July 2018
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Morning Stroll [B] 10:00 Coffee & Conversation [B] 10:30 Joel Osteen Worship Service [MT] 2:00 Sunday Matinee [MT] 6:00 Yahtzee [B]	**2** 9:00 Coffee Talk [L] 9:30 Pass It On [L] 10:30 Cardio Kickboxing [AR] 11:00 Crossword Puzzle [B] 1:30 Tai Chi [AR] 2:00 ***Scenic Ride: Tesson Ferry Road*** 6:00 Kings in the Corner [B]	**3** **Shopping and Personal Errands** 9:00 Morning Stroll [B] 9:30 Brain Games 10:00 Bridge Club [GR] 10:30 Sitting Balance & Posture [AR] 11:00 Mexican Train Dominoes [AR] 1:30 **Activity Planning Meeting [AR]** 2:00 Food for Thought [AR] 3:30 **Afternoon Tea [GR]** 6:30 Resident Choice Cinema [MT]	**4** 9:00 Coffee Talk [AR] 9:30 Patriotic Sing Along [L] 10:45 Strengthen & Tone [AR] 2:00 **Entertainment by John Scott [B]** 2:30 Rummikub [B] 3:00 **Lifelong Learning: First Ladies [MT]** 6:00 Card Club [B] 8:00 ***Local Fireworks***	**5** **Shopping and Personal Errands** 9:00 Morning Stroll [AR] 9:30 Current Events [L] 10:00 Bridge Club [GR] 10:30 Summer Shape Up [AR] 1:30 Standing Balance and Posture [AR] 3:00 **A Taste of Wellness [L]** 6:30 Resident Choice Cinema [MT]	**6** 9:00 Coffee Talk [AR] 9:30 Stamp Categories [L] 10:30 Yoga and Relaxation [AR] 11:00 ***Lunch Out: Lester's Bar & Grill*** 1:30 Scavenger Hunt [AR] 2:00 Bingo [AR] 4:00 **Cocktail Hour with Entertainment by Rhoda & Larry [B]** 6:00 Dominoes [B]	**7** 9:30 Saturday Samples: Spend your morning trying something new while enjoying a tasty treat. [B] 2:00 Classic Cinema [MT] 6:00 Kings in the Corner [B]
8 9:30 Morning Stroll [B] 10:00 Coffee & Conversation [B] 10:30 Joel Osteen Worship Service [MT] 2:00 Sunday Matinee: The Theory of Everything [MT] 6:00 Yahtzee [B]	**9** 9:00 Coffee Talk [L] 9:30 Random Trivia [L] 10:30 **Resident Council [GR]** 11:00 Wheel of Fortune [AR] 1:30 Tai Chi [AR] 2:00 ***Scenic Ride: Arnold*** 2:30 Garden Club [AR] 4:00 **Man Cave Monday [L]** 6:00 Kings in the Corner [B]	**10** **Shopping and Personal Errands** 9:00 Morning Stroll [B] 9:30 Brain Games 10:00 Rabbi Jessica Visit 10:00 Bridge Club [GR] 10:30 Sitting Balance & Posture [AR] 11:00 ***Horse Hooky Tuesday @ Fairmount Park*** 11:00 Mexican Train Dominoes [AR] 1:30 Energy Boost [AR] 2:30 **Chair Line Dancing [B]** 3:30 **Afternoon Tea [GR]** 6:30 Resident Choice Cinema: Coffee Shop [MT]	**11** 9:00 Coffee Talk [AR] 9:30 Name That Tune [L] 10:45 Strengthen & Tone [AR] 1:00 ***Putting at Ruth Park Golf Course*** 2:00 **Richmond Heights Memorial Library [Lib]** 2:30 Rummikub [B] 3:00 **Lifelong Learning: First Ladies [MT]** 6:00 Card Club [B] 7:10 Cards vs White Sox [MT]	**12** **Shopping and Personal Errands** 9:00 Morning Stroll [AR] 9:30 Hand Massages with Rena [B] 10:00 Bridge Club [GR] 10:30 Summer Shape Up [AR] 1:30 Standing Balance and Posture [AR] 2:00 Bible Study with Pastor Steve [L] 3:00 **Bastille Day Celebration [B]** 6:30 Resident Choice Cinema: American Experience ~ The Race Underground [MT]	**13** 9:00 Coffee Talk [AR] 9:30 Wacky Wordies [L] 10:30 Yoga and Relaxation [AR] 1:30 Fit Deck [AR] 2:00 Backyard Battleground [AR] 4:00 **Cocktail Hour with Entertainment by Just Us [B]** 6:00 Dominoes [B] 7:15 Cards vs Reds [MT]	**14** 9:30 Saturday Samples: Spend your morning trying something new while enjoying a tasty treat. [B] 2:00 Classic Cinema: West Side Story [MT] 6:00 Kings in the Corner [B]
15 9:30 Morning Stroll [B] 10:00 Coffee & Conversation [B] 10:30 Joel Osteen Worship Service [MT] 2:00 Sunday Matinee [MT] 6:00 Yahtzee [B]	**16** **Happy Birthday Vivian Walther!** 9:00 Coffee Talk [L] 9:30 Never Have I Ever [L] 10:30 Cardio Kickboxing [AR] 11:00 Crossword Puzzle [B] 1:30 Tai Chi [AR] 2:00 ***Scenic Ride: Lake St. Louis*** 6:00 Kings in the Corner [B]	**17** **Shopping and Personal Errands** 9:00 Morning Stroll [B] 9:30 Brain Games 10:00 Bridge Club [GR] 10:30 Sitting Balance & Posture [AR] 11:00 Mexican Train Dominoes [AR] 1:30 Energy Boost [AR] 2:30 Reminiscing with Allison [L] 3:30 **Afternoon Tea [GR]** 6:30 Resident Choice Cinema [MT]	**18** 9:00 Coffee Talk [AR] 9:30 Sing Along [L] 10:45 Strengthen & Tone [AR] 11:30 *Catholic Mass at St. May Magdalene* 1:00 Bowling Practice [AR] 1:30 Pet Visits [B] 2:30 Rummikub [B] 3:00 **Lifelong Learning: First Ladies [MT]** 6:00 Card Club [B]	**19** **Shopping and Personal Errands** 9:00 Morning Stroll [AR] 9:30 Current Events [L] 10:00 Bridge Club [GR] 10:30 Summer Shape Up [AR] 1:30 Standing Balance and Posture [AR] 2:00 Star of the Month: Sylvester Stallone [AR] 3:00 **A Taste of Wellness [L]** 4:00 **Music With Megan [BR]** 6:05 Cards vs Cubs [MT] 6:30 Resident Choice Cinema [MT]	**20** 9:00 Coffee Talk [AR] 9:30 Drone Categories [L] 10:30 Yoga and Relaxation [AR] 11:00 ***Lunch Out: California Pizza Kitchen*** 1:20 Cards vs Cubs [MT] 1:30 Scavenger Hunt [AR] 2:00 Bingo [AR] 4:00 **Happy Birthday Happy Hour with Entertainment by Art & Nancy [B]** 6:00 Dominoes [B]	**21** 9:30 Saturday Samples: Spend your morning trying something new while enjoying a tasty treat. [B] 2:00 Classic Cinema [MT] 6:00 Kings in the Corner [B] 6:15 Cards vs Cubs [MT]
22 **Happy Birthday Karen Margo!** 9:30 Morning Stroll [B] 10:00 Coffee & Conversation [B] 10:30 Joel Osteen Worship Service [MT] 2:00 Sunday Matinee [MT] 6:00 Yahtzee [B]	**23** 9:00 Coffee Talk [L] 9:30 Sports Trivia [L] 10:30 Cardio Kickboxing [AR] 11:00 Wheel of Fortune [AR] 1:30 Tai Chi [AR] 2:00 ***Scenic Ride: Kirkwood*** 2:30 Garden Club [AR] 6:00 Kings in the Corner [B] 6:10 Cards vs Reds [MT]	**24** **Shopping and Personal Errands** 9:00 Morning Stroll [B] 9:30 Brain Games 10:00 **Southwestern Hearing [L]** 10:00 Bridge Club [GR] 10:30 Sitting Balance & Posture [AR] 11:00 Mexican Train Dominoes [AR] 1:30 Energy Boost [AR] 2:00 **Trivia with Joey [B]** 3:30 **Afternoon Tea [GR]** 6:30 Resident Choice Cinema [MT]	**25** 9:00 Coffee Talk [AR] 9:30 Jimmy Buffet & His Parrot Heads [L] 10:45 Strengthen & Tone [AR] 11:35 Cards vs Reds [MT] 1:00 Bowling Tournament [AR] 2:00 **Richmond Heights Memorial Library [Lib]** 2:00 **Vitality Ballet [B]** 2:30 Rummikub [B] 3:00 **Lifelong Learning: First Ladies [MT]** 5:30 ***Maplewood Summer Concert featuring the Breakfast Boys***	**26** **Shopping and Personal Errands** 9:00 Morning Stroll [AR] 9:30 Hand Massages with Rena [B] 10:00 Bridge Club [GR] 10:30 Summer Shape Up [AR] 1:30 Standing Balance and Posture [AR] 2:00 A Future with Robots [AR] 4:00 **Music With Megan [BR]** 6:30 Resident Choice Cinema [MT]	**27** **Happy Birthday Ann Tao!** 9:00 Coffee Talk [AR] 9:30 Word Mining [L] 10:30 Yoga and Relaxation [AR] 1:30 Fit Deck [AR] 2:00 **Chef's Corner** 3:45 **Cocktail Hour with Entertainment by Brian Clarke [B]** 6:00 Dominoes [B] 7:15 Cards vs Cubs [MT]	**28** 9:30 Saturday Samples: Spend your morning trying something new while enjoying a tasty treat. [B] 2:00 Classic Cinema [MT] 6:00 Kings in the Corner [B]
29 9:30 Morning Stroll [B] 10:00 Coffee & Conversation [B] 10:30 Joel Osteen Worship Service [MT] 2:00 Sunday Matinee [MT] 6:00 Yahtzee [B] 7:05 Cards vs Cubs [MT]	**30** 9:00 Coffee Talk [L] 9:30 Jeopardy Trivia [L] 10:30 Cardio Kickboxing [AR] 11:00 Crossword Puzzle [B] 1:30 Tai Chi [AR] 2:00 ***Scenic Ride: Horseshoe Lake*** 6:00 Kings in the Corner [B] 7:10 Cards vs Rockies [MT]	**31** **Shopping and Personal Errands** 9:00 Morning Stroll [B] 9:30 Brain Games 10:00 Bridge Club [GR] 10:30 Sitting Balance & Posture [AR] 11:00 Mexican Train Dominoes [AR] 1:30 Energy Boost [AR] 2:00 The Recliner: Man's Other Best Friend [AR] 3:30 **Afternoon Tea [GR]** 6:30 Resident Choice Cinema [MT]				

Location Keys

Activity Room	AR
Bistro	B
Garden Room	GR
Library	Lib
Lounge	L
Movie Theater	MT
The Bridges	BR

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SENIOR LIVING

SAMPLE