

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>March 2018</u></p> <p><i>Sign Up for March Activities Will Be Friday, March 2 At 11:00 a.m.</i></p>				<p>1 8:45 Chair Yoga GR 10:00 BP Check—3rd Floor Office 10:00 Liberty Bank RR 10:30 Lenten Studies CR 11:30 Hearing Health RR 11:30-12:00 Village Pray-In CH 12:00 Lunch DR 1:30 CVS / Walgreens 1:30 Pinochle Club RR 1:30 Exec. Dir. Quarterly Update CH</p>	<p>2 9:00 Coffee Hour DR 10:00 Spiritual Life Team Mtg CR 10:00 Catholic Communion GR 11:00 Activities Sign-Up CR 2:00 Activity Meeting CR 3:00 Sit & Be Fit RB 6:00 Russian String Orchestra Concert at Principia College</p>	<p>3 9:00 Explorer’s Breakfast — IHOP & Lewis and Clark Interpretive Center 1:00 Armchair Travels GR 3:30 Catholic Mass CH 7:00 Saturday Night Movie Ch 900</p>
<p>4 8:00 Sunday Worship CH 2-4 Fred and Becky Seymour Reception RB 6:30 Evening Worship CH Led by Chaplain Judy— Communion served</p>	<p>5 10:00 Memory Essentials RR 12:00 Lunch DR 1:00 Cards/Games TV,FR,HS 1:30-2:30 BP Check -TV 2-4 Piasa Cleaners Pick-Up 3:00 Sit & Be Fit RB 7:00 Bingo RB</p>	<p>6 8:45 Chair Yoga GR 9:00 Get Moving w/ Janelle RB 10:00 Senior Fitness Test RB 11:00 Bank Run 11:30 Step It Up RB 1:30 Schnucks 2:00 Wii Bowling RB 3:00 Rosary Recitation CH 6:00 Bible Study-Cornerstone CR 7:00 Dominoes TV 7:00 Musical Tuesday 900</p>	<p>7 10:00 Mending & More TV 10:00 Strong for Life RB 11-2 Reflexology—Gail TBA 12:00 Lunch DR 1:00 Needles & Pins RB 1:30 Phil Capello CH 3:00 Sit & Be Fit RB 7:00 Bunco RB</p>	<p>8 8:45 Chair Yoga GR 10:00 BP Check—3rd Floor Office 10:30 Rigazzi’s / Missouri Bakery 10:30 Lenten Studies CR 12:00 Lunch DR 1:30 Pinochle Club RR 2-4 Piasa Cleaners Return</p>	<p>9 9:00 Coffee Hour DR 11:00 Communion Service GR 1:30 Juke Box Trio CH 3:00 Sit & Be Fit RB</p>	<p>10 1:00 Armchair Travels GR 3:30 Catholic Mass CH TBA Dinner & a Movie – Pasta House 7:00 Saturday Night Movie Ch 900</p>
<p>11 8:00 Sunday Worship CH 1:30 OK Kids Music Club— Sponsored by Abundant Life Church CH 6:30 Evening Worship CH Led by Rev. David Cox</p>	<p>12 10:00 Memory Essentials RR 10:00-3:00 Nellie’s Closet WP 10:15 Cookies Coffee & Chat GR 12:00 Lunch DR 1:00 Cards/Games TV,FR,HS 1:30-2:30 BP Check -TV 3:00 Sit & Be Fit RB 7:00 Bingo RB</p>	<p>13 8:30 Breakfast Out at Joe K’s 8:45 Chair Yoga GR 9:00 Get Moving w/ Janelle RB 10:00 Wii Bowling RB 11:30 Step It Up RB 1:30 Aldi / Dollar General 2:00 Joy of Coloring RB 3:00 Rosary Recitation CH 7:00 Dominoes TV 7:00 Musical Tuesday 900</p>	<p>14 10:00 Strong for Life RB 11:00 OSF Healthy Lecture Series “Pelvic Floor Physical Therapy” CH 12:00 Lunch DR 1:00 Resident Council Meeting CR 2:00 Choir Practice CH 3:00 Sit & Be Fit RB 7:00 Bunco RB 7:00 Crusader Children’s Choir CH</p>	<p>15 8:45 Chair Yoga GR 10:00 BP Check—3rd Floor Office 10:00 Liberty Bank RR 10:15 ACTIVITY BUS OUT 10:30 Lenten Studies CR 12:00 St Patrick’s Day Buffet w/ Rhoda & Larry DR 12:00 Lunch DR 1:30 Walmart 1:30 Pinochle Club RR</p>	<p>16 9:00 Coffee Hour DR 10:30-2:30 Residents’ Hallway Sale WP/MCK/Weston Terrace 2:30-3:30 Purchase ALT Season Tickets WP front room 3:00 Sit & Be Fit RB</p>	<p>17 9:00 Heartland Quilters’ Guild Quilt Show, Heartland Baptist Church & Lunch at Church 1:00 Armchair Travels GR 3:30 Catholic Mass CH 7:00 Saturday Night Movie Ch 900</p>
<p>18 8:00 Sunday Worship CH 1:00 ALT: <i>Exit Laughing</i>—dinner at Chinese Buffet 3:00 GACA <i>Tony Pace</i>—dinner at Chinese Buffet 6:30 Evening Worship CH Led by Rev. Randy Butler</p>	<p>19 10:00 Memory Essentials RR 10:15 Craft with Gail GR 12:00 Lunch DR 1:00 Cards/Games TV,FR,HS 1:30-2:30 BP Check -TV 2-4 Piasa Cleaners Pick-Up 3:00 Sit & Be Fit RB 7:00 Bingo RB</p>	<p>20 8:45 Chair Yoga GR 9:00 Get Moving w/ Janelle RB 9:45 Gameday Luncheon—RvrBndr 10:00 Healthy Learning Lecture CH 10:15 Maisy-Support Dog W 11:30 Step It Up RB 1:30 ShopN’Save / DollarTree 3:00 Rosary Recitation CH 6:00 Bible Study-Cornerstone RR 7:00 Dominoes TV 7:00 Musical Tuesday 900</p>	<p>21 10:00 Mending & More TV 10:00 Strong for Life RB 10:15 Veteran’s Coffee Talk GR 12:00 Lunch DR 1:00 Artistic Expressions w/Gail GR 3:00 Sit & Be Fit RB 4:15 1st Dinner Out—Hendel’s Mkt 7:00 Bunco RB</p>	<p>22 8:45 Chair Yoga GR 10:00 BP Check —3rd Floor Office 10:15 ACTIVITY BUS OUT 10:15 Bead Making GR 10:30 Lenten Studies CR 12:00 Lunch DR 1:30 Target / Alton Square 1:30 Day of Remembrance CH 1:30 Pinochle Club RR 2-4 Piasa Cleaners Return</p>	<p>23 9:00 Coffee Hour WP TV Room 9:00 Powell Hall Coffee Concert—Pines of Rome 3:00 Sit & Be Fit RB</p>	<p>24 1:00 Armchair Travels GR 3:30 Catholic Mass CH 7:00 Saturday Night Movie Ch 900</p>
<p>25 Palm Sunday 8:00 Sunday Worship CH 6:30 Evening Worship CH Led by Chaplain Judy</p>	<p>26 10:00 Memory Essentials RR 12:00 Lunch DR 1:00 Cards/Games TV,FR,HS 1:30-2:30 BP Check -TV 3:00 Sit & Be Fit-cancelled 7:00 Bingo-cancelled</p>	<p>27 8:45 Chair Yoga GR 9:00 Board Meeting RB 10:00 Get Moving w/ Janelle GR 10:00 Bank Run 10:00 Wii Bowling RB-cancelled 11:30 Lunch Out—Decaro’s 11:30 Step It Up GR 2:00 Schnucks 2:00 Joy of Coloring RB 3:00 Rosary Recitation CH 7:00 Dominoes TV 7:00 Musical Tuesday 900</p>	<p>28 10:00 Strong for Life RB 11:00 OSF Homecare Presentation RB 11:00 Men’s Lunch Out—Bandanas 12:00 Lunch DR 1:30 Choir Practice CH (<u>note time</u>) 3:00 Sit & Be Fit RB 4:15 1st Dinner Out—Hendel’s Mkt 7:00 Bunco RB</p>	<p>29 Maundy Thursday 8:45 Chair Yoga GR 10:00 BP Check —3rd Floor Office 10:15 ACTIVITY BUS OUT 10-4 Massage Day-Holly RB 10:30 Lenten Studies CR 12:00 Lunch DR 1:30 Pinochle Club RR 1:30 Maundy Thursday Srvc CH 1:30 Walmart</p>	<p>30 Good Friday 9:00 Coffee Hour DR 10:00 Wisdom for Confusing Times CR 1:30 Good Friday Service CH 3:00 Sit & Be Fit RB 4-6 Dining Room Theme Night—Seafood Buffet</p>	<p>31 1:00 Armchair Travels GR 3:30 Catholic Mass CH 5:45 ALT: <i>Dawn Turlington</i> 7:00 Saturday Night Movie Ch 900</p>