

October 2018  
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>1</div> <div>8:30 Arthritis Class [L] 9:00 CardioFit [B] 9:30 Current Events [B] 10:30 Cardio Kickboxing [AR] 11:15 Wheel of Fortune [AR] 1:30 Sitting Balance [AR] 2:00 <b>Scenic Ride</b> 6:00 Kings in the Corner [B]</div>	<div>2</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [B] 9:30 Cranium Crunches [B] 10:00 Bridge Club [GR] 10:30 Standing Balance [AR] 11:15 Mexican Train Dominoes [B] 12:30 Personal Training [FR] 1:30 <b>Activity Planning Meeting [AR]</b> 3:30 <b>Afternoon Tea [B]</b> 6:30 Evening Movie [MT]</div>	<div>3</div> <div>8:30 Arthritis Class [L] 9:00 Sit &amp; Fit [B] 9:30 Conducting the Waltz [B] 10:00 Bible Study with Pastor Golden [L] 10:45 Brain Power [L] 11:30 <i>Catholic Mass at St. Mary Magdalene</i> 1:30 Sitting Balance [AR] 3:00 <b>Lifelong Learning: Trip to the Museum of Westward Expansion</b> 6:45 Evening Game Time [B]</div>	<div>4</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [AR] 9:30 Hand Massages with Rena [B] 10:00 Bridge Club [GR] 10:00 <b>Lunch Out: Josephine's Tea Room</b> 10:30 Weight Exercises [AR] 1:30 Standing Balance and Posture [AR] 1:30 Tic Tac Toe [AR] 2:30 Rummikub [B] 4:00 <b>Music With Megan [BR]</b> 6:30 Evening Documentary [MT]</div>	<div>5</div> <div>8:30 Arthritis Class [AR] 9:00 Sitting Balance [B] 9:30 <b>St. Louis Symphony Coffee Concert</b> 10:30 Yoga [AR] 1:30 Fit Deck [AR] 1:30 Yoga [AR] 2:00 Bingo [AR] 4:00 <b>Cocktail Hour with Entertainment by Pat Joyce [B]</b> 6:00 Dominoes [B]</div>	<div>6</div> <div>9:30 Sing Along [B] 2:30 Classic Cinema [MT] 6:00 Kings in the Corner [B]</div>
<div>7</div> <div>9:30 Morning Stroll [B] 10:30 Joel Osteen Worship Service [MT] 1:00 Ice Cream Social [B] 2:30 Sunday Matinee [MT] 6:00 Yahtzee [B]</div>	<div>8</div> <div>8:30 Arthritis Class [L] 9:00 CardioFit [B] 9:30 Current Events [B] 10:30 Cardio Kickboxing [AR] 10:30 <b>Resident Council [GR]</b> 11:15 Crossword Puzzle [B] 1:30 Sitting Balance [AR] 2:00 <b>Scenic Ride</b> 2:30 Garden Club [AR] 3:00 <b>Man Cave Monday [L]</b> 6:00 Kings in the Corner [B]</div>	<div>9</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [B] 9:30 Cranium Crunches [B] 10:00 Bridge Club [GR] 10:30 Standing Balance [AR] 11:15 Mexican Train Dominoes [B] 12:30 Personal Training [FR] 2:00 <b>Chair Line Dancing [B]</b> 3:30 <b>Afternoon Tea [B]</b> 7:00 <b>Party on the Patio with Entertainment by Ken Roberts [CY]</b></div>	<div>10</div> <div>8:30 Arthritis Class [L] 9:00 Strengthen &amp; Tone [B] 9:30 The Art of Satire [B] 10:00 Bible Study with Pastor Golden [L] 10:45 Cardio Kickboxing [AR] 1:30 Sitting Balance [AR] 2:00 <b>Richmond Heights Memorial Library [Lib]</b> 3:00 <b>Lifelong Learning: Westward Expansion [MT]</b> 6:45 Evening Game Time [B]</div>	<div>11</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [AR] 9:30 Halloween Crafts: Cheesecloth Ghosts [B] 10:00 Bridge Club [GR] 10:30 Weight Exercises [AR] 1:30 Bowling [AR] 1:30 Standing Balance and Posture [AR] 2:30 Rummikub [B] 3:00 <b>A Taste of Wellness [L]</b> 4:00 <b>Music With Megan [BR]</b> 6:30 Evening Documentary [MT]</div>	<div>12</div> <div>8:30 Arthritis Class [AR] 9:00 Muscles in Motion [B] 9:30 Brain Games: Wacky Wordies [B] 10:30 Yoga [AR] 11:00 Pet Visits [B] 1:30 Energy Boost [AR] 1:30 Yoga [AR] 4:00 <b>Cocktail Hour [B]</b> 6:00 Dominoes [B]</div>	<div>13</div> <div>9:30 Gratitude Club [B] 2:30 Classic Cinema [MT] 6:00 Kings in the Corner [B]</div>
<div>14</div> <div>9:30 Morning Stroll [B] 10:00 Kindness Rock Project [B] 10:30 Joel Osteen Worship Service [MT] 1:00 Ice Cream Social [B] 2:30 Sunday Matinee [MT] 6:00 Yahtzee [B]</div>	<div>15</div> <div>8:30 Arthritis Class [L] 9:00 CardioFit [B] 9:30 Current Events [B] 10:30 Cardio Kickboxing [AR] 11:15 Wheel of Fortune [AR] 1:30 Sitting Balance [AR] 2:00 <b>Scenic Ride</b> 6:00 Kings in the Corner [B]</div>	<div>16</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [B] 9:30 Cranium Crunches [B] 10:00 Bridge Club [GR] 10:30 Standing Balance [AR] 11:15 Mexican Train Dominoes [B] 12:30 Personal Training [FR] 2:00 Drama Club [L] 3:30 <b>Afternoon Tea [B]</b> 6:30 Evening Movie [MT]</div>	<div>17</div> <div>8:30 Arthritis Class [L] 9:00 Sit &amp; Fit [B] 9:30 The Greatest Moments in World Series History [B] 10:00 Bible Study with Pastor Golden [L] 10:45 Brain Power [L] 11:30 <i>Catholic Mass at St. Mary Magdalene</i> 1:30 Pet Visits [B] 1:30 Sitting Balance [AR] 3:00 <b>Lifelong Learning: Westward Expansion [MT]</b> 6:45 Evening Game Time [B]</div>	<div>18</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [AR] 9:30 Hand Massages with Rena [B] 10:00 Bridge Club [GR] 10:30 Weight Exercises [AR] 1:30 Chair Basketball [AR] 1:30 Standing Balance and Posture [AR] 2:00 <b>Oktoberfest [B]</b> 4:00 <b>Music With Megan [BR]</b> 6:30 Evening Documentary [MT]</div>	<div>19</div> <div>8:30 Arthritis Class [AR] 9:00 Sitting Balance [B] 9:30 Brain Games: Logical Numbers [B] 10:30 <b>Lunch Out: Pere Marquette Park</b> 10:30 Yoga [AR] 1:30 Fit Deck [AR] 1:30 Yoga [AR] 2:00 Bingo [AR] 4:00 <b>Cocktail Hour with Entertainment by Bryan Foggs [B]</b> 6:00 Dominoes [B]</div>	<div>20</div> <div>9:30 Sing Along [B] 2:30 Classic Cinema [MT] 6:00 Kings in the Corner [B]</div>
<div>21</div> <div>9:30 Morning Stroll [B] 10:30 Joel Osteen Worship Service [MT] 1:00 Ice Cream Social [B] 2:30 Sunday Matinee [MT] 6:00 Yahtzee [B]</div>	<div>22</div> <div>8:30 Arthritis Class [L] 9:00 CardioFit [B] 9:30 Current Events [B] 10:30 Cardio Kickboxing [AR] 11:00 <b>Day Trip to St. Genevieve, MO</b> 11:15 Crossword Puzzle [B] 1:30 Sitting Balance [AR] 2:30 Garden Club [AR] 3:00 <b>Man Cave Monday [L]</b> 6:00 Kings in the Corner [B]</div>	<div>23</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [B] 9:30 Cranium Crunches [B] 10:00 Bridge Club [GR] 10:00 <b>Southwestern Hearing [L]</b> 10:30 Standing Balance [AR] 11:15 Mexican Train Dominoes [B] 12:30 Personal Training [FR] 2:30 <b>Trivia with Joey [B]</b> 3:30 <b>Afternoon Tea [B]</b> 6:30 Evening Movie [MT]</div>	<div>24</div> <div>8:30 Arthritis Class [L] 9:00 Strengthen &amp; Tone [B] 9:30 The Origins of Country Music [B] 10:00 Bible Study with Pastor Golden [L] 10:45 Cardio Kickboxing [AR] 1:30 Sitting Balance [AR] 2:00 <b>Richmond Heights Memorial Library [Lib]</b> 2:00 <b>Vitality Ballet [B]</b> 3:00 <b>Lifelong Learning: Trip to Lewis &amp; Clark Historic Sites</b> 6:45 Evening Game Time [B]</div>	<div>25</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [AR] 9:30 Hand Massages with Rena [B] 9:30 Star of the Month: Susan Sarandon [B] 10:00 Bridge Club [GR] 10:30 Weight Exercises [AR] 1:30 Putting Practice [AR] 1:30 Standing Balance and Posture [AR] 2:30 Rummikub [B] 3:00 <b>A Taste of Wellness [L]</b> 4:00 <b>Music With Megan [BR]</b> 6:30 Evening Documentary [MT]</div>	<div>26</div> <div>8:30 Arthritis Class [AR] 9:00 Muscles in Motion [B] 9:30 Halloween Hangman [B] 10:30 Yoga [AR] 1:30 Energy Boost [AR] 1:30 Yoga [AR] 2:00 Chef's Corner [DR] 4:00 <b>Cocktail Hour with Entertainment by Matt Davis [B]</b> 6:00 Dominoes [B]</div>	<div>27</div> <div>9:30 Gratitude Club [B] 2:30 Classic Cinema [MT] 6:00 Kings in the Corner [B]</div>
<div>28</div> <div>9:30 Morning Stroll [B] 10:00 Kindness Rock Project [B] 10:30 Joel Osteen Worship Service [MT] 1:00 Ice Cream Social [B] 2:30 Sunday Matinee [MT] 6:00 Yahtzee [B]</div>	<div>29</div> <div>8:30 Arthritis Class [L] 9:00 CardioFit [B] 9:30 Current Events [B] 10:30 Cardio Kickboxing [AR] 11:15 Wheel of Fortune [AR] 1:30 Sitting Balance [AR] 2:00 <b>Scenic Ride</b> 6:00 Kings in the Corner [B]</div>	<div>30</div> <div><b>Shopping and Personal Errands</b> 8:30 Walking Club [B] 9:30 Cranium Crunches [B] 10:00 Bridge Club [GR] 10:30 Standing Balance [AR] 11:15 Mexican Train Dominoes [B] 12:30 Personal Training [FR] 2:00 Remembering Halloweens Past [L] 3:30 <b>Afternoon Tea [B]</b> 6:30 Evening Movie [MT]</div>	<div>31</div> <div><b>Halloween</b> 8:30 Arthritis Class [L] 9:00 Sit &amp; Fit [B] 9:30 <b>Boo Mobile</b> 10:00 Bible Study with Pastor Golden [L] 10:45 Brain Power [L] 1:30 Sitting Balance [AR] 2:00 <b>Halloween Party [B]</b> 6:45 Evening Game Time [B]</div>	<div>Location Keys</div> <div>Activity Room Bistro Court Yard Dining Room Fitness Room Garden Room Library Lounge Movie Theater The Bridges</div> <div>AR B CY DR FR GR Lib L MT BR</div>		