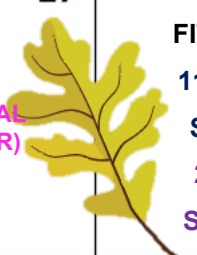


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		9:15 AM 1 CHAIR YOGA (AR) 10:10 AM OUTING TO DOUGH DEPOT 1:00 PM SHOPPING TRIPS 7:00 PM BOWLING (AR)	9:30 AM 2 FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM MONEY BINGO (AR)	9:15 AM 3 CHAIR YOGA (AR) 2:00 PM – 3:00 PM SNACK BINGO (DR)	9:30 AM 4 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ ART & NANCY DUO (DR) 7:00 PM BOWLING (AR)	5
6 <u>NATIONAL READ A BOOK DAY!</u>	11:00 AM – 12:00 PM 12:30 PM – 1:30 PM LABOR DAY MEAL PLEASE RSVP AT THE FRONT DESK FOR YOURSELF AND YOUR GUESTS LABOR DAY & JILL'S BIRTHDAY!	9:00 AM SHOPPING TRIPS 8 9:15 AM CHAIR YOGA (AR) 1:00 PM OUTING TO LEWIS & CLARK BOAT HOUSE & MUSEUM 7:00 PM BOWLING (AR)	9:30 AM 9 FITNESS CLASS (AR) 12:00 PM VETERANS LUNCHEON (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 10 CHAIR YOGA (AR) 2:00 PM – 3:00 PM MYSTERY BINGO (DR) NATIONAL TV DINNER DAY!	9:30 AM 11 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ GENE TISUS (DR) 7:00 PM BOWLING (AR)	12 2:00 PM CATHOLIC MASS (AR) 6:30 PM MOVIE (AR) TO BE DETERMINED
13 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR) <u>NATIONAL GRANDPARENTS' DAY!</u>	9:30 AM 14 FITNESS CLASS (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR) ALMA'S BIRTHDAY!	9:00 AM SHOPPING TRIPS 15 9:15 AM CHAIR YOGA (AR) 9:15 AM CROWN VISION (L) 2:00 PM PRESENTATION (DR) "UNSEEN ST. LOUIS" 7:00 PM BOWLING (AR)	9:30 AM 16 FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:00 PM AUTHOR PRESENTATION (DR) 6:30 PM MONEY BINGO (AR) AVDO'S & CHASE'S BIRTHDAY!	9:15 AM 17 CHAIR YOGA (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR)	9:30 AM 18 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ BB BOOMERS (DR) 7:00 PM BOWLING (AR) DEE'S BIRTHDAY!	19 2:00 PM CATHOLIC MASS (AR) 
20 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	9:30 AM 21 FITNESS CLASS (AR) 1:00 PM – 4:00 PM ACTIVITY ROOM RESERVED 2:00 PM – 3:00 PM MONEY BINGO (DR)	9:00 AM SHOPPING TRIPS 22 9:15 AM CHAIR YOGA (AR) 11:00 AM OUTING TO MAGGIE O' BRIEN'S IRISH PUB 7:00 PM BOWLING (AR) MATT'S BIRTHDAY!	9:30 AM 23 FITNESS CLASS (AR) 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 24 CHAIR YOGA (AR) 2:00 PM – 2:30 PM CARAMEL APPLE ICE CREAM FLOATS (DR)	9:30 AM 25 BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ J MONET TRIO (DR) 7:00 PM BOWLING (AR)	26 2:00 PM CATHOLIC MASS (AR) JENNIFER'S BIRTHDAY! 
27 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR) ELMA'S BIRTHDAY! 	9:30 AM 28 FITNESS CLASS (AR) 11:00 AM – 11:30 AM STL LIBRARY (AR) 2:00 PM – 3:00 PM SNACK BINGO (DR)	9:00 AM SHOPPING TRIPS 29 9:15 AM CHAIR YOGA (AR) 1:00 PM OUTING TO LONE ELK PARK 7:00 PM BOWLING (AR) TAYLOR'S BIRTHDAY!	9:30 AM 30 FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR) 6:30 PM MONEY BINGO (AR)	Click here to learn more about Bethesda Terrace! 		

Key: Outing Special Meal Activity Happy Hour National Day/Holiday/Employee Birthday Location: (L) Library, (AR) Activities Room, (HR) Hearth Room, (DR) Dining Room