

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Locator Key</p> <p>Activity Room = AR Atrium = AT Theater = TH Court Yard = CY Third Floor Room = 3F Second Floor Room = 2F Chapel = CH Pool = P Outing = OT</p>				<ul style="list-style-type: none"> ● 9:30 Catholic Communion/Rosary (CH) 1 ● 9:30 Exercise: Fit Deck (AR) ● 10:30 Aquatics Class with AW Healthcare (P) ● 10:30 WU: Painting Class w/ Artfully Aging (AR) ● 1:30 Bingo (AR) ● 3:00 Ladies Happy Hour (AT) ● 6:00 Dominoes (2F) 	<ul style="list-style-type: none"> ● 9:30 Feel Good Exercise (AR) 2 ● 10:00 Game: Bags (AT) ● 11:00 Lunch at Town and Square Pub (OT) ● 12:30 Game Time Hand and Foot (2) ● 2:00 Nail Bar (AR) ● 2:00 Red, White and Blues Band Happy Hour (AT) ● 2:30 Walmart (OT) ● 3:00 Brain Games (AR) ● 6:30 Movie (TH) 	<ul style="list-style-type: none"> ● 9:30 Sit and Be Fit (AR) 3 ● 11:00 Left Right Center (AR) ● 1:00 Game Time Hand and Foot (2) ● 1:00 MOD Activity: Uno Attack (AT) ● 1:30 Movie Matinee (TH) ● 2:00 Wii Bowling (AR) ● 2:30 WU: Jewelry Making (AR) ● 6:30 Movie (TH)
<ul style="list-style-type: none"> ● 8:30 First Baptist Church (OT) 4 ● 9:00 St Elizabeth Ann Seton (OT) ● 10:20 Grace Baptist Church (OT) ● 1:00 Community Worship (CH) ● 2:00 Billiards (AT) ● 2:30 Puzzle Time (AR) ● 6:30 Movie (TH) 	<ul style="list-style-type: none"> ● 9:30 Chair Yoga with AW Healthcare (AR) 5 ● 10:30 Aquatics Class with Aw Healthcare (P) ● 11:00 Resident Council Meeting (R3) ● 1:30 Bingo (AR) ● 3:00 All Men's Social Club (AT) ● 6:30 Game Time: Farkle (2) ● 6:30 Movie (TH) ● 7:00 Sequence (1) 	<ul style="list-style-type: none"> ● 9:00 Bank Runs (OT) 6 ● 9:30 Vitality in Motion (AR) ● 10:15 Blood Pressure Checks (AR) ● 10:30 Walgreens (O) ● 10:30 WU: Watercolor Class (AR) ● 1:30 Walmart (OT) ● 2:00 Arm Chair Travel w/ Rick Steve to Cruising the Mediterranean (TH) ● 3:00 Pubs Open (AT) ● 4:00 Dinner at Arcobasso (OT) 	<ul style="list-style-type: none"> ● 9:30 Strength Training (AR) 7 ● 10:30 Cohokia Mounds and lunch at Joey B's (OT) ● 1:00 Dreamsicle Floats (AT) ● 1:00 Game Time: Pinochle (2) ● 1:00 Poker (AR) ● 2:00 Happy Hour w/ Marty (AT) ● 3:00 Pubs Open (AT) ● 3:15 Pokeno (AR) ● 6:30 Movie (TH) 	<ul style="list-style-type: none"> ● 9:30 Catholic Communion/Rosary (CH) 8 ● 9:30 Exercise: Fit Deck (AR) ● 10:00 WU: Music Appreciation with Katrie (AR) ● 10:30 Aquatics Class with AW Healthcare (P) ● 1:30 Bingo (AR) ● 3:00 Ladies Happy Hour (AT) ● 6:00 Dominoes (2F) 	<ul style="list-style-type: none"> ● 9:30 Feel Good Exercise (AR) 9 ● 11:30 Lunch at The Parkmoore (OT) ● 12:30 Game Time Hand and Foot (2) ● 2:00 Nail Bar (AR) ● 2:30 Walmart (OT) ● 3:00 Brain Games (AR) ● 6:30 Movie (TH) 	<ul style="list-style-type: none"> ● 9:30 Sit and Be Fit (AR) 10 ● 11:00 Left Right Center (AR) ● 1:00 Game Time Hand and Foot (2) ● 1:00 Resident Forum (AR) ● 1:30 Movie Matinee (TH) ● 2:30 Wii Bowling (AT) ● 6:30 Movie (TH)
<ul style="list-style-type: none"> ● 8:30 First Baptist Church (OT) 11 ● 9:00 St Elizabeth Ann Seton (OT) ● 10:20 Grace Baptist Church (OT) ● 1:00 Community Worship (CH) ● 2:00 Billiards (AT) ● 2:30 Puzzle Time (AR) ● 6:30 Movie (TH) 	<ul style="list-style-type: none"> ● 9:30 Chair Yoga with AW Healthcare (AR) 12 ● 10:30 Aquatics Class with Aw Healthcare (P) ● 1:30 Bingo (AR) ● 3:00 All Men's Social Club (AT) ● 6:30 Game Time: Farkle (2) ● 6:30 Movie (TH) ● 7:00 Sequence (1) 	<ul style="list-style-type: none"> ● 9:00 Bank Runs (OT) 13 ● 9:30 Vitality in Motion (AR) ● 10:00 Donuts and Coffee with Kathleen (AT) ● 10:15 Blood Pressure Checks (AR) ● 10:30 Schnuck's (OT) ● 1:30 Super Walmart (OT) ● 2:00 Wine Tasting w/ Ben (AT) ● 3:00 Pubs Open (AT) ● 4:00 Dinner at Saullo's (OT) 	<ul style="list-style-type: none"> ● 9:30 Strength Training (AR) 14 ● 11:00 Food Committee Meeting (2F) ● 11:00 Outing: Ameristar (OT) ● 1:00 Game Time: Pinochle (2) ● 1:00 Poker (AR) ● 1:00 Watermelon Social (AT) ● 2:00 Happy Hour w/ Jim Edwards (AT) ● 3:00 Pubs Open (AT) ● 3:15 Pokeno (AR) ● 6:30 Movie (TH) 	<ul style="list-style-type: none"> ● 9:30 Catholic Communion/Rosary (CH) 15 ● 9:30 Exercise: Fit Deck (AR) ● 10:00 WU: St.Louis History Corner w/ Katrie (AR) ● 10:30 Aquatics Class with AW Healthcare (P) ● 11:30 New Resident Welcome Luncheon (HG) ● 1:30 Bingo (AR) ● 3:00 Ladies Happy Hour (AT) ● 6:00 Dominoes (2F) 	<ul style="list-style-type: none"> ● 9:30 Feel Good Exercise (AR) 16 ● 10:00 Game: Bags (AT) ● 11:00 Lunch at The Brass Rail (OT) ● 12:30 Game Time Hand and Foot (2) ● 2:00 Nail Bar (AR) ● 2:30 Walmart (OT) ● 3:00 Brain Games (AR) ● 6:30 Movie (TH) 	<ul style="list-style-type: none"> ● 9:30 Sit and Be Fit (AR) 17 ● 11:00 Left Right Center (AR) ● 1:00 Game Time Hand and Foot (2) ● 1:00 MOD Activity: Ice Cream Sandwiches (AT) ● 1:30 Movie Matinee (TH) ● 2:00 Summer Concert Series w/ Derick Morgan (CY) ● 6:30 Movie (TH)

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<p>18</p> <ul style="list-style-type: none"> ● 8:30 First Baptist Church (OT) ● 9:00 St Elizabeth Ann Seton (OT) ● 10:20 Grace Baptist Church (OT) ● 1:00 Community Worship (CH) ● 2:00 Billiards (AT) ● 2:30 Puzzle Time (AR) ● 6:30 Movie (TH) 	<p>19</p> <ul style="list-style-type: none"> ● 9:30 Chair Yoga with AW Healthcare (AR) ● 10:30 Aquatics Class with Aw Healthcare (P) ● 1:30 Bingo (AR) ● 3:00 All Men's Social Club (AT) ● 6:30 Game Time: Farkle (2) ● 6:30 Movie (TH) ● 7:00 Sequence (1) 	<p>20</p> <ul style="list-style-type: none"> ● 9:00 Bank Runs (OT) ● 9:30 Vitality in Motion (AR) ● 10:15 Blood Pressure Checks (AR) ● 10:30 Outing: T.J. Max (OT) ● 10:30 WU: Golf Simulator (CY) ● 1:30 Walmart (OT) ● 2:00 Resident Town Hall Meeting (AR) ● 3:00 Pubs Open (AT) ● 3:00 Resident Activity Planning Meeting (AR) ● 4:00 Dinner at Coopers (OT) 	<p>21</p> <ul style="list-style-type: none"> ● 9:30 Strength Training (AR) ● 11:00 Shop at Under The Yellow Umbrella/Lunch at Lewis & Clark (OT) ● 1:00 Banana Split Social (AT) ● 1:00 Game Time: Pinochle (2) ● 1:00 Poker (AR) ● 2:00 Happy Hour w/ Charlie Selbert and AW (AT) ● 3:00 Pubs Open (AT) ● 3:15 Pokeno (AR) ● 6:30 Movie (TH) 	<p>22</p> <ul style="list-style-type: none"> ● 9:30 Catholic Communion/Rosary (CH) ● 9:30 Exercise: Fit Deck (AR) ● 10:00 Oculus (AR) ● 10:30 Aquatics Class with AW Healthcare (P) ● 1:30 Bingo (AR) ● 3:00 Ladies Happy Hour (AT) ● 6:00 Dominoes (2F) 	<p>23</p> <ul style="list-style-type: none"> ● 9:30 Feel Good Exercise (AR) ● 11:00 Lunch at JJ's (OT) ● 12:30 Game Time Hand and Foot (2) ● 2:00 Nail Bar (AR) ● 2:30 Walmart (OT) ● 3:00 Brain Games (AR) ● 6:30 Movie (TH) 	<p>24</p> <ul style="list-style-type: none"> ● 9:30 Sit and Be Fit (AR) ● 11:00 Left Right Center (AR) ● 1:00 Game Time Hand and Foot (2) ● 1:00 MOD Activity: Cookies and Punch Social (AR) ● 1:30 Movie Matinee (TH) ● 2:30 WU: Jewelry Making (AR) ● 6:30 Movie (TH)
<p>25</p> <ul style="list-style-type: none"> ● 8:30 First Baptist Church (OT) ● 9:00 St Elizabeth Ann Seton (OT) ● 10:20 Grace Baptist Church (OT) ● 1:00 Community Worship (CH) ● 2:00 Billiards (AT) ● 2:30 Puzzle Time (AR) ● 6:30 Movie (TH) 	<p>26</p> <ul style="list-style-type: none"> ● 7:00 Wear Purple for Women's Equality Day (OT) ● 9:30 Chair Yoga with AW Healthcare (AR) ● 10:30 Aquatics Class with Aw Healthcare (P) ● 1:30 Bingo (AR) ● 3:00 All Men's Social Club (AT) ● 6:30 Game Time: Farkle (2) ● 6:30 Movie (TH) ● 7:00 Sequence (1) 	<p>27</p> <ul style="list-style-type: none"> ● 9:00 Bank Runs (OT) ● 9:30 Vitality in Motion (AR) ● 10:15 Blood Pressure Checks (AR) ● 10:30 Outing: Dollar Tree (OT) ● 10:30 WU: Watercolor Class (AR) ● 1:30 Walmart (OT) ● 2:00 Arm Chair Travels w/ Rick Steves to Rome (TH) ● 3:00 Pubs Open (AT) ● 4:00 Dinner at Longhorn (OT) 	<p>28</p> <ul style="list-style-type: none"> ● 9:30 Strength Training (AR) ● 10:00 Manan Hearing (AR) ● 11:00 Lunch at Kitano Japanese Steak House (OT) ● 1:00 Browncow Social (AT) ● 1:00 Game Time: Pinochle (2) ● 1:00 Poker (AR) ● 2:00 Happy Hour/Resident Birthday Party w/ Lynn & Nancy (AT) ● 3:00 Pubs Open (AT) ● 3:15 Pokeno (AR) ● 6:30 Movie (TH) 	<p>29</p> <ul style="list-style-type: none"> ● 9:30 Catholic Communion/Rosary (CH) ● 9:30 Exercise: Fit Deck (AR) ● 10:00 Oculus (AR) ● 10:30 Aquatics Class with AW Healthcare (P) ● 1:30 Bingo (AR) ● 3:00 Ladies Happy Hour (AT) ● 6:00 Dominoes (2F) 	<p>30</p> <ul style="list-style-type: none"> ● 9:30 Feel Good Exercise (AR) ● 10:00 Game: Bags (AT) ● 11:00 Lunch at La Bonne Bouchee (OT) ● 12:30 Game Time Hand and Foot (2) ● 2:00 Nail Bar (AR) ● 2:30 Walmart (OT) ● 3:00 Brain Games (AR) ● 6:30 Movie (TH) 	<p>31</p> <ul style="list-style-type: none"> ● 9:30 Sit and Be Fit (AR) ● 11:00 Left Right Center (AR) ● 1:00 Game Time Hand and Foot (2) ● 1:00 MOD Activity: Rootbeer Float Social (AT) ● 1:30 Movie Matinee (TH) ● 2:00 Wii Bowling (AR) ● 2:30 Silver Sneakers Walking Club (AT) ● 6:30 Movie (TH)
						<ul style="list-style-type: none"> ● Body ● Community ● Entertainment ● Mind ● Outing ● Spirit