Friday, March 1	Saturday, March 2
9:00 am -10:30 am	10:00 am
Play Ping Pong—TWS	Fix-It Saturday– TW
9:00 am & 9:45 am Water Fitness Class – SP	11:00 am Continuing Education with Marlene Bake:
	"Sandra O'Connor –1st female on Supreme Court" -Ch 2493 & TT
10:00 am Water Color: TCAS - Sign up required	
<u>10:30 am</u>	<u>6:00 pm</u> Bingo - TLMR
Water Volleyball– SP	6:30 pm
10:30 am Up Beat: Higher Level Exercise Class– TWS	Mexican Train (Dominoes) - TWS
<u>10:30 am</u> Virtual Reality –GR	
10:30 am Catholic Mass-C	
1:00 pm Floral Arranging—TCAS	
1:00 pm Line Dancing— TWS	
1:00 pm Brain Fitness Friday – TGR	
1:00-3:00 pm VirtuSense Balance Screening (VST): TR	
3:00 pm Bible Study Fellowship –TLMR	
7:00 pm	
Live Performance: Rock and Pop Favorites from 50s through 80s. Bb Boomers BandTT & Ch 2493	

BC- Business Center	TA- Trillium Atrium
C- Chapel	TC- Trillium Courtyard
TCAS- Creative Arts Studio	TBD – To Be Determined
CDR – Chesterfield Dining Room	TGR- Trillium Game Roo
EC -EmpowerMe Clinic	TL- Tulip Lounge
FL- Fireside Lounge	TLCRT-Trillium Loft Con
GR- Green Room	Room and Terrace
PDR – Private Dining Room	TLMR- Trillium Loft Mu
PR- Pool Room	pose Room
SP - Swimming Pool	TS- Trillium Salon
SR – Study Room (<i>Previously</i>	TSCG- Trillium Strength

Chapel)

TGR- Trillium Game Room TL- Tulip Lounge TLCRT-Trillium Loft Conference Room and Terrace TLMR- Trillium Loft Multipurpose Room **TS**- Trillium Salon TSCG- Trillium Strength & Cardio Gym

TT- Trillium Theater TTG- Trillium Therapy Gym TTL- Trillium Theater Lobby TWS- Trillium Wellness Studio TW- Trillium Woodshop

Sunday, March 3	Monday, March 4	Tuesday, March 5	Wednesday, March 6
9:45 am Catholic Communion- C	9:00 am & 9:45 am Water Fitness Class– SP	9:00 am Functional Fitness— Ch 2493 & TWS	8:45 am Foot Wellness for Healthy Feet– Ch 2493
10:45 am Worship Service – C & Ch 2493	10:00 am Brews, Chews & News: TT & Ch 2493	9:00 am Putting Golf –TBD	9:30 am Water Fitness Class– SP
3-5:00 pm Hands on Technology with Mike-BC	11:00 am Play Cornhole– TWS	9:45 am Building Better Balance –Ch 2493 & TWS	9:45 am Posture Plus Balance – Ch 2493 & TWS
	11:45 am Tai Chi– Ch 2493	10:00 am Post Impression Art DVD: TCAS - Sign up	10:00 am Caretaker's Support Group – SR
	1:00 pm Paper Crafting Cards with Madge – TCAS Sign up required	required 10:00 am Walking Class–TGR	10:00 am-12:00 pm Re –Sale Shop: Near Apt 298
	1:00 pm-1:45pm Wellness Initiative for Safety And	10:30 am Sit & Stretch – Ch 2493	
	Empowerment:—TT & Ch 2493	&TWS 11:00 am	11:30 am Move to Improve – TWS
	1:00-3:00 pm VirtuSense Balance	Water Walking Class – SP	12:45 –1:45 pm Bocce—TT
	Screening: Therapy Room	11:00 am Guided Imagery–TWS	1:00pm Women's Bible Study—SR
	2:00 pm Drama Group –TT	11:00 am Hospice Volunteer Program –TLMR	1:00-3:00 pm VirtuSense Balance Screening: Therapy Room
		11:00 am FVC Chimers Rehearsal – TT	1:30 pm Needle Workers– TCAS
		2:00 pm Resident Association	1:30 - 2:30 pm STL County Bookmobile—TGR
		Meeting: TT	2:00 pm Care Centre Volunteers Committee Meeting: TLMR
			2:00 pm Science Wednesday – TT& Ch 2493
			7:00 pm Lenten Series- C & Ch 2493
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Thursday, March 7	Friday, March 8	Saturday, March 9
9:00 am Functional Fitness –Ch 2493 & TWS	9:00 am -10:30 am Play Ping Pong—TWS	10:00 am Fix-It Saturday– TW
9:45 am Functional Strength & Balance -Ch 2493 &TWS	9:00 am & 9:45 am Water Fitness Class – SP 10:00 am Acrylic Painting: TCAS - Sign	11:00 am Opera and Ballet Stars Then and Now: "The Famous Baritones Who Clashed in Cardiff"- TT
10:00 am Grief Share – Ridley Study Room	up required 10:30 am Water Volleyball– SP	6:00 pm Bingo - TLMR 6:30 pm
10:00 am Basket Weaving: TCAS - Sign up required	10:30 am Up Beat: Higher Level Exercise Class – TWS	Mexican Train (Dominoes) - TWS
10:30 am Sit & Stretch – Ch 2493 &TWS	10:30 am Virtual Reality –GR	
11:30 am Piano Performer : Fireside Lounge	12:00 pm Designer Direct (Jewelry Sale) – Fireside Lounge	
1:00 pm Basket Weaving: TCAS - Sign up required	1:00 pm Floral Arranging—TCAS	
7:00 pm Play Bridge - TGR	1:00 pm Line Dancing— TWS	
Sign up in the Bridge book by Door 5	1:00 pm Brain Fitness Friday – TGR	
	1:00-3:00 pm VirtuSense Balance Screening: TR	
	3:00 pm Catholic Prayer Group—SR	
	3:00 pm Bible Study Fellowship –TLMR	
	3:00 pm The Book Club –TT	

Sunday, March 10	Monday, March 11	Tuesday, March 12	Wednesday, March 13
9:45 am Catholic Communion – C	9:00 am & 9:45 am Water Fitness Class– SP	9:00 am Functional Fitness—Ch 2493 & TWS	8:45 am Foot Wellness for Healthy Feet– Ch 2493
10:45 am Worship Service- C & Ch 2493	10:00 am Brews, Chews & News- Ch 2493 & TT	9:00 am Putting Golf –TBD	9:30 am Water Fitness Class– SP
<u>3-5:00 pm</u> Hands on	11:00 am Play Cornhole– TWS	9:45 am Building Better Balance – Ch 2493 & TWS	9:45 am Posture Plus Balance – Ch 2493 & TWS
Technology with Mike-BC	11:45 am Tai Chi– Ch 2493	10:00 am Walking Class–TGR	10:00 am Caretaker's Support Group – SR
	1:00 pm Paper Crafting Cards With Madge—TCAS Sign up required	10:00 am Origami Leprechauns: TCAS - Sign up required	10:00 am-12:00 pm Re –Sale Shop: Apt 298
	1:00 pm-1:45pm Cancelled: Wellness Initiative for Safety	10:30 am Sit & Stretch – Ch 2493 &TWS	10:30 am Sit & Stretch – Ch 2493 & TWS
	And Empowerment	11:00 am Water Walking Class –SP	11:30 am Move To Improve – TWS
	Occupational Therapy Students)—TT	11:00 am Guided Imagery–TWS	12:45 –1:45 pm Bocce—TT
	1:00 pm	11:00 am FVC Facilities	1:00 pm Women's Bible Study— SR
	Writers Group- TWS 1:00 pm	Committee Meeting – TLMR	1:00-3:00 pm VirtuSense Balance Screening (VST): TR
	Safety & Security Committee Meeting: TLCR	11:00 am CANCELLED: FVC	1:30 pm Needle Workers – TCAS
	1:00-3:00 pm VirtuSense Balance	Chimers – TT	1:30 - 2:30 pm STL County Bookmobile—TGR
	Screening (VST): Therapy Room—Sign up at the Therapy Office		2:00 pm Science Wednesday – TT& Ch 2493
	2:00 pm Canceled: Drama Group –TT		7:00 pm Lenten Series – C & Ch 2493

Thursday, March 14	Friday, March 15	Saturday, March 16
9:00 am Functional Fitness –Ch 2493 & TWS	S T P A T R I C K	10:00 am Fix-It Saturday– TW
9:45 am Functional Strength & Balance –Ch 2493 &TWS	9:00 am -10:30 am Play Ping Pong—TWS	11:00 am Continuing Education with Marlene Bake: "Harriet Tubman- freedom fighter"-Ch 2493 & TT
<u>10:00 am</u> Grief Share – Ridley Study Room	9:00 am & 9:45 am Water Fitness Class– SP	6:00 pm Bingo - TLMR
10:00 am Iris Fold Cross—TCAS Sign up required	10:00 am Water Color—TCAS Sign up required	<u>6:30 pm</u> Mexican Train (Dominoes) - TWS
10:30 am Sit & Stretch – TWS & Ch 2493	10:30 am Water Volleyball– SP	
11:30 am Piano Performer –Fireside	10:30 am Up Beat: Higher Level Exercise Class – TWS	
Lounge	10:30 am Virtual Reality –GR	
7:00 pm Play Bridge - TGR Sign up in the Bridge book by Door 5	1:00 pm Floral Arranging—TCAS	
	1:00 pm Line Dancing— TWS	
	1:00 pm Brain Fitness Friday – TGR	
	1:00-3:00 pm VirtuSense Balance Screening (VST): Therapy Room	
	3:00 pm Bible Study Fellowship –TLMR	
	7:00 pm Live Performance: St Patrick's Day Celebration. Piano and Bass - Featuring: Kim Portnoy & Ric Vice-TT & Ch 2493	

Sunday, March 17	Monday, March 18	Tuesday, March 19	Wednesday, March 20
9:45 am Catholic Communion	9:00 am & 9:45 am Water Fitness Class– SP	9:00 am Functional Fitness—	8:45 am Foot Wellness for Healthy Feet– Ch 2493
- C 10:45 am	10:00 am Brews, Chews & News:-	Ch 2493 & TWS 9:00 am	9:30 am Water Fitness Class–
Worship Service – C & Ch 2493	Ch 2493 & TT	Putting Golf -TBD	SP 9:45 am
3-5:00 pm Hands on Technology	11:00 am Play Cornhole– TWS	9:45 am Building Better Balance –Ch 2493 &	Posture Plus Balance – Ch 2493 & TWS
with Mike-BC	11:45 am Tai Chi– Ch 2493	TWS	<u>10:00 am</u> Caretaker's Support Group – SR
4:00 pm Trivia– TT	1:00 pm Paper Crafting Cards With Madge—TCAS Sign	10:00 am Walking Class–TGR 10:00 am	10:00 am-12:00 pm Re –Sale Shop: Near Apt 298
	up required 1:00 pm-1:45pm	Post Impression Art DVD: TCAS - Sign up required	10:30 am Sit & Stretch – Ch 2493& TWS
	Wellness Initiative for Safety And Empowerment: Home Safety(Program by	10:30 am Sit & Stretch – Ch 2493 &TWS	10:30 am Welcome Committee Meeting– PDR
	Washington University in St Louis Occupational Therapy Students)—TT & Ch 2493	11:00 am Water Walking Class – SP	11:30 am Move To Improve – TWS
	1:00-3:00 pm VirtuSense Balance	11:00 am Guided Imagery–TWS	<u>12:45 –1:45 pm</u> Bocce—TT
	Screening (VST): Therapy Room	11:00 am CANCELED: FVC	1:00 pm Women's Bible Study— SR
	2:00 pm Drama Group –TT	Chimers Rehearsal – TT	1:00-3:00 pm VirtuSense Balance Screening: Therapy
		2:00 pm Town Hall Meeting– TT & Ch2493	Room 1:30 pm Needle Workers– TCAS
			1:30 - 2:30 pm STL County Bookmobile—TGR
			2:00 pm Science Wednesday – TT& Ch 2493
			7:00 pm Lenten Series – C & Ch 2493
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	IVIAICII 17 - IVIAICII 23			
Thursday, March 21	Friday, March 22	Saturday, March 23		
9:00 am Functional Fitness –Ch 2493 & TWS	9:00 am -10:30 am Play Ping Pong—TWS	10:00 am Fix-It Saturday– TW		
9:45 am Functional Strength & Balance –Ch 2493 &TWS	9:00 am & 9:45 am Water Fitness Class – SP 10:00 am Acrylic Painting: TCAS - Sign up required	10:30 am Railroad Travel Adventure: Trans—Siberian "Trip of a lifetime." TT		
10:00 am Grief Share – Ridley Study Room 10:00 am		6:00 pm Bingo - TLMR 6:30 pm		
Weaving Fun: TCAS - Sign up required 10:30 am	10:30 am Up Beat: Higher Level Exercise Class – TWS	Mexican Train (Dominoes) - TWS		
Sit & Stretch – Ch 2493 &TWS 11:30 am Pierra Parformant Fine i la	10:30 am Virtual Reality –GR			
Piano Performer : Fireside Lounge 1:00 pm-3:00pm	1:00 pm Floral Arranging—TCAS			
Free Blood Pressure Clinic: Empower Me Clinic	1:00 pm Line Dancing— TWS 1:00 pm			
<u>2:00 pm</u> Parkinson's Support Group: - TLMR	Brain Fitness Friday – TGR 1:00-3:00 pm			
7:00 pm Play Bridge - TGR Sign up in the Bridge book by Door	VirtuSense Balance Screening (VST): Therapy Room			
5	3:00 pm Bible Study Fellowship –TLMR 3:00 pm			
	Catholic Prayer Group—SR 7:00 pm			
	FVC Drama Performance: An Evening with your Neighbors.TT & Ch 2493			

Sunday, March 24	Monday, March 25	Tuesday, March 26	Wednesday, March 27
9:45 am	9:00 am & 9:45 am	9:00 am	8:45 am Foot Wellness for
Catholic Communion-	Water Fitness Class– SP	Functional Fitness —	Healthy Feet- Ch 2493
C		Ch 2493 & TWS	,
	10:00 am		9:00 am
10:45 am	Brews, Chews & News:	9:00 am	H&R Block: TGR –
Worship Service- C &	Ch 2493 & TT	Putting Golf –TBD	Please call 636-536-7054
Ch 2493			for appointment
3.1 2 1 7 0	11:00 am	9:45 am	
3-5:00 pm	Play Cornhole TWS	Building Better	9:30 am
Hands on Technology	Tay Commerce Title	Balance –Ch 2493 &	Water Fitness Class– SF
with Mike-BC	11:45 am	TWS	
with Mike-DC	Tai Chi– Ch 2493	1 115	9:45 am
	Tai Ciii– Cii 2493	10.00 am	Posture Plus Balance -
	1.00	10:00 am	Ch 2493 & TWS
	1:00 pm	Walking Class-TGR	9:45 am
	Paper Crafting Cards	10.00	
	With Madge—TCAS Sign	10:00 am Handmade Seed	Dietary Committee
	up required	Paper 1: TCAS - Sign	Meeting –TLMR
		up required	10:00 am
	1:00 pm		Caretaker's Support
	Writers Group- TWS	10:30 am	Group – SR
		Sit & Stretch – Ch	_
	1:00 pm-1:45pm	2493 &TWS	10:00 am-12:00 pm
	Wellness Initiative for	2 27 8 862 11 8	Re -Sale Shop: Near Apt
	Safety And	11:00 am	298
	Empowerment:	Water Walking Class	
	Community Safety.	-SP	10:30 am
	(Program by Washington	-31	Sit & Stretch – Ch 2493
	University in St Louis	11 00 000	& TWS
	Occupational Therapy	11:00 am	11:30 am
	Students)—TT & Ch 2493	Guided Imagery–	Move To Improve –
	Statellis) 11 & Cli 2493	TWS	TWS
	1:00-3:00 pm		12:45 –1:45 pm
	VirtuSense Balance	11:00 am	Bocce—TT
		CANCELED: FVC	
	Screening (VST):	Chimers Rehearsal –	1:00pm
	Therapy Room	TT	Women's Bible Study— SR
	2.00		SK
	2:00 pm	<u>11:00am</u>	1:00-3:00 pm
	Drama Group –TT	EVS Committee	VirtuSense Balance
		Meeting-TLMR	Screening: Therapy
			Room
		3:00 pm	100111
		Men's Roundtable	1:30 pm
		Meeting: TLMR	Needle Workers- TCAS
			1:30 - 2:30 pm
			STL County Bookmobile—TGR
			Bookmobile—TGR
			2 00
			2:00 pm
			Science Wednesday –
			TT& Ch 2493

Thursday, March 28	Friday, March 29	Saturday, March 30	Sunday, March 31
	9:00 am -10:30 am	10:00 am	
9:00 am	Play Ping Pong—	Fix-It Saturday– TW	
Functional Fitness -Ch	TWS		
2493 & TWS		11:00 am	
2493 & T W5	9:00 am & 9:45 am	Continuing Education	
0.45 am	Water Fitness Class	with Marlene Bake:	
9:45 am	- SP	"SPECIAL Easter DVD"-	
Functional Strength &	51	Ch 2493 & TT	
Balance –Ch 2493 &TWS	10.00 am 12.00mm	CII 2493 & 1 1	
	10:00 am—12:00pm	6.00	9:45 am
10:00 am	Gifts & More –	6:00 pm	Catholic Communion - C
Grief Share – Ridley Study	Fireside Lounge	Bingo - TLMR	Catholic Communion-C
Room			10.20
	10:00 am	<u>6:30 pm</u>	10:30am
10:00 am	Water Color: TCAS -	Mexican Train	Catholic Mass– T
Prepare Seed Paper As	Sign up required	(Dominoes) - TWS	
Gifts 2: TCAS - Sign up	10.20 am		10:45 am
required	10:30 am		Worship Service- C & Ch
	Water Volleyball–		2493
10:30 am	SP		
Sit & Stretch – TWS & Ch			3-5:00 pm
2493	10:30 am		Hands on Technology
	Up Beat: Higher Level Exercise Class –		with Mike-BC
11:30 am	TWS		With Mike Bo
Piano Performer –	1 44.5		
Fireside Lounge	10:30 am		
	Virtual Reality –GR		
7:00 pm	12.00		
Maundy Thursday	12:00 pm		
Communion Service – C &	Open Time of		
Ch 2493	Meditation and		
CII 2493	Prayer –C		
7:00 pm	1.00		
Canceled: Play Bridge -	1:00 pm		
TGR	Floral Arranging—		
Sign up in the Bridge book	TCAS		
by Door 5	1:00 pm		
	Line Dancing— TWS		
	1:00 pm		
	Brain Fitness Friday		
	– TGR		
	1:00-3:00 pm		
	VirtuSense Balance		
	Screening (VST):		
	Therapy Room		
	2:00 pm		
	Good Friday		
	Service: C & Ch 2493		
	3:00 pm		
	Bible Study		
	Fellowship –TLMR		
	- Jiio womp		
			9