

# OCTOBER 2017

Dougherty Ferry Assisted Living & Memory Care: **Assisted Living**



Color your life with... Stage & Screen Music

Did you know?

The first movie soundtrack album commercially available was the one from Disney's Snow White and the Seven Dwarfs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>9:30</b> SpectraFit Exercise ~ W <b>9:30</b> Religious Services Transportation <b>10:30</b> Donuts & Daily News ~ B <b>1:00</b> Scenic Excursion ~ FL <b>2:15</b> Cardinal Baseball Game ~ T <b>2:15</b> Card Games ~ B <b>3:00</b> Bible Study w/ Elbe ~ SL <b>3:15</b> Sing w/ The J.O.Y. Choir ~ CR	<b>2</b> <b>9:30</b> SpectraFit Exercise~ W <b>10:30</b> Weekly Devotions ~ SL <b>10:30</b> Schnucks & Walgreens* ~ L <b>1:30</b> Quarter BINGO ~ CR <b>2:45</b> WalMart* ~ L <b>3:00</b> Great Moments in Entertainment - B <b>6:30</b> Kings in the Corner ~ B	<b>3</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:15</b> SpectraMoments: Fall Poetry ~ CR <b>1:00</b> Spiritual Connection ~ RC <b>1:30</b> Reminiscing w/ St. Louis County Library ~ CR <b>2:30</b> Edible Crafts ~ CR <b>3:00</b> Card Games ~ SL <b>3:15</b> Chat Pack Stories & Cookies ~ CR <b>6:30</b> SpectraFun: Scrabble	<b>4</b> <b>9:30</b> SpectraFit w/ RPI Therapy Services ~ W <b>10:15</b> Lunch at Eckert's Apple Farm*^ <b>10:15</b> Cooking Healthy ~ CR <b>1:15</b> Remy On the Run <b>1:30</b> Catholic Mass ~ CR <b>1:30</b> Pamper Yourself ~ CR <b>2:30</b> Cha -Cha Chair Class ~ B <b>3:15</b> Marvelous Minds ~ CR <b>6:30</b> Movie Night ~ T	<b>5</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> Craft Corner: Festive Wreaths ~ CR <b>1:00</b> Puzzle FUN ~ B <b>1:00</b> Cards: Gin Rummy ~ SL <b>2:00</b> Brain Fitness FUN ~ CR <b>3:15</b> Happy Hour w/ Linda Ford ~ DR <b>6:30</b> Board Games ~ B	<b>6</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> Celebrate World Smile Day ~ CR <b>1:30</b> Prize BINGO ~ CR <b>3:00</b> What's News? ~ B <b>3:30</b> SpectraCircuit ~ W <b>6:30</b> Netflix Series: Downton Abbey ~ SL	<b>7</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> Let's Bake: Blackberry Crescent Rolls ~ CR <b>1:00</b> Spectrum Steppers: Walking Club ~ L <b>1:30</b> SpectraFun: Games & Goodies ~ CR <b>2:30</b> Smoothies, Afternoon Stretch & Stories ~ CR <b>3:15</b> Just For Laughs ~ CR <b>6:30</b> Saturday Evening Video ~ T
<b>8</b> <b>9:00</b> The Ferry Garden Club <b>9:30</b> SpectraFit Exercise ~ W <b>9:30</b> Religious Services Transportation <b>10:30</b> Donuts & Daily News ~ B <b>1:00</b> Mystery Scenic Excursion* <b>2:15</b> Card Games ~ B <b>3:00</b> Bible Study w/ Elbe ~ SL <b>3:15</b> Sing w/ The J.O.Y. Choir ~ CR	<b>9 Columbus Day</b> <b>9:30</b> SpectraFit Exercise~ W <b>10:30</b> Weekly Devotions ~ SL <b>10:30</b> Schnucks & Walgreens* ~ L <b>1:30</b> Quarter BINGO ~ CR <b>2:45</b> WalMart* ~ L <b>3:00</b> Celebrate Columbus Day - B <b>6:30</b> Kings in the Corner ~ B	<b>10</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:15</b> SpectraMoments: Apple Cider & Donuts ~ B <b>1:00</b> Spiritual Connection ~ RC <b>2:30</b> Edible Crafts ~ CR <b>3:00</b> Card Games ~ SL <b>3:15</b> Trivia & Cookies ~ CR <b>6:30</b> SpectraFun: Scrabble ~ SL	<b>11</b> <b>9:30</b> SpectraFit w/ RPI Therapy Services ~ W <b>10:15</b> Cooking Healthy ~ CR <b>11:00</b> Lunch at The Lemp Mansion*^ <b>1:15</b> Remy On the Run <b>1:30</b> Catholic Reflections & Rosary <b>1:30</b> Pamper Yourself ~ CR <b>2:30</b> Cha -Cha Chair Class ~ B <b>3:15</b> Marvelous Minds ~ CR <b>6:30</b> Movie Night ~ T	<b>12</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> Craft Corner: Pumpkin Decorating ~ CR <b>1:00</b> Puzzle FUN ~ B <b>1:00</b> Cards: Gin Rummy ~ SL <b>2:00</b> Brain Fitness FUN ~ CR <b>3:15</b> Happy Hour ~ B <b>6:30</b> Board Games ~ B	<b>13</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> FUN of Your Choice ~ CR <b>1:30</b> Prize BINGO ~ CR <b>3:00</b> What's News? ~ B <b>3:30</b> SpectraCircuit ~ W <b>6:30</b> Netflix Series: Downton Abbey ~ SL	<b>14</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> Let's Bake: Black Forest Cake ~ CR <b>1:00</b> Spectrum Steppers: Walking Club ~ L <b>1:30</b> SpectraFun: Games & Goodies ~ CR <b>2:30</b> Smoothies, Afternoon Stretch & Stories ~ CR <b>3:15</b> Just For Laughs ~ CR <b>6:30</b> Saturday Evening Video ~ T
<b>15</b> <b>9:00</b> The Ferry Garden Club <b>9:30</b> SpectraFit Exercise ~ W <b>9:30</b> Religious Services Transportation <b>10:30</b> Donuts & Daily News ~ B <b>1:00</b> Scenic Excursion ~ FL <b>2:15</b> Card Games ~ B <b>3:00</b> CHAMP Dog Visits <b>3:15</b> Sing w/ The J.O.Y. Choir ~ CR <b>3:45</b> Hand Bell Choir ~ CR	<b>16</b> <b>9:30</b> SpectraFit Exercise~ W <b>10:30</b> Weekly Devotions ~ SL <b>10:30</b> Schnucks & Walgreens* ~ L <b>1:30</b> Quarter BINGO ~ CR <b>2:45</b> WalMart* ~ L <b>3:00</b> Great Moments in Entertainment - B <b>6:30</b> Kings in the Corner ~ B	<b>17</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:15</b> SpectraMoments: Men's Coffee & Chatter Club ~ B <b>1:00</b> Spiritual Connection ~ RC <b>1:30</b> Chef On Display ~ CR <b>2:30</b> Travelogue: Germany ~ T <b>3:00</b> Card Games ~ SL <b>3:15</b> Chat Pack Stories & Cookies ~ CR <b>6:30</b> SpectraFun: Scrabble	<b>18</b> <b>9:30</b> SpectraFit w/ RPI Therapy Services ~ W <b>10:15</b> Cooking Healthy ~ CR <b>11:00</b> Lunch w/ Friends at Wine Country Gardens*^ <b>1:15</b> Remy On the Run <b>1:30</b> Catholic Reflections & Rosary <b>1:30</b> Pamper Yourself ~ CR <b>2:30</b> Cha -Cha Chair Class ~ B <b>3:15</b> Marvelous Minds ~ CR <b>6:30</b> Movie Night ~ T	<b>19</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> Hoe Down Showdown ~ CR <b>1:00</b> Puzzle FUN ~ B <b>1:00</b> Cards: Gin Rummy ~ SL <b>2:00</b> Brain Fitness FUN ~ CR <b>3:15</b> "The Man in Black" Happy Hour ~ B <b>6:30</b> Board Games ~ B	<b>20</b> <b>9:30</b> Musical Fun with Troy ~ CR <b>10:00</b> SpectraFit Exercise ~ CR <b>10:30</b> Craft Corner: Wine Cork Pumpkins ~ CR <b>12:30</b> R.O.M.E.O. Casino Trip <b>1:30</b> Prize BINGO ~ CR <b>3:00</b> What's News? ~ B <b>3:30</b> SpectraCircuit ~ W <b>6:30</b> Netflix Series: Downton Abbey ~ SL	<b>21</b> <b>9:30</b> SpectraFit Exercise ~ W <b>10:30</b> Let's Bake: Pumpkin Cheesecake ~ CR <b>1:00</b> Spectrum Steppers: Walking Club ~ L <b>1:30</b> J.U.L.I.E.T. Tea Party ~ CR <b>2:30</b> CHAMP Dog Treats & Smoothies <b>3:15</b> Just For Laughs ~ CR <b>6:30</b> Saturday Evening Video ~ T

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p><b>9:00</b> The Ferry Garden Club  <b>9:30</b> SpectraFit Exercise ~ W  <b>9:30</b> Religious Services Transportation  <b>10:30</b> Donuts &amp; Daily News ~ B  <b>1:00</b> Scenic Excursion ~ FL  <b>2:15</b> Card Games ~ B  <b>3:00</b> Bible Study w/ Elbe ~ SL  <b>3:15</b> Sing w/ The J.O.Y. Choir ~ CR  <b>3:45</b> Hand Bell Choir ~ CR</p>	<p><b>23</b></p> <p><b>9:30</b> SpectraFit Exercise ~ W  <b>10:30</b> Weekly Devotions ~ SL  <b>10:30</b> Schnucks &amp; Walgreens* ~ L  <b>1:30</b> Quarter BINGO ~ CR  <b>2:45</b> WalMart* ~ L  <b>3:00</b> Great Moments in Entertainment - B  <b>6:30</b> Kings in the Corner ~ B</p>	<p><b>24</b></p> <p><b>9:30</b> SpectraFit Exercise ~ W  <b>10:15</b> Celebrate National Bologna Day ~ CR  <b>1:00</b> Spiritual Connection ~ RC  <b>2:30</b> Edible Crafts ~ CR  <b>3:00</b> Just For Laughs: Humorous Stories ~ CR  <b>3:00</b> Card Games ~ SL  <b>3:15</b> "You Be The Judge" &amp; Cookies ~ CR  <b>6:30</b> SpectraFun: Scrabble</p>	<p><b>25</b></p> <p><b>9:30</b> SpectraFit w/ RPI Therapy Services ~ W  <b>10:15</b> Cooking Healthy ~ CR  <b>11:00</b> Color Tour &amp; Lunch to The Blue Duck *^  <b>1:15</b> Remy On the Run  <b>1:30</b> Catholic Reflections &amp; Rosary  <b>1:30</b> Pamper Yourself ~ CR  <b>2:15</b> Food Committee Meeting ~ CR  <b>2:30</b> Cha -Cha Chair Class ~ B  <b>3:15</b> Marvelous Minds ~ CR</p>	<p><b>26</b></p> <p><b>9:30</b> SpectraFit Exercise ~ W  <b>10:30</b> Craft Corner: Autumn Leaf Bowls ~ CR  <b>1:00</b> Puzzle FUN ~ B  <b>1:00</b> Cards: Gin Rummy ~ SL  <b>2:00</b> Resident Council Town Hall Meeting ~ CR  <b>2:00</b> Brain Fitness FUN ~ CR  <b>2:45</b> Let's Have FUN Planning Meeting ~ CR</p>	<p><b>27</b></p> <p><b>9:30</b> SpectraFit Exercise ~ W  <b>10:30</b> Mothers of Preschoolers Visit ~ CR  <b>11:30</b> R.O.M.E.O. Lunch ~ CR  <b>1:30</b> Prize BINGO ~ CR  <b>3:00</b> What's News? ~ B  <b>3:30</b> SpectraCircuit ~ W  <b>6:30</b> Netflix Series: Downton Abbey ~ SL</p>	<p><b>28</b></p> <p><b>9:30</b> SpectraFit Exercise ~ W  <b>10:30</b> Let's Bake ~ CR  <b>1:00</b> Spectrum Steppers: Walking Club ~ L  <b>1:30</b> SpectraFun: Games &amp; Goodies ~ CR  <b>2:30</b> Smoothies, Afternoon Stretch &amp; Stories ~ CR  <b>3:15</b> Just For Laughs ~ CR  <b>6:30</b> Saturday Evening Video ~ T</p>
<p><b>29</b></p> <p><b>9:00</b> The Ferry Garden Club  <b>9:30</b> SpectraFit Exercise ~ W  <b>9:30</b> Religious Services Transportation  <b>10:30</b> Donuts &amp; Daily News ~ B  <b>1:00</b> Scenic Excursion ~ FL  <b>2:15</b> Card Games ~ B  <b>3:15</b> Sing w/ The J.O.Y. Choir ~ CR  <b>3:45</b> Hand Bell Choir ~ CR</p>	<p><b>30</b></p> <p><b>9:30</b> SpectraFit Exercise ~ W  <b>10:30</b> Weekly Devotions ~ SL  <b>10:30</b> Schnucks &amp; Walgreens* ~ L  <b>1:30</b> Quarter BINGO ~ CR  <b>2:45</b> WalMart* ~ L  <b>3:00</b> SpectraMysteries: Zombi Road - B  <b>6:30</b> Kings in the Corner ~ B</p>	<p><b>31 Halloween</b></p> <p><b>9:30</b> SpectraFit Exercise ~ W  <b>10:15</b> Halloween FUN &amp; Games!! ~ CR  <b>1:30</b> Halloween Party ~ CR  <b>2:30</b> Festive Edible Crafts ~ CR  <b>3:00</b> Famous Halloween Jokes ~ SL  <b>6:30</b> SpectraFun: Scrabble ~ SL</p>	<p>ROOM KEY:            Bistro ~ B            Community Room ~ CR            Dining Room ~ DR            Front Lobby ~ L            Library ~ LIB            Patio ~ P            Theater ~ T            Sky Lounge ~ SL            Wellness ~ W</p>	<p>* Sign up in the Sign Up Book located across from the Community Room.            ^ Additional Cost Involved</p>	<p>MEDICAL TRANSPORTATION APPOINTMENTS            Tuesdays and Thursdays            8:00 A.M. TO 3:00 P.M.</p>	<p>Medical Appointments must be scheduled 48 hours in advance for planning purposes! Please see the Medical Transportation Policy in the Sign Up Book.</p>