

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July			9:30 AM FITNESS CLASS (AR) ¹ 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM MONEY BINGO (AR)	2 9:15 AM CHAIR YOGA (AR)	3 NO FITNESS CLASS DUE TO THE UPCOMING HOLIDAY 😊 7:00 PM BOWLING (AR) NATIONAL CHOCOLATE WAFER DAY!	4 11:00 AM – 12:00 PM 12:30 PM – 1:30 PM 4 TH OF JULY MEALS PLEASE RSVP AT THE FRONT DESK FOR YOURSELF & GUESTS 4 TH OF JULY
5 11:00 AM – 3:00 PM ACTIVITY ROOM RESERVED NATIONAL PET REMEMBRANCE DAY!	9:30 AM FITNESS CLASS (AR) ⁶ 11:00 AM – 11:30 AM STL LIBRARY (AR) 1:00 PM – 4:00 PM ACTIVITY ROOM RESERVED 2:00 PM – 3:00 PM CANDY BINGO (DR)	9:00 AM SHOPPING 9:15 AM CHAIR YOGA (AR) 1:00 PM OUTING TO THE ART MUSEUM 7:00 PM BOWLING	9:30 AM FITNESS CLASS (AR) ⁸ 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM MONEY BINGO (AR)	9 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR)	9:30 AM 10 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM MISSOURI SPEAKERS BUREAU PRESENTATION (DR) “WAR PIGEON!” 7:00 PM BOWLING (AR)	11 2:00 PM CATHOLIC MASS (AR) 6:30 PM MOVIE (AR) “KATE AND LEOPOLD”
9:00 AM 12 NON – DENOMINTATIONAL CHURCH SERVICES (AR) 2:00 PM – 4:00 PM ACTIVITY ROOM RESERVED	13 9:30 AM FITNESS CLASS (AR)	9:00 AM SHOPPING 14 9:15 AM CHAIR YOGA (AR) 9:15 AM – 10:30 AM CROWN VISION (L) 2:00 PM – 3:00 PM MONEY BINGO (DR) 7:00 PM BOWLING	9:30 AM FITNESS CLASS (AR) ¹⁵ 12:00 PM VETERANS LUNCH (DR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM MONEY BINGO (AR)	9:15 AM 16 CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR)	9:30 AM 17 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ TWO HAWAIIAN DANCERS (DR) 7:00 PM BOWLING (AR)	18 2:00 PM CATHOLIC MASS (AR)
9:00 AM 19 NON – DENOMINATIONAL CHURCH SERVICES (AR) NATIONAL ICE CREAM DAY!	9:30 AM 20 FITNESS CLASS (AR) 1:00 PM – 4:00 PM ACTIVITY ROOM RESERVED 2:00 PM – 3:00 PM SNACK BINGO (DR)	9:00 AM SHOPPING 21 9:15 AM CHAIR YOGA (AR) 11:00 AM OUTING TO RED LOBSTER 2:00 PM – 2:30 PM ICE CREAM FLOAT SOCIAL (DR) 7:00 PM BOWLING	9:30 AM FITNESS CLASS (AR) ²² 12:00 PM BIRTHDAY LUNCH (DR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM MONEY BINGO (AR)	9:15 AM 23 CHAIR YOGA (AR) 2:00 PM – 3:00 PM SNACK BINGO (DR) NATIONAL SPRINKLE DAY!	9:30 AM 24 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ GENE TISIUS (DR) 7:00 PM BOWLING (AR)	25 2:00 PM CATHOLIC MASS (AR) 3:30 PM – 7:30 PM ACTIVITY ROOM RESERVED
9:00 AM 26 NON – DENOMINTATIONAL CHURCH SERVICES (AR)	9:30 AM 27 FITNESS CLASS (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR) NATIONAL SCOTCH DAY!	9:00 AM SHOPPING 28 9:15 AM CHAIR YOGA (AR) 11:00 AM OUTING TO CRUSOE’S RESTAURANT 7:00 PM BOWLING	9:30 AM FITNESS CLASS (AR) ²⁹ 1:00 PM – 2:00 PM BIBLE STUDY (AR) 6:30 PM MONEY BINGO (AR) NATIONAL LASAGNA DAY!	9:15 AM CHAIR YOGA (AR) ³⁰ 2:00 PM – 3:00 PM MISSOURI SPEAKERS BUREAU PRESENTATION (DR) “ST. LOUIS MOVIE THEATERS & PALACES FROM THE GOLDEN AGE OF CINEMA”	9:30 AM 31 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ EVERETT DEAN (DR) 7:00 PM BOWLING (AR)	Click here to learn more about Bethesda Terrace!