVE</div><div>● REFLECT</div></div> <div><div>Community Room</div><div>Courtyard</div><div>Creative Studio</div><div>Mom's Kitchen</div><div>Serenity Room</div></div> <div><div>CR</div><div>CY</div><div>CS1</div><div>MK</div><div>SR</div></div>		<div></div>	<div>AM Music with Friends [CR] 1</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Resident Choice Morning Exercises [CR]</div> <div>AM ● Junkdrawer Detective [CS1]</div> <div>1:30 Scenic Drive</div> <div>3:30 You Can Puzzle Too</div>	<div>Election Day</div> <div>AM Music with Friends [CR] 2</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 Chair Stretching [CR]</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 Autumntime Bingo</div> <div>2:00 Essence: Aromatherapy [SR]</div> <div>PM ● Brain Fitness(IN2L) [CR]</div>	<div>AM Music with Friends [CR] 3</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises: to Music [CR]</div> <div>11:00 ● Junk Drawer Detectives</div> <div>2:00 Scenic Drive: Cahokia Mounds</div>	<div>AM Music with Friends [CR] 4</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises [CY]</div> <div>10:30 Music with Bryan Can You Picture This??</div> <div>AM ● Men's Walking Club [CR]</div> <div>PM ● Thymeless Cooking Club [MK]</div>	<div>AM Music with Friends [CR] 5</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Stretching Class [CS1]</div> <div>10:30 Tai Chi</div> <div>11:00 ● Armchair Travel(GC) [CS1]</div> <div>PM ● Afternoon Matinee [CR]</div> <div>PM ● Men's Club [CR]</div> <div>PM Popcorn Time</div> <div>3:00 Cards</div> <div>3:00 ● Games and Trivia [CR]</div>	<div>AM Music with Friends [CR] 6</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Movement & Music in the Morning [CS1]</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 Classic TV</div> <div>3:00 Penny Ante</div>
		<div>Daylight Saving Time Begins 7</div> <div>AM Music with Friends [CR]</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>9:30 Prayers with Charles</div> <div>AM ● Church Service [CS1]</div> <div>1:30 ● Reminisce (IN2L) [CR]</div> <div>PM Making Sundae's on Sunday</div> <div>3:00 My 2 Cents</div>	<div>AM Music with Friends [CR] 8</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>AM ● Junkdrawer Detective [CS1]</div> <div>1:30 Classic TV</div> <div>1:30 Scenic Drive</div> <div>3:30 Creative Coloring</div>	<div>AM Music with Friends [CR] 9</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 Chair Stretching [CR]</div> <div>10:30 Jewish Chaplain Visit</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 Autumntime Bingo</div> <div>2:00 Essence: Aromatherapy [SR]</div> <div>PM ● Brain Fitness(IN2L) [CR]</div> <div>3:00 Craft Time: Making Dream Catchers</div>	<div>AM Music with Friends [CR] 10</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises: to Music [CR]</div> <div>11:00 ● Junk Drawer Detectives</div> <div>2:00 Scenic Drive</div>	<div>Veterans Day 11</div> <div>AM Music with Friends [CR]</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises [CY]</div> <div>10:00 Learning About the Local Indigenous People of St. Louis</div> <div>AM Can You Picture This??</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 History of the US Department of Veterans Affairs</div> <div>PM ● Thymeless Cooking Club [MK]</div> <div>2:30 Honoring Our Veterans</div>	<div>AM Music with Friends [CR] 12</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Stretching Class [CS1]</div> <div>11:00 ● Armchair Travel(GC) [CS1]</div> <div>PM ● Afternoon Matinee [CR]</div> <div>PM ● Men's Club [CR]</div> <div>PM Popcorn Time</div> <div>3:00 Cards</div> <div>3:00 ● Games and Trivia [CR]</div>	<div>AM Music with Friends [CR] 13</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Movement & Music in the Morning [CS1]</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 Classic TV</div> <div>3:00 The Game of Whoopi</div>
		<div>AM Music with Friends [CR] 14</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>9:30 Prayers with Charles</div> <div>AM ● Church Service [CS1]</div> <div>1:30 ● Reminisce (IN2L) [CR]</div> <div>PM Making Sundae's on Sunday</div> <div>3:30 Gospel Hymns Sing-Along</div>	<div>AM Music with Friends [CR] 15</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Resident Choice Morning Exercises [CR]</div> <div>AM ● Junkdrawer Detective [CS1]</div> <div>1:30 Scenic Drive</div> <div>3:30 Puzzles & Pondering's</div>	<div>AM Music with Friends [CR] 16</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 Chair Stretching [CR]</div> <div>10:30 Jewish Chaplain Visit</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 Autumntime Bingo</div> <div>2:00 Essence: Aromatherapy [SR]</div> <div>PM ● Brain Fitness(IN2L) [CR]</div> <div>3:00 Craft Time: Making Orange Hearts and Red Hand Prints</div>	<div>AM Music with Friends [CR] 17</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises: to Music [CR]</div> <div>10:00 Native American Drumming</div> <div>11:00 ● Junk Drawer Detectives</div> <div>2:00 Chef on Display and Food Committee Meeting</div>	<div>AM Music with Friends [CR] 18</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises [CY]</div> <div>10:30 Music with Bryan Can You Picture This??</div> <div>AM ● Men's Walking Club [CR]</div> <div>2:00 Scenic Drive</div>	<div>AM Music with Friends [CR] 19</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Stretching Class [CS1]</div> <div>10:30 Tai Chi</div> <div>11:00 ● Armchair Travel(GC) [CS1]</div> <div>PM ● Afternoon Matinee [CR]</div> <div>PM ● Men's Club [CR]</div> <div>3:00 ● Games and Trivia [CR]</div>	<div>AM Music with Friends [CR] 20</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Movement & Music in the Morning [CS1]</div> <div>AM ● Men's Walking Club [CR]</div> <div>PM ● Making Smoothies [CR]</div>
Location Keys	CR CY CS1 MK SR	<div>AM Music with Friends [CR] 21</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>9:30 Prayers with Charles</div> <div>AM ● Church Service [CS1]</div> <div>1:30 ● Reminisce (IN2L) [CR]</div> <div>PM Making Sundae's on Sunday</div>	<div>AM Music with Friends [CR] 22</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>AM ● Junkdrawer Detective [CS1]</div> <div>1:30 Scenic Drive</div>	<div>9:00 ● Thymeless: Herb Garden Care</div> <div>AM Enjoy Native American Flute Music and their Visions [CR]</div> <div>10:00 ● Daily Chronicle and Devotion [CR]</div> <div>10:30 Chair Stretching [CR]</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 Autumntime Bingo</div> <div>2:00 Essence: Aromatherapy [SR]</div> <div>PM ● Brain Fitness(IN2L) [CR]</div>	<div>AM Music with Friends [CR] 24</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises: to Music [CR]</div> <div>10:30 The Truth About the Real First Thanksgiving</div> <div>11:00 ● Junk Drawer Detectives</div> <div>2:00 Scenic Drive</div>	<div>Thanksgiving 25</div> <div>AM Music with Friends [CR]</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Chair Exercises [CY]</div> <div>AM Can You Picture This??</div> <div>AM ● Men's Walking Club [CR]</div> <div>PM ● Thymeless Cooking Club [MK]</div>	<div>AM Music with Friends [CR] 26</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Stretching Class [CS1]</div> <div>11:00 ● Armchair Travel(GC) [CS1]</div> <div>PM ● Afternoon Matinee [CR]</div> <div>PM ● Men's Club [CR]</div> <div>3:00 ● Games and Trivia [CR]</div>	<div>AM Music with Friends [CR] 27</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Movement & Music in the Morning [CS1]</div> <div>AM ● Men's Walking Club [CR]</div> <div>PM ● Making Smoothies [CR]</div>
		<div>AM Music with Friends [CR] 28</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>9:30 Prayers with Charles</div> <div>AM ● Church Service [CS1]</div> <div>1:30 ● Reminisce (IN2L) [CR]</div> <div>PM Making Sundae's on Sunday</div>	<div>AM Music with Friends [CR] 29</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 ● Resident Choice Morning Exercises [CR]</div> <div>AM ● Junkdrawer Detective [CS1]</div> <div>1:30 Scenic Drive</div>	<div>AM Music with Friends [CR] 30</div> <div>9:00 ● Thymeless: Herb Garden Care</div> <div>9:30 ● Daily Chronicle and Devotion [CR]</div> <div>10:00 Chair Stretching [CR]</div> <div>AM ● Men's Walking Club [CR]</div> <div>1:30 Autumntime Bingo</div> <div>2:00 Essence: Aromatherapy [SR]</div> <div>PM ● Brain Fitness(IN2L) [CR]</div>	<div>Resident Birthdays</div> <div>Deb E. 11/1</div> <div>Jeanine "Jan" B. 11/2</div> <div>Louis D. 11/17</div>	<div></div>	<div></div>	<div></div>