


December 2019

Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																						
<p>1 10:30am Christmas Concert w/Three Plus One, B 6:30pm Trivial Pursuit, Alpine Third Floor Lounge</p>	<p>2 9:00am Strength Training w/Sarah, B 10:00am Blood Pressure Screen, Clinic 10:00am Singing with Sam, C 10:00am Tai Chi, WC 10:00am Train Club Meeting, RH 10:00am Walking for Wellness, L 11:00am BUNCO, M 1:30pm FV Singers, B 2:00pm Cardio Drumming WC 2:00pm Water Volleyball, P 6:15pm Party Bridge, M (bring dimes) 6:30pm Rosary, C</p>	<p>3 8:45am Water Aerobics, P 9:00am SLCL Mobile Library, ML 9:45-10:45am Open Swim, P 10:00am Resident Council Meeting, RH 11:00am Acrylic Painting Class, CA—s/u 1:00pm Billiard Game(4th Floor Alpine) 1:00pm Grounded in Prayer, C 1:30pm Midday Matinee, RH 2:00pm Cardio Training w/Sarah, WC 6:15pm Pinochle, M</p>	<p>4 8:30am Mindfulness and Stretch Class, WC 10:00am Care for Caregivers, RH 10:30am Strength Training w/Sarah, B 1:00pm Brain Fitness, RH 1:00pm Open Swim, P 2:00pm Library Committee Mtg, Library 2:00pm Sojourners Circle, LR 6:00pm Table Games, B</p>	<p>5 10:00am Blood Pressure Screen, Clinic 10:00am Strength and Stretch w/Christy, WC 10:30am Bible Study, C 10:30am Walking for Wellness, L 1:00pm Billiard Game(4th Floor Alpine) 1:00-3:00pm Gift Wrapping, CA 1:00pm Village Needlers, M 1:30pm Caroling w/Chapel Choir in the Clubhouse Lobby 6:15pm Pinochle, M</p>	<p>6 8:45am Water Aerobics w/ Sarah, P 10:00am Parkinson's Class, B 10:00am Wii Bowling, FC 1:00pm Christian Movie, VIS 2:00pm Balance w/ Sarah, WC 6:30pm BINGO, B</p>	<p>7 9:00am R Simmons Ex., FC 9:30am Breakfast w/Santa, B -advanced reservations only 10:00am Silver Sneakers Exercise, WC 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game (4th Floor Alpine) 3:00pm Catholic Mass, C 6:15pm Pinochle, M</p>																						
<p>8 10:30am Jim McNeil "The Walking Bible," presents the Christmas Story, C 6:30pm Trivial Pursuit, Alpine Third Floor Lounge</p>	<p>9 9:00am Strength Training w/Sarah, B 10:00am Blood Pressure Screen, Clinic 10:00am Liverpool Rummy, M—s/u 10:00am Singing with Sam, C 10:00am Tai Chi, WC 10:00am Walking for Wellness, L 2:00pm Circuit Training, WC 2:00pm Facilities Committee Mtg, LR 2:00pm FV Singers VCC Program, B 2:00pm Water Volleyball, P 6:15pm Party Bridge, M (bring dimes) 6:30pm Rosary, C</p>	<p>10 8:45am Water Aerobics w/Sarah, P 9:00am SLCL Mobile Library, ML 9:30am Chime Choir, B 9:45am Open Swim, P 10:00am Silver Sneakers Exercise, WC 10:00am Spectrum Eye Glass, VCCLR 11:00am Acrylic Painting, CA 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game(4th Floor Alpine) 1:00pm Grounded in Prayer, C 1:00-3:00pm Nail Painting, CA 1:30pm Cor Jesu Handbell Performance, B 2:00pm Cardio Training w/Sarah, WC 6:00pm Birthday Dinner, RH—s/u 6:15pm Pinochle, M</p>	<p>11 8:30am Mindfulness and Stretch Class, WC 10:00am VCC Committee Mtg, LR 10:30am Strength Training w/ Sarah, WC 11:00am Chapel Choir "Advent Praise", FV 1:00-2:00pm Open Swim, P 2:00pm Secret Santa Gift Exchange, B 2:30pm Pastoral Care Committee, C 6:00pm Table Games, M</p>	<p>12 10:00am Blood Pressure Screen, Clinic 10:00am Strength and Stretch w/Christy, WC 10:30am Bible Study, C 10:00am Strength and Stretch w/Christy, WC 10:30am Walking for Wellness, L 1:00pm Billiard Game(4th Floor Alpine) 1:00pm Family Feud, RH 1:00pm Village Needlers, M 2:30pm Chapel Choir "Advent Praise", VCCLR 6:00pm Christmas Gala, B s/u</p>	<p>13 8:45am Water Aerobics w/Christy, P 10:00am Parkinson's Class, WC 10:00am Wii Bowling, FC 1:00pm Christian Movie, VIS 1:30pm Sojourner's Group, LR 2:00pm Balance w/ Sarah, WC 6:00pm Christmas Gala, B s/u</p>	<p>14 9:00am R Simmons Ex., FC 10:00am Silver Sneakers Exercise, WC 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game (4th Floor Alpine) 3:00pm Catholic Mass, C 6:15pm Pinochle, M</p>																						
<p>15 10:30am Worship Service, C 5:00pm VCC Gala, B 6:30pm Trivial Pursuit, Alpine Third Floor Lounge</p>	<p>16 9:00am Strength Training w/Sarah, B 10:00am Blood Pressure Screen, Clinic 10:00am Ponytail Canasta, M—s/u 10:00am Singing with Sam, C 10:00am Tai Chi, WC 10:00am Walking for Wellness, L 1:00-3:00pm Gift Wrapping, CA 1:30pm FV Singers, RH 2:00pm Cardio Drumming, WC 2:00pm Water Volleyball, P 3:00pm Update w/Jill, RH 6:15pm Party Bridge, M (bring dimes) 6:30pm Rosary, C</p>	<p>17 9:00am SLCL Mobile Library, ML 10:00am Employee Gift Check Dist., B s/u 10:00am Silver Sneakers Exercise, WC 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game(4th Floor Alpine) 1:00pm Grounded in Prayer, C 2:00pm Cardio Training w/Sarah, WC 2:00pm Grounds Committee Mtg, 2nd Flr Alpine Party Rm 6:30pm Chime Choir Concert, B</p>	<p>18 8:30am Mindfulness and Stretch Class, WC 10:30am Strength Training w/Sarah, B 1:00pm Brain Fitness, RH 1:00-2:00pm Open Swim, P 6:00pm Table Games, M</p>	<p>19 9:00am Dining Committee Mtg, LR 9:00am Joyful Joints w/ Sarah, WC 10:00am Blood Pressure Screen, Clinic 10:30am Activity Committee Meeting, MR 10:30am Advent Worship w/Chapel Choir, C 10:30am Walking for Wellness, L 11:00am Low-Impact Ex w/ Sarah, B 1:00pm Billiard Game(4th Floor Alpine) 1:00pm Village Needlers, M 1:30pm Cookie Exchange, B 6:15pm Pinochle, M 6:30pm FV Singers Christmas Program, B</p>	<p>20 8:45am Water Aerobics w/Sarah, P 10:00am Parkinson's Class, B 10:00am Wii Bowling, FC 1:00pm Christian Movie, VIS 1:30pm Midday Matinee, RH 1:30pm Sojourner's Group, LR 2:00pm Balance w/Sarah, WC 6:30pm Christmas Celebration Concert by Dave Halbower, B</p>	<p>21 9:00am R Simmons Ex., FC 10:00am Silver Sneakers Exercise, WC 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game (4th Floor Alpine) 3:00pm Catholic Mass, C 6:15pm Pinochle, M</p>																						
<p>22 10:30am Worship Service, C 6:30pm Trivial Pursuit, Alpine Third Floor Lounge</p>	<p>23 9:00am Strength Training w/Sarah, B 10:00am Blood Pressure Screen, Clinic 10:00am Rummikub, M—s/u 10:00am Singing with Sam, C 10:00am Tai Chi, WC 10:00am Walking for Wellness, L 2:00pm Circuit Class, WC 2:00pm Water Volleyball, P 6:15pm Party Bridge, M (bring dimes) 6:30pm Rosary, C</p>	<p>24 9:00am SLCL Mobile Library, ML 10:00am Silver Sneakers Exercise, WC 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game(4th Floor Alpine) 3:00pm Christmas Eve Candlelight Service, C 6:15pm Pinochle, M</p>	<p>25 10:00am Christmas Mass, C</p> <div style="text-align: center;">  <p>Merry Christmas</p> </div>	<p>26 9:00am Stretching DVD, WC 10:00am Blood Pressure Screen, Clinic 10:30am Walking for Wellness, L 1:00pm Billiard Game(4th Floor Alpine) 1:00pm Village Needlers, M 6:15pm Pinochle, M</p>	<p>27 10:00am Parkinson's Class, B 10:00am Wii Bowling, FC 1:00pm Christian Movie, VIS 2:00pm Exercise DVD, WC</p>	<p>28 9:00am R Simmons Ex., FC 10:00am Silver Sneakers Exercise, WC 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game (4th Floor Alpine) 3:00pm Catholic Mass, C 6:15pm Pinochle, M</p>																						
<p>29 10:30am Worship Service, C 6:30pm Trivial Pursuit, Alpine Third Floor Lounge</p>	<p>30 9:00am Strength Training w/Sarah, B 10:00am Blood Pressure Screen, Clinic 10:00am Singing with Sam, C 10:00am Tai Chi, WC 10:00am Walking for Wellness, L 10:00am Yahtzee, M—s/u 2:00pm Cardio Drumming, WC 2:00pm Water Volleyball, P 6:15pm Party Bridge, M (bring dimes) 6:30pm Rosary, C</p>	<p>31 9:00am SLCL Mobile Library, ML 10:00am Silver Sneakers Exercise, WC 11:00am Silver Sneakers Exercise, WC 1:00pm Billiard Game(4th Floor Alpine) 1:00pm Grounded in Prayer, C 2:00pm Cardio Training, WC 3:00-4:00pm Open Swim, P 6:15pm Pinochle, M 8:30-11:00pm New Year's Eve Celebration, B</p>	<p>Legend:</p> <table border="0"> <tr> <td>B—Ballroom</td> <td>MR—Magnolia Dining Room</td> </tr> <tr> <td>BC—Business Center</td> <td>P—Pool</td> </tr> <tr> <td>C—Chapel</td> <td>RH—Rhineland Hall</td> </tr> <tr> <td>CA—Creative Arts Studio</td> <td>VCCA—Village Care Center Activity Room</td> </tr> <tr> <td>CHL—Clubhouse Lobby</td> <td>VCCC—Village Care Center Clinic</td> </tr> <tr> <td>CL—Crossing Lobby</td> <td>VCCDR—Village Care Center Dining Room</td> </tr> <tr> <td>CP—Cambridge Patio</td> <td>VCCL—Village Care Center Lounge</td> </tr> <tr> <td>FC—Fitness Center</td> <td>VCCLR—Village Care Center Living Room</td> </tr> <tr> <td>LR—Linden Room</td> <td>VIS—Village Information Station</td> </tr> <tr> <td>M—Mezzanine</td> <td>WC—Wellness Classroom (Clubhouse)</td> </tr> <tr> <td>ML—Media Lounge</td> <td>WG—Wellness Gym (Clubhouse)</td> </tr> </table>			B—Ballroom	MR—Magnolia Dining Room	BC—Business Center	P—Pool	C—Chapel	RH—Rhineland Hall	CA—Creative Arts Studio	VCCA—Village Care Center Activity Room	CHL—Clubhouse Lobby	VCCC—Village Care Center Clinic	CL—Crossing Lobby	VCCDR—Village Care Center Dining Room	CP—Cambridge Patio	VCCL—Village Care Center Lounge	FC—Fitness Center	VCCLR—Village Care Center Living Room	LR—Linden Room	VIS—Village Information Station	M—Mezzanine	WC—Wellness Classroom (Clubhouse)	ML—Media Lounge	WG—Wellness Gym (Clubhouse)	<p>s/u = sign up thldr = ticketholder</p>
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December 2019

Community Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am St. Lucas UCC s/u (Pick up from church at 10:00 a.m.) 9:30am St. Paul's Catholic Church s/u	2 9:00am Aldi/Family Dollar Post Office 9:00am Holiday Brass Concert, thldr 10:30am Dierbergs/Dollar Tree 1:00-3:00pm Walmart, Target, Kohl's, JC Penney s/u	3 9:45am FV Outing 5:30pm VCC Outing	4 4:30pm Dinner Out at Sam's Steakhouse, s/u (L1)	5 6:15-10:00pm Boar's Head Festival at Peace Lutheran Church s/u (L2)	6 9:00am Schnucks/Great Clips 11:00am Walgreens/Schnucks 1:30pm FV Outing	7
8 8:30am St. Lucas UCC s/u (Pick up from church at 10:00 a.m.) 9:30am St. Paul's Catholic Church s/u	9 8:45am Dierbergs/Dollar Tree 10:30am Aldi/Family Dollar Post Office 12:30pm Tesson Hts/SAMC/ So. St. Louis Doctors s/u	10 4:30pm Dinner Out at Sam's Steakhouse, s/u (L1)	11 9:00am VCC Outing 1:00pm Matinee at Westport, thldr 1:15pm FV Outing	12 9:00am Breakfast Out at Cracker Barrel, s/u (L1)	13 9:00am Schnucks/Great Clips 11:00am Walgreens/Schnucks	14 1:00pm Mercy's Holiday Concert at Powell Hall, thldr (L2)
15 8:30am St. Lucas UCC s/u (Pick up from church at 10:00 a.m.) 9:30am St. Paul's Catholic Church s/u 1:00pm Ambassadors of Harmony at the Touhill, thldr (L2)	16 8:45am Aldi/Family Dollar Post Office 10:15am Dierbergs/Dollar Tree 12:30pm Clayton/BJC/Ballas/Brentwood/St.Clare/St.Luke's s/u 5:30pm FV Outing	17 9:45am FV Outing 5:30pm VCC Outing	18 1:15pm FV Outing 9:00am-8:00pm Village Adventure Arrowrock, thldr (L2)	19 9:00-11:00am Walmart, Target, Kohl's, s/u 12:10pm Bible Study Lunch	20 9:00am Schnucks/Great Clips 11:00am Walgreens/Schnucks 2:00pm VCC Outing	21
22 8:30am St. Lucas UCC s/u (Pick up from church at 10:00 am) 9:30am St. Paul's Catholic Church s/u	23 8:45am Dierbergs/Dollar Tree 10:30am Aldi/Family Dollar/ Post Office 1:30pm FV Outing	24	25 	26	27 9:00am Schnucks/Great Clips 11:00am Walgreens/Schnucks	28
29 8:30am St. Lucas UCC s/u (Pick up from church at 10:00 am) 9:30am St. Paul's Catholic Church s/u	30 8:45am Dierbergs/Dollar Tree 10:30am Aldi/Family Dollar/ Post Office	31				s/u = sign up thldr = ticketholder

Walking Scale for Outings

- Level 1:** Easy with very little walking involved = (L1)
- Level 2:** Light walking from place to place with areas to sit and rest = (L2)
- Level 3:** Moderate amount of walking involved with mostly even surfaces = (L3)
- Level 4:** Walking involved with some uneven surfaces and/or hills = (L4)