

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	9:30 AM FITNESS CLASS W/1 JERRY & BARB (AR) 11:00 AM – 1:00 PM LABOR DAY BUFFET (DR) RESERVATIONS ARE REQUIRED FOR FAMILY & GUESTS	9:00 AM SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 7:00 PM BOWLING (AR)	9:30 AM FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM BINGO W/ JO (AR)	9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR) NATIONAL WILDLIFE DAY!	9:30 AM DECADES FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ JOHN & DOE (DR) 7:00 PM BOWLING (AR)	NATIONAL READ A BOOK DAY!
7 NATIONAL BEER LOVERS DAY!	8 9:30 AM FITNESS CLASS (AR) 11:00 AM – 11:30 AM STL LIBRARY (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR)	9 9:00 AM SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 11:30 AM OUTING TO ECKERTS FOR LUNCH AND SHOPPING 7:00 PM BOWLING (AR)	10 9:30 AM FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM BINGO W/ JO (AR)	11 9:15 AM CHAIR YOGA (AR) 12:00 PM VETERANS LUNCHEON (DR) 2:00 PM – 3:00 PM CANDY BINGO (DR) PATRIOT DAY	12 9:30 AM DECADES FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ CHARLIE SELBERT (DR) 7:00 PM BOWLING (AR)	13 2:00 PM CATHOLIC MASS (AR) 6:30 PM MOVIE (AR) “CLUE”
14 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	15 9:30 AM FITNESS CLASS (AR) 2:00 PM – 3:00 PM MYSTERY BINGO (DR) NATIONAL DOUBLE CHEESEBURGER DAY!	16 9:00 AM SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 9:30 AM CROWN VISION (L) 11:30 AM OUTING TO RICH & CHARLIES ITALIAN RESTAURANT 7:00 PM BOWLING (AR)	17 9:30 AM FITNESS CLASS 11:00 AM – 1:00 PM TACO BAR (DR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM BINGO W/ JO (AR)	18 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM MYSTERY BINGO (DR) AIR FORCE BIRTHDAY!	19 9:30 AM DECADES FITNESS CLASS (AR) 2:00 PM INTERNATIONAL FOOD CLUB (DR) 7:00 PM BOWLING (AR)	20 2:00 PM CATHOLIC MASS (AR) 6:00 PM – 9:00 PM ACTIVITY ROOM RESERVED
21 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	22 9:30 AM FITNESS CLASS (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR) NATIONAL WHITE CHOCOLATE DAY!	23 9:00 AM SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 1:00 PM JOYRIDE THROUGH LONE ELK PARK 7:00 PM BOWLING (AR)	24 9:30 AM FITNESS CLASS (AR) 12:00 PM BIRTHDAY LUNCH (DR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 6:30 PM BINGO W/ JO (AR)	25 9:15 AM CHAIR YOGA (AR) NATIONAL QUESADILLA DAY!	26 9:30 AM DECADES FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ GARY HOCHBERG (DR) 7:00 PM BOWLING (AR)	27 2:00 PM CATHOLIC MASS (AR) NATIONAL FISHING & HUNTING DAY!
28 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	29 9:30 AM FITNESS CLASS (AR) NATIONAL COFFEE DAY!	30 9:00 AM SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 1:00 PM OUTING TO RIVER CITY CASINO 7:00 PM BOWLING (AR)	<div> Click here to learn more about Bethesda Terrace! </div> 			