



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Legend: B– Ballroom BC-Business Center C- Chapel CA– Creative Arts Studio CD– Cambridge Dining Room CH– Clubhouse CL– Crossing Lobby CP– Cambridge Patio FC– Fitness Center</div>	<div>GR-Game Room LR– Linden Room M– Mezzanine ML– Media Lounge PC- Pickleball Court RH– Rhineland Hall S– Sagewood T-Theatre VIS– Village Information Station WC– Wellness Classroom</div>			<div>1 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T 11:00am Acrylic Painting, CA-s/u 1:00pm Christian Movie, VIS 1:00pm Seated Cardio & Core, RH 5:00pm Moment of Meditation, VIS 6:45pm Bingo, B Deadline for Angel Tree Gifts</div>	<div>2 9:00am Donuts w/ Santa, B-s/u 9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, C and VIS</div>
<div>3 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge</div>	<div>4 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Tai Chi, WC 10:00am Train Club Meeting, RH 10:00am Village Hymn Sing w/ Sam, C and VIS 10:00-12:00pm VST Balance Assessments, WG-s/u 11:00am Bunco, M-s/u 11:15am Seated Strength, WC 1:00pm Joyful Joints, RH 1:30pm Balance Class, WC 1:30pm FV Singers, B 2:00pm Men’s Bible Study and Prayer, LR 6:30pm Rosary, S</div>	<div>5 8:30am Yoga w/Christy, WC 8:45am Water Aerobics, P 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 10:00am Resident Council Meeting, RH 11:00am Posture/Stability, WC 1:00pm Grounded in Prayer, C 1:00pm Stain Glass Class, CA-s/u 1:30pm Cardio Drumming, WC 1:30pm Midday Matinee: <i>White Christmas</i>, T-s/u 2:00pm Jim Thompson Presentation, RH <i>The Magic of Power Point</i> 2:15pm Tuesday Tone, WC 5:00pm Moment of Meditation, VIS</div>	<div>6 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 9:00am Care for Caregivers, RH 10:00am Quilting Group, Quilt Room 10:15am Cardio Drumming, WC 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00-2:00pm Blood Pressure Testing, Clinic 1:00pm Brain Fitness, RH 1:00-3:00pm VST Balance Assessments, WG 1:30pm Core and Cardio, WC 2:00pm Sojourners Circle, LR 2:00pm Water Volleyball, P 2:30pm Library Committee Meeting, M 6:00-8:00pm Christmas Gala, B-s/u</div>	<div>7 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Low Impact DVD, VIS 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, WC 1:00pm Parkinson’s Class, WC 1:30pm Chain Reaction, RH 2:00pm Chapel Choir Practice, C 2:15pm Christmas Maracas Workout, WC 6:00-8:00pm Christmas Gala, B-s/u</div>	<div>8 8:30am Feast of Immaculate Conception, C and VIS 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, Stretch, WC 10:30am The Chosen Movie Series, T 1:00pm Christian Movie, VIS 1:00pm Seated Cardio & Core, RH 1:30pm Fun Fitness Friday: Chair Volleyball, WC 1:30pm Midday Matinee: <i>White Christmas</i>, T-s/u 5:00pm Moment of Meditation, VIS</div>	<div>9 9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 12:30pm Midday Matinee, T-s/u <i>Driving Miss Daisy</i> 3:00pm Catholic Mass, B</div>
<div>10 9:00am Exercise DVD, VIS 10:00am Ladies Trio Christmas Concert, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge</div>	<div>11 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Ponytail Canasta, M-s/u 10:00am Tai Chi, WC 10:00am Village Hymn Sing w/ Sam, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:15am Seated Strength, WC 1:00pm Joyful Joints, RH 1:30pm Balance Class, WC 1:30pm FV Singers, B 2:00pm Men’s Bible Study and Prayer, LR 2:30pm Facilities Committee Meeting, LR 2:30pm Progressive Cookie Walk, GR-s/u 6:30pm Caroling with the Scouts-B 6:30pm Rosary, S</div>	<div>12 8:30am Yoga w/Christy, WC 8:45am Water Aerobics, P 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 9:30am Chime Choir, B 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 11:00am Posture and Stability, B 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Family Feud, RH 2:15pm Tuesday Tone, WC 5:00pm Moment of Meditation, VIS 5:30pm Birthday Dinner, Devonshire DR-s/u 6:45pm FV Singers Concert, B</div>	<div>13 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 10:00am Quilting Group, Quilt Room 10:00am Resident Care Committee Meeting, LR 10:15am Cardio Drumming, WC 11:00am Art w/ Mary, CA-s/u 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00-3:00pm VST Balance Assessments, WG-s/u 1:30pm Core and Cardio, WC 2:00pm Water Volleyball, P</div>	<div>14 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Low Impact DVD, VIS 10:15am Balance Class, WC 10:30am Advent Worship w/ Chapel Choir, C and VIS 10:30am Mehlville Middle School Orchestra, B 11:00am Functional Fitness, WC 1:00pm Parkinson’s Class, WC 1:00pm Stain Glass Class, CA-s/u 1:00pm Welcome Committee, Mktg Suite 2:00pm Chapel Choir, C 2:15pm Christmas Line Dancing, WC</div>	<div>15 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Christmas Gift Check Distribution, B 10:00am Moment of Meditation, VIS 10:30am The Chosen Movie Series, T 11:00am Acrylic Painting, CA-s/u 10:00am Sojourner’s Group, LR 1:00pm Activity Committee Mtg, Game Room 1:00pm Christian Movie, VIS 1:00pm Seated Cardio & Core, RH 5:00pm Moment of Meditation, VIS 6:45pm Bingo, B</div>	<div>16 9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 12:30pm Midday Matinee: T-s/u <i>Paris Can Wait</i> 3:00pm Catholic Mass, B</div>
<div>17 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge</div>	<div>18 9:00am-3:00pm Christmas Tree Scavenger Hunt 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Spades, M 10:00am Tai Chi, WC 10:00am Village Hymn Sing w/ Sam, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:15am Seated Strength, WC 1:00pm Joyful Joints, RH 1:30pm Balance Class, WC 2:00pm Men’s Bible Study and Prayer, LR 6:30pm Rosary, S 6:45pm Chime Choir Concert, B</div>	<div>19 8:30am Yoga w/Christy, WC 8:45am Water Aerobics, P 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 10:30am Mehlville High School Orchestra, B 11:00am Decorate Gingerbread House, CA-s/u 11:00am Posture and Stability, WC 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Midday Matinee: <i>Christmas w/ Kranks</i>, T-s/u 2:00pm Decorate Gingerbread House, CA-s/u 2:15pm Tuesday Tone, WC 5:00pm Moment of Meditation, VIS</div>	<div>20 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 10:00am Quilting Group, Quilt Room 10:15am Cardio Drumming, WC 11:00am Seated Strength, B 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00pm Brain Fitness, RH 1:00-3:00pm VST Balance Assessments, WG-s/u 1:30pm Core and Cardio, WC 2pm Chapel Choir Caroling, GR 2:00pm Water Volleyball, P</div>	<div>21 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Low Impact DVD, VIS 10:00am Discussing Dementia/Alzheimer’s, RH 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 1:00pm Parkinson’s Class, WC 1:30pm Chain Reaction, RH 2:00pm Chapel Choir Caroling, GR 2:15pm Christmas Tambourines, WC</div>	<div>22 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T 11:00am Decorate Gingerbread House, CA-s/u 1:00pm Christian Movie, VIS 1:00pm Seated Cardio & Core, RH 1:30pm Book Club, Alpine Lounge 1:30pm Midday Matinee: <i>Christmas w/ Kranks</i>, T-s/u 2:00pm Decorate Gingerbread House, CA-s/u 5:00pm Moment of Meditation, VIS</div>	<div>23 9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, C</div>
<div>24 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge</div>	<div>25 8:30am Christmas Mass, C 9:00am Strength DVD, VIS 6:30pm Rosary, S</div> <div></div>	<div>26 8:30am Yoga w/ Christy, WC 8:45am Water Aerobics, P 9:00am Balance DVD, VIS 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 11:00am Posture and Stability, B 1:30pm Cardio Drumming, WC 1:30pm Family Feud, RH 2:15pm Tuesday Tone, WC 5:00pm Moment of Meditation, VIS</div>	<div>27 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 10:00am Quilting Group, Quilt Room 10:15am Cardio Drumming, WC 11:00am Art w/ Mary, CA-s/u 11:00am Seated Strength, B 11:15am Stretch and Meditation, WC 12:30pm Rosary, C 1:00-3:00pm VST Balance Assessments, WG-s/u 1:30pm Core and Cardio, WC 2:00pm Water Volleyball, P</div>	<div>28 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Low Impact DVD, VIS 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 1:00pm Parkinson’s Class, WC 2:15pm Line Dancing, WC</div>	<div>29 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Sojourner’s Group, LR 10:15am Strength, Cardio, & Stretch, WC 1:00pm Christian Movie, VIS 1:00pm Seated Cardio & Core, RH 5:00pm Moment of Meditation, VIS 6:45pm Bingo, B</div>	<div>30 9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, C</div>
<div>31 10:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge 8:30-11:00pm New Year’s Eve, B-s/u</div>						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div> 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. Walkers and wheelchairs not recommended. = (L4) </div>				1 9:00am Dierbergs/Dollar Tree –s/u 9:15am Symphony 11:00am Schnucks/ Walgreens Gravois Bluffs-s/u 1:30pm Assisted Living Outing	2 11:45 a.m. Fox Theatre *Advanced tickets Twas the Night Before... Cirque De Soleil
3 9:00am St. Lucas Church– s/u 9:30am St. Paul’s Catholic Church- s/u 5:15pm-9:15pm Boar’s Head Festival at Peace Lutheran Church	4 8:45am Aldi/Family Dollar-s/u 9:00am Holiday Brass Concert 10:45am Schnucks Southfield/ Great Clips- s/u 1:30-3:30pm Walmart, Target Kohl’s or Big Lots-s/u	5 9:15am Cracker Barrel 6:30pm Assisted Living Outing	6	7	8 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs-s/u	9 9:30am After the Storm Train Show—Arnold Eagle’s Club s/u 1:00pm Ambassadors of Harmony *Advanced Tickets
10 9:00am St. Lucas Church– s/u 9:30am St. Paul’s Catholic Church-s/u	11 8:45am Aldi/Family Dollar-s/u 10:45am Schnucks Southfield/ Great Clips- s/u 12:30-4:00pm Tesson Hts/SAMC/ So. St. Louis Doctors- s/u 6:30pm Assisted Living	12 10:30am-3:00pm Train Club Outing	13 8:45am Sheldon 9:15am SN&R Outing 1:00pm Local Banks-s/u 3:45pm Dinner Out: Cooper’s Hawk (L2)-s/u	14 9:00-11:00am Walmart, Target, Or Big Lots-s/u 12:00pm Bible Study Luncheon 4:30pm Wellness Outing: Garden Glow (L3)-s/u	15 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs -s/u	16 11:00am Wreaths at Jefferson Barracks (L4)-s/u
17 9:00am St. Lucas Church– s/u 9:30am St. Paul’s Catholic Church-s/u 12:45pm Mercy Holiday Concert Stifel Theatre *Advanced tickets	18 8:45am Aldi/Family Dollar-s/u 10:45am Schnucks Southfield/ Great Clips- s/u 12:30-4:00pm Clayton/BJC/ Ballas/ Brentwood/St.Clare/St. Lukes 5:45pm SN&R Outing	19 11:30am Assisted Living Outing 5:45pm SN&R Outing	20 4:30pm Wellness Outing: Garden Glow (L3)-s/u	21 3:45pm Dinner Out: Cooper’s Hawk (L2)-s/u	22 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs s/u	23
24 9:30am St. Paul’s Church <hr/> 31 9:00am St. Lucas Church s/u 9:30am St. Paul’s Church s/u	25 	26	27 1:15pm Assisted Living Outing 4:45pm Winter Wonderland Tilles Park	28 4:45pm Winter Wonderland Tilles Park	29 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs s/u	30 12:45pm Fox Theatre *Advanced tickets Mrs. Doubtfire