March 2024

Activities & Events

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	B-Ballroom BC-Business Center C- Chapel CA- Creative Arts Studio CD- Cambridge Dining Room CH- Clubhouse CL- Crossing Lobby CP- Cambridge Patio	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			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-s/u 11:00am Acrylic Painting, CA-s/u 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS 6:45pm Bingo, B	9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B
3 9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge	4 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Tai Chi, WC 10:00am Train Club Mtg, RH 10:00am Village Hymn Sing, C and VIS 10:00-12:00pm VST Balance Assessments, WG-s/u 11:00am Bunco, M-s/u 11:00am Spanish Lesson, RH 11:15am Seated Strength, WC 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men's Bible Study and Prayer, LR 3:00pm Wash U Fall Prevention Presentation, B 6:30pm Entertainment: Tango, B	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 Cruise Week Dancing, WC 11:00am Posture/Stability, B 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Midday Matinee: Captain Phillips, T-s/u 2:15pm Seated Strength, WC 2:30pm Irish Presentation w/ Hillary Peppers, RH 5:00pm Moment of Meditation, VIS 6:45pm Irish Dancers, B	6 9:00am Cardio Kickboxing, WC 9:00am Chair Exercise DVD, VIS 10:00am Care for Caregivers, RH 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 1:00-2:00pm Blood Pressure Clinic, CR 1:00pm Brain Fitness, RH 1:00-3:00pm VST Balance Assessments, WG 1:30pm Core and Cardio, WC 2:00pm Sojourner's Circle, LR 2:00pm Water Volleyball, P	7 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy, WC 9:00am Bocce, Bocce Court 9:00am Low Impact DVD, VIS 10:00am Life Stories with Eleanor, LR 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 11:00am Documentary: The Royal Family, RH 1:00pm Parkinson's Class, WC 1:30pm Cruise Trivia Game, RH 2:00pm Chapel Choir, C 2:15pm Cruise Week Dancing, WC	8 8:45am Water Aerobics, P 9:00am-3:00pm Tour de Friendship Village! 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Paint and Sip, Pavillion-s/u 10:00am Sojourner's Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 1:30pm Midday Matinee: Captain Phillips, T-s/u 2:30pm Stations of the Cross, S 5:00-7:00pm Captain's Dinner, B-s/u 5:00pm Moment of Meditation, VIS	9:00am Exercise DVD, VIS 1:00pm Exercise DVD, VIS 1:30-2:45pm Confessions, Sister Carol Jean's Office 3:00pm Catholic Mass, C and VIS
9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge	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, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:00am Spanish Lessons, RH 11:15am Seated Strength, WC 12:30pm Drawing Class, CA-s/u 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men's Bible Study and Prayer, C 2:30pm Facilities Committee Meeting, LR 6:30pm Rosary, S	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 Seated Strength, WC 5:00pm Moment of Meditation, VIS 5:30pm Birthday Dinner, Devonshire DR-s/u	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 11:00am 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 Grounds Committee Meeting, LR 2:00pm Water Volleyball, P 2:30pm Pastoral Care Committee, C	14 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Bocce, Bocce Court 9:00am Low Impact DVD, VIS 10:00am Life Stories with Eleanor, LR 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 1:00pm Parkinson's Class, WC 1:00pm Welcome Committee, Mktg Suite 2:00pm Chapel Choir, C 2:15pm Irish Line Dancing, WC	15 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Serial: Day of Thrills &Adventure, RH-s/u 10:00am Sojourner's Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 11:00am Acrylic Painting, CA-s/u 11:00am Activity Committee, GR 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS 6:45pm Bingo, B	9:00am Exercise DVD, VIS 11:00am Shine Bright Dance, B 12:30pm Midday Matinee: T-s/u The Trip to Bountiful 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B
9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 3:15pm John Ford Highland Pipe Band, B 6:30pm Trivial Pursuit, Evergreen Lounge	18 9:00am-3:00pm St. Pat's Scavenger Hunt 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Liverpool Rummy/Spades, M-s/u 10:00am Tai Chi, WC 10:00am Village Hymn Sing, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:00am Spanish Lesson, RH 11:15am Seated Strength, WC 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men's Bible Study and Prayer, LR 3:00pm Wash U Fall Prevention Presentation, B 6:30pm Rosary, S	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 Easter Baskets, CA-s/u 10:00am Moment of Meditation, VIS 11:00am Posture and Stability, B 1:00pm Easter Baskets, CA-s/u 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Midday Matinee: Apollo 13, T-s/u 2:15pm Seated Strength, WC 5:00pm Moment of Meditation, VIS	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 2:00pm All-Resident Meeting, B 2:00pm Water Volleyball, P	21 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy, WC 9:00am Bocce, Bocce Court 9:00am Dining Committee Meeting, Magnolia 9:00am Low Impact DVD, VIS 10:00am Discussing Dementia/Alzheimer's, RH 10:00am Easter Baskets, CA-s/u 10:15am Balance Class, WC 10:30am Bible Study, C and VIS 11:00am Functional Fitness, B 1:00pm Easter Baskets, CA-s/u 1:00pm Parkinson's Class, WC 1:30pm Jeopardy Joe, RH 2:00pm Chapel Choir, C 2:30pm Chair Volleyball, WC	22 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Serial: Day of Thrills &Adventure, RH-s/u 10:00am Sojourner's Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 11:15am Seated Dance, WC 1:00pm Christian Movie, VIS 1:00-3:00pm Easter Volunteer Activity, B 1:30pm Book Club, Alpine Lounge 1:30pm Midday Matinee: Apollo 13, T-s/u 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS	9:00am Exercise DVD, VIS 10:00-11:30am Easter Egg-stravaganza B-s/u 1:00pm Exercise DVD, VIS 3:00pm Catholic Mass, B
9:00am Exercise DVD, VIS 10:00am Worship Service, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge 31 8:30am Easter Mass, C and VIS 9:00am Exercise DVD, VIS 10:00am Easter Worship, C and VIS 1:00pm Exercise DVD, VIS 6:30pm Trivial Pursuit, Evergreen Lounge	25 9:00am Strength Class, WC 9:00am Strength DVD, VIS 10:00am Rummikub, M-s/u 10:00am Tai Chi, WC 10:00am Village Hymn Sing, C and VIS 10:00am-12:00pm VST Assessments, WG-s/u 11:00am Spanish Lesson, RH 11:15am Seated Strength, WC 12:30pm Drawing Class, CA-s/u 1:30pm Balance Class, WC 1:30pm FV Singers, B 1:30pm Men's Bible Study and Prayer, LR 3:00pm Wash U Fall Prevention Presentation, B 6:30pm Rosary, S	26 8:30am Yoga w/ Christy, WC 9:00am Balance DVD, VIS 9:00-10:15am SLCL Book Mobile, ML 9:30am Chime Choir, RH 10:00am Balance Class, WC 10:00am Moment of Meditation, VIS 11:00am Posture and Stability, WC 1:00pm Grounded in Prayer, C 1:30pm Cardio Drumming, WC 1:30pm Family Feud, RH 5:00pm Moment of Meditation, VIS	27 9:00am Chair Exercise DVD, VIS 10:00am Quilting Group, Quilt Room 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	28 8:15am Yoga w/Christy, WC 8:45am Strength w/Christy ,WC 9:00am Bocce, Bocce Court 9:00am Low Impact DVD, VIS 10:15am Balance Class, WC 10:30am Maundy Thursday Service, C and VIS 11:00am Functional Fitness, B	29 8:45am Water Aerobics, P 9:00am Yoga/Stretch DVD, VIS 10:00am Moment of Meditation, VIS 10:00am Serial: Day of Thrills &Adventure, RH-s/u 10:00am Sojourner's Group, LR 10:15am Strength, Cardio, & Stretch, WC 10:30am The Chosen Movie Series, T-s/u 1:00pm Christian Movie, VIS 2:30pm Stations of the Cross, S 5:00pm Moment of Meditation, VIS	30 9:00am Exercise DVD, VIS 12:30pm Midday Matinee: T-s/u Castaway 1:00pm Exercise DVD, VIS

March 2024

Community Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walking Scale fo Level 1: Easy with very little walking Level 2: Light walking from place and rest = (L2) Level 3: Moderate amount of walked even surfaces = (L3) Level 4: Walking involved with son hills. Walkers and wheelchairs not respectively.	ng involved = (L1) to place with areas to sit ting involved with mostly me uneven surfaces and/or			9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs-s/u 1:30pm Assisted Living 4:00pm Assumption Fish Fry (L2)-s/u	2 12:45pm Fox Theatre *Advanced tickets
3 9:00am St. Lucas Church— s/u 9:30am St. Paul's Catholic Church- s/u 3:00pm Couts Music Series (L2)-s/u	4 8:45am Aldi/Family Dollar-s/u 10:45am Schnucks Southfield/ Great Clips- s/u 1:30-3:30pm Walmart, Target, Kohl's Or Big Lots-s/u	5 11:00am Assisted Living	6 3:45pm Dinner Out at McGurk's (L2)-s/u	7 10:30am-3:30pm Ladies' Outing: London Tea Room and St. Louis Wheel (L3)-s/u	8 9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs- s/u 1:00-4:00pm Old Cathedral and Beignet All Day (L3)-s/u	9 1:15 p.m. Elvis Meets the Beatles KPAC Strauss Studio *Advanced tickets
9:00am St. Lucas Church– s/u 9:30am St. Paul's Catholic Church-s/u	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	9:00am-12:00 noon Joyride w/ NiNi Harris (L1)-s/u 1:00-4:00pm Joyride w/ NiNi Harris (L1)-s/u	8:45am Sheldon *Advanced tickets 9:00am SN&R Outing 1:00pm Local Banks-s/u	14 10:15am Train Club Outing	9:00am Dierbergs/ Dollar Tree -s/u 10:45am-12:30pm Lunch Out at Maggie O'Brien's (L2)-s/u 11:00am Schnucks/ Walgreens Gravois Bluffs -s/u 2:15pm SN&R Outing	16 1:15 to 4:00 p.m. Webster Groves Community Concert (L2)-s/u
9:00am St. Lucas Church-s/u 9:30am St. Paul's Catholic Church-s/u KTG 1:15-5:30pm *Advanced tickets	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. Luke's-s/u	19 10:30am Assisted Living 2:15pm SN&R Outing	20 3:45pm Dinner Out at McGurk's (L2)-s/u	21 10:30am-3:00pm Men's Outing: Aircraft Restoration Museum (L3)-s/u	9:00am Dierbergs/ Dollar Tree -s/u 9:00am Symphony *Advanced tickets 11:00am Schnucks/ Walgreens Gravois Bluffs- s/u 3:45pm Fish Fry St. Catherine LaBoure (L2)-s/u	23
9:00am St. Lucas Church-s/u 9:30am St. Paul's Church - s/u 31 9:00am St. Lucas Church-s/u 9:45am St. Paul's Church - s/u	25 8:45am Aldi/Family Dollar-s/u 10:45am Schnucks Southfield/ Great Clips- s/u 1:30pm Assisted Living	26 1:00-4:00pm Old Cathedral and Beignet All Day (L3)-s/u	9:00am SN&R Outing 1:15pm Assisted Living Walgreen's /Dollar Tree 3:45pm Dinner Out at McGurk's (L2)-s/u	28 9:00-11:00am Walmart, Target, Kohl's Or Big Lots-s/u 12:00pm Bible Study Luncheon	9:00am Dierbergs/ Dollar Tree -s/u 11:00am Schnucks/ Walgreens Gravois Bluffs- s/u	30