

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

9:00 Morning Check In's with Sororda & Caren [DR]
9:30 Morning Workout - Let's Dance!!! [E]
10:00 Communion with Joy and Steve [E]
10:30 Walking to the Beat [L]
11:00 Anna on the Keys [GR]
1:15 Knock Knock It's Me !
1:30 Senior Discount Day at Walgreen's [L]
2:00 Wheel of Fortune [E]
3:30 Happy Hour [E]
5:45 Legends & Lanterns "The Angry Villagers" [DR]
7:00 Games with Friends [E]

9:00 What's On For Today with Caren [DR]
9:30 Morning Workout with Caren [E]
10:00 Minute in the Word with Caren [E]
10:15 Let's Walk [L]
10:30 Puzzles and Word Search [E]
11:00 Lunch Bunch - Hawthorne Inn, Labadie, MO [L]
11:00 Out on the Patio - [BP]
1:00 BRIDGE [GR]
1:15 Kings in the Corner [E]
2:00 Mid-week Manicures [E]
3:30 Wine Down Wednesday [E]
6:30 Movie Night "Beethoven" 1992 [E]

9:00 What's On For Today with Trish [DR]
9:30 Morning Workout [E]
10:15 Yappy Hour with Belle and Trudy [E]
11:00 Meeting for our new "Feel Good Book Club" [GR]
1:15 Knock Knock It's Me !
2:00 Classical Chair Ballet [E]
2:00 Walking Club - Count Your Steps [L]
3:00 Rummikub [E]
3:30 Happy Hour [E]
6:30 Ladies P.J. Card Party [D]

9:00 What's On For Today with Caren [DR]
9:30 Commit to be Fit with RPI [E]
10:00 Crafty How Too's [CS]
10:00 Minute in the Word with Caren [E]
10:15 Coffee and Conversation [E]
10:30 Craft's with Lisa [CS]
11:00 Walking Club - Count Your Steps [L]
1:00 BRIDGE [GR]
1:15 Knock Knock It's Me !
3:30 Happy Hour - with Lamar Pilsing [E]
6:30 Pick Your Game or Puzzle [E]

9:00 Morning Check In's with Caren [DR]
9:00 Shopping at Walmart [L]
9:30 Classical Chair Yoga [E]
10:00 Saturday Matinee "Lassie Come Home" 1943 [TH]
10:00 Walking Club - Count Your Steps [L]
11:30 Floor Games with Caren [E]
1:15 Knock Knock It's Me !
1:30 Puzzles Anyone? [E]
2:00 Joy Ride - Out and About in Chesterfield [L]
3:30 Happy Hour [E]
6:30 Laughter is the Best Medicine - Favorite Comedy Shows [E]

9:00 Morning Check In's with Caren [DR]
9:15 TV - Catholic Mass [TH]
10:00 Puzzles Anyone? [E]
10:30 Weekend Whoga [E]
11:00 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
1:30 Praying the Rosary [TH]
2:00 BINGO [E]
3:30 Root Beer Floats [B]
3:30 Sunday Social [E]
6:30 Movie Month- Father Brown Session 1 YouTube [TH]

9:00 Get a Jump on Your Day with Soroda [DR]
9:30 Let's Work It Out !! [E]
10:00 Banjo Music with Mark Raborn [E]
11:00 Walking Club - Count Your Steps [L]
1:00 Shopping Trip to Savers
1:15 Knock Knock It's Me !
2:00 Manicure Monday with Soroda [E]
3:30 Happy Hour [E]
6:30 Games with Friends [BP]

9:00 Morning Check In's with Sororda [DR]
9:30 Morning Workout with Soroda [E]
10:00 Bible Study with Chris Foeldi [E]
11:00 Colorful Designs [E]
11:15 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
3:15 Lizzie and Neil [E]
3:30 Happy Hour [E]
6:30 Colorful Designs [E]

9:00 What's On For Today with Caren [DR]
9:30 Morning Workout with Caren [E]
10:00 Minute in the Word with Caren [E]
11:00 Chimes with Troy [E]
12:15 Picnic at the Park [L]
1:00 BRIDGE [GR]
2:00 Bingo with Joe McGettigan [E]
3:30 Hefe Hump Day Happy Hour [E]
6:30 Movie Night "Homeward Bound" 1993 [E]

9:00 What's On For Today with Caren [DR]
9:30 Morning Workout [E]
10:00 Trivia Challenge with Joey [E]
11:00 Odds and Ends [E]
11:00 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
2:00 Texas Chair Line Dance [E]
3:00 Rummikub [E]
3:30 Happy Hour [E]
6:30 "Throwback Thursday" - Favorite Sitcoms TV Shows [E]

9:00 What's On For Today with Caren [DR]
9:30 Commit to be Fit with RPI [E]
10:00 Crafty How Too's [CS]
10:00 Minute in the Word with Caren [E]
10:00 Walking Club - Count Your Steps [L]
10:15 Coffee and Conversation [E]
10:30 Craft's with Lisa [CS]
11:00 Connect 4 Game [E]
1:00 BRIDGE [GR]
1:15 Knock Knock It's Me !
3:30 Happy Hour with Charlie Selbert [E]
6:30 Game Night [E]

9:00 Morning Check In's with Sororda [DR]
9:30 Morning Exercise with Soroda [E]
10:00 Saturday Matinee "Benji" 1974 [TH]
10:30 Joy Ride - Old St. Charles to see The Angry Villagers [L]
1:30 Ladder Toss Ball Game [E]
2:30 Walking Club - Count Your Steps [L]
3:30 Happy Hour [E]
4:00 Kings in the Corner [E]
6:30 Laughter is the Best Medicine - Favorite Comedy Shows [E]

LOCATIONS

Lobby - L

Great Room - GR

Creative Studio - CS

Entertainment Room - E

Club Room - CR

Theater - T

Den - D

Transportation Schedule

Monday - Shopping

Wednesday - Resident Outing

Please sign up at front desk

Residents Birthdays:

October 17 th - Marilyn W.
October 21st - Annabel W.
October 31st- Marie N.

SENIOR LIFESTYLE

Come grow with us!

9:00 Morning Check In's with Soroda [DR]
9:15 TV - Catholic Mass [TH]
10:00 Puzzles Anyone? [E]
10:30 Weekend Whoga [E]
11:00 My Favorite Poems [E]
11:00 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
1:30 Praying the Rosary [TH]
2:00 BINGO [E]
3:30 Sunday Social [E]
6:30 Movie Month- Father Brown Session 1 YouTube [TH]

Columbus Day
9:00 Get a Jump on Your Day with Soroda [DR]
9:30 Let's Work It Out !! [E]
10:15 Join Terri and young adults from St. Louis Arc for crafts [E]
11:15 Walking Club - Count Your Steps [L]
1:15 Shopping Trip- Target [L]
1:30 Resident Spouse Support Group with Cindy [TH]
2:00 Manicure Monday with Soroda [E]
3:30 Happy Hour [E]
6:30 Games with Friends [BP]

9:00 Morning Check In's with Sororda and Caren [DR]
9:30 Chair Yoga and Mudras [E]
10:00 Communion with Joy and Steve [E]
10:30 WHEEL OF FORTUNE - Sheridan Style [E]
1:00 Visit to Chesterfield Elementary - 2nd Grade [L]
1:15 Knock Knock It's Me !
3:00 A Comfortable Conversation of Current Events with Will Carpenter [TH]
3:30 Happy Hour [E]
6:30 Puzzles and Word Search [E]

9:00 What's On For Today with Caren [DR]
9:30 Morning Workout with Caren [E]
10:00 Minute in the Word with Caren [E]
10:15 Trip to the Pumpkin Patch [L]
1:00 BRIDGE [GR]
1:15 Knock Knock It's Me !
2:00 Mid-week Manicures [E]
2:30 Puzzles Anyone? [E]
3:30 Wine Down Wednesday [E]
6:30 Movie Night "Marley & Me" 2008 [E]

9:00 What's On For Today with Trish [DR]
9:30 Morning Workout [E]
10:00 Yappy Hour with Belle and Trudy [E]
10:30 Odds and Ends [E]
11:15 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
2:00 Classical Chair Ballet [E]
3:00 Rummikub [E]
3:30 Happy Hour [E]
6:30 Cards Anyone? [E]

9:00 What's On For Today with Caren [DR]
9:30 Commit to be Fit with RPI [E]
10:00 Crafty How Too's [CS]
10:00 Minute in the Word with Caren [E]
10:15 Coffee and Conversation [E]
10:30 Craft's with Lisa [CS]
11:00 Walking Club - Count Your Steps [L]
1:00 BRIDGE [GR]
1:15 Knock Knock It's Me !
3:30 Happy Hour with Mike Farmer [E]
6:30 Gamer's Choice [E]

9:00 Morning Check In's with Caren [DR]
9:30 Classical Chair Ballet [E]
10:00 Saturday Matinee "Eight Below" 2006 [TH]
11:00 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
1:30 Puzzles Anyone? [E]
2:00 BHU: Neighborly Nuggets [E]
3:30 Happy Hour [E]
6:30 Laughter is the Best Medicine - Favorite Comedy Shows [E]

9:00 Morning Check In's with Caren [DR]
9:15 TV - Catholic Mass [TH]
10:00 Puzzles Anyone? [E]
10:30 Weekend Whoga [E]
11:00 Reading from Chicken Soup for the Cat & Dog Lover's Soul [E]
11:00 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
1:30 Praying the Rosary [TH]
2:00 BINGO [E]
3:30 Sunday Social [E]
6:30 Movie Month- Father Brown Session 1 YouTube [TH]

9:00 Get a Jump on Your Day with Soroda [DR]
9:30 Let's Work It Out !! [E]
10:15 Inter-generational Music with Victoria [E]
11:00 Walking Club - Count Your Steps [L]
1:00 Shopping Trip to Schnucks [L]
1:15 Knock Knock It's Me !
2:00 Manicure Monday with Soroda [E]
3:30 Happy Hour [E]
6:30 Games with Friends [BP]

9:00 Morning Check In's with Sororda [DR]
9:30 Morning Workout with Soroda [E]
10:00 Bible Study with Chris Foeldi [E]
11:00 Finish the story ... [E]
11:00 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
2:00 BINGO with Cindy [E]
3:30 Happy Hour [E]
6:30 Pick Your Game or Puzzle [E]

9:00 What's On For Today with Caren [DR]
9:30 Morning Workout with Caren [E]
10:00 Minute in the Word with Caren [E]
10:15 Walking to the Beat [L]
11:00 Chimes with Troy [E]
1:00 BRIDGE [GR]
1:15 Knock Knock It's Me !
2:00 Mid-week Manicures [E]
2:30 Puzzles Anyone? [E]
3:30 Wine Down Wednesday [E]
4:30 Meet Our New Marketing Team [E]
6:30 Movie Night "The Incredible Journey" 1963 [TH]

9:00 What's On For Today with Caren [DR]
9:30 Morning Workout [E]
10:00 Minute in the Word with Caren [E]
10:30 Walking Club - Count Your Steps [L]
1:15 Knock Knock It's Me !
2:00 Alice the Thinking Dog [E]
3:30 Happy Hour [E]
4:00 Rummikub [E]
6:30 "Throwback Thursday" - Favorite Family TV Shows - [D]

9:00 What's On For Today with Caren [DR]
9:30 Commit to be Fit with RPI [E]
10:00 Crafty How Too's [CS]
10:00 Minute in the Word with Caren [E]
10:15 Coffee and Conversation [E]
10:30 Craft's with Lisa [CS]
11:00 Walking Club - Count Your Steps [L]
1:00 BRIDGE [GR]
1:15 Knock Knock It's Me !
3:30 Happy Hour with Linda Ford [E]
6:30 Relaxation with Color [E]

9:00 Morning Check In's with Soroda [DR]
9:30 Whoga [E]
10:00 Saturday Matinee "Cats and Dogs" 2001 [TH]
10:30 Walking Club - Count Your Steps [L]
1:00 1st Annual Senior Dog Adoption, Pooch Parade & Canine Costume Contest 1-4 p.m. [FP]
1:30 Puzzles on your own [E]
2:00 HOWL-O-WEEN Pooch Parade & Costume Contest
3:30 Yappy Happy Hour
6:30 Laughter is the Best Medicine - Favorite Comedy Shows [E]

Halloween
9:00 What's On For Today with Caren [DR]
9:30 Morning Workout [E]
11:00 Odds and Ends [E]
12:00 Book Club - YMCA "George Washington's Secret Six" by Brian Kilmeade [CR]
1:00 Kings in the Corner [GR]
1:15 Knock Knock It's Me !
1:30 BRIDGE [GR]
2:00 Staff Town Hall Meeting [E]
2:30 Staff Halloween Costume Contest [E]
3:30 Happy Hour [E]
6:30 "Throwback Thursday" - Favorite Sitcoms TV Shows [E]

"I'm so glad I live in a world where there are Octobers."
— L.M. Montgomery, Anne of Green Gables

