

# FEBRUARY 2018



**BE CONNECTED** *to a World of Expression*

**Did you know?**

*A study done by the Journal of Psychosomatic Medicine found that creative writing and journaling actually impacted the cells inside the patient's body and improved their immune system.*

## Creve Coeur Assisted Living & Memory Care: **Residence Club**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>- Be Connected</li> <li>- Be Expressive</li> <li>- Be Healthy</li> <li>- Be Inspired</li> <li>- Be Involved</li> <li>- Be Social</li> <li>- Be Spiritual</li> </ul>	<p>Medical Appointments</p> <p>Tuesdays &amp; Thursdays 9am-3pm See Concierge for required sign up. Appointments must be made 24 hours in advance. Activities and appointments subject to change.</p>	<p>ROOM KEY: B: BISTRO C: COMMUNITY ROOM F: FITNESS CENTER FR: 2ND FLOOR FAMILY ROOM L: LOBBY P: PARLOR RC: 3RD FLOOR RESIDENCE CLUB ROOM T: THEATER</p>		<p><b>1</b></p> <p><b>9:30</b> SpectraFit with RPI F</p> <p><b>10:00</b> Morning Meeting - Celebrating Clark Gables Birthday -RC</p> <p><b>10:45</b> RC Lunch Outing: Red Lobster L</p> <p><b>1:00</b> Community Store is Open! Come Shop for Charity P</p> <p><b>2:30</b> Cards RC</p> <p><b>3:00</b> Bell Choir Practice B</p> <p><b>3:30</b> HUGS C</p> <p><b>5:30</b> Movie: "Ground Hog"</p>	<p><b>2 Groundhog Day</b></p> <p><b>9:30</b> SpectraFit F</p> <p><b>10:00</b> Morning Meeting</p> <p><b>1:00</b> Quarter Bingo C</p> <p><b>2:00</b> Making Mardi Grau Treats</p> <p><b>3:00</b> Happy Hour with Linda B</p> <p><b>5:50</b> Live Service--Share Emeth T</p>	<p><b>3</b></p> <p><b>9:30</b> Saturday Stretch F</p> <p><b>10:00</b> Morning Meeting Norman Rockwell's BirthdayRC</p> <p><b>1:00</b> Bingo C</p> <p><b>2:00</b> Mardi Gras Game</p> <p><b>2:30</b> Mardis Gras Secret Message</p> <p><b>3:00</b> Lifeshare Games</p>
<p><b>4</b></p> <p><b>9:00</b> Live Service--In Touch with Charles Stanley T</p> <p><b>9:00</b> Church Trips L</p> <p><b>10:00</b> SpectraMoments B</p> <p><b>1:00</b> Scenic Mystery Tour L</p> <p><b>1:15</b> Pretty Nails C</p> <p><b>2:30</b> Walking Club</p> <p><b>3:00</b> Game of Choice RC</p> <p><b>5:30</b> SuperBowl LII T &amp; B</p>	<p><b>5</b></p> <p><b>9:30</b> SpectraFit F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>11:00</b> Rosary C</p> <p><b>1:00</b> Bingo C</p> <p><b>2:00</b> Smoothies and Humor Hour RC</p> <p><b>2:30</b> World Nutella Day RC</p> <p><b>3:00</b> SpectraFun with Fitness: Resident's Choice C</p>	<p><b>6</b></p> <p><b>9:30</b> SpectraFit with RPI F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>1:00</b> Prize Bingo CR</p> <p><b>2:00</b> Communion with Mike B</p> <p><b>2:15</b> RC Movie Day: "Road To Morocco" T</p> <p><b>3:45</b> SpectraMoments: The Meaning of Red RC</p>	<p><b>7</b></p> <p><b>9:30</b> SpectraFit F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>1:15</b> SpectraStretch and Word Games RC</p> <p><b>2:00</b> Coffee and SpectraLife RC</p> <p><b>2:30</b> You Be the Judge! RC</p> <p><b>3:00</b> Sing Along: Love Songs RC</p> <p><b>3:00</b> Bible Study with Emmitt T</p>	<p><b>8</b></p> <p><b>9:30</b> SpectraFit with RPI F</p> <p><b>10:00</b> Morning Meeting Lana Turners Birthday RC</p> <p><b>11:30</b> Olympic Opening Ceremony D</p> <p><b>1:00</b> Community Store is Open! Come Shop for Charity P</p> <p><b>2:00</b> Cooking with Chris</p> <p><b>3:00</b> Cards RC</p> <p><b>3:00</b> Bell Choir Practice B</p> <p><b>3:30</b> HUGS C</p>	<p><b>9</b></p> <p><b>9:30</b> SpectraFit F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>1:00</b> Quarter Bingo C</p> <p><b>2:00</b> National Pizza Day - Making Mini Pizza's</p> <p><b>3:00</b> Happy Hour with Bryan B</p> <p><b>5:50</b> Live Service--Share Emeth T</p>	<p><b>10</b></p> <p><b>9:30</b> Saturday Stretch F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>1:00</b> Bingo C</p> <p><b>2:00</b> Olympic Games</p> <p><b>3:00</b> Lifeshare Games</p>
<p><b>11</b></p> <p><b>9:00</b> Church Trips L</p> <p><b>9:00</b> Live Service--In Touch with Charles Stanley T</p> <p><b>10:00</b> SpectraMoments B</p> <p><b>1:00</b> Scenic Mystery Tour L</p> <p><b>1:15</b> Pretty Nails C</p> <p><b>2:30</b> Walking Club</p> <p><b>3:00</b> Game of Choice RC</p> <p><b>6:00</b> Sunday Movie Matinee T</p>	<p><b>12</b></p> <p><b>9:30</b> SpectraFit F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>11:00</b> Rosary C</p> <p><b>1:00</b> Bingo C</p> <p><b>2:00</b> Smoothies and Humor Hour RC</p> <p><b>2:30</b> Shrove Monday RC</p> <p><b>3:00</b> Watercolors w/ Mary Beth CR</p>	<p><b>13 Mardi Gras</b></p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>1:00</b> Red Prize Bingo C</p> <p><b>2:00</b> Mass with Father Joe/St. Monica's C</p> <p><b>2:15</b> Valentine's Craft RC</p> <p><b>3:00</b> Mardi Gras Party B</p> <p><b>3:30</b> SpectraTravelogue: Red Square Moscow RC</p>	<p><b>14 Valentine's Day</b></p> <p><b>9:30</b> SpectraFit F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>1:15</b> SpectraStretch and Word Games RC</p> <p><b>2:15</b> Name that "Heart" Tune RC</p> <p><b>3:00</b> Music with Bobby - B</p> <p><b>3:00</b> Bible Study with Emmitt T</p>	<p><b>15</b></p> <p><b>9:30</b> SpectraFit with RPI</p> <p><b>10:00</b> RC Bus Outing: History Museum and Lunch at Red Robins</p> <p><b>1:00</b> Community Store is Open! P</p> <p><b>2:00</b> Food Committee Meeting with Chris C</p> <p><b>2:30</b> Harvey Kormans Birthday - Funny Clips</p> <p><b>3:00</b> National Gum Drop Day - Let's Enjoy</p> <p><b>3:00</b> Bell Choir Practice B</p>	<p><b>16 Chinese New Year</b></p> <p><b>9:30</b> SpectraFit F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>10:15</b> Visit from Angie the Sheep Dog - RC</p> <p><b>1:00</b> Quarter Bingo C</p> <p><b>2:00</b> Chinese Duck Races P</p> <p><b>3:00</b> Happy Hour with Don B</p> <p><b>5:50</b> Live Service--Share Emeth T</p>	<p><b>17</b></p> <p><b>9:30</b> Saturday Stretch F</p> <p><b>10:00</b> Morning Meeting RC</p> <p><b>1:00</b> Bingo C</p> <p><b>2:00</b> Baking Time - Red Velvet Cupcakes</p> <p><b>3:00</b> Heart Legacy Family Messages - B</p>

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## Creve Coeur Assisted Living & Memory Care: **Residence Club**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> 9:00 Church Trips L 9:00 Live Service--In Touch with Charles Stanley T 10:00 SpectraMoments B 1:00 Scenic Mystery Tour L 1:15 Pretty Nails C 2:30 Walking Club 3:00 Game of Choice RC 6:00 Sunday Movie Matinee T	<b>19 Presidents' Day</b> 9:30 SpectraFit F 10:00 Morning Meeting RC 11:00 Rosary C 1:00 Bingo with St Lukes C 2:00 Smoothies and Humor Hour RC 2:30 Presidential Trivia and More 3:00 SpectraFun with Fitness: Resident's Choice C	<b>20</b> 9:30 SpectraFit with RPI F 10:00 Morning Meeting RC 10:30 Ceramics with Suzie 1:00 Prize Bingo CR 2:00 Communion with Mike C 2:15 Shake Out the Truth RC 3:00 SpectraFun with Fitness RC	<b>21</b> 9:30 SpectraFit F 10:00 Morning Meeting RC 1:00 Mass with Father Gene C 1:15 SpectraStretch and Word Games RC 2:00 RPI Social Hour B 3:00 Music for the Birds RC 3:00 Bible Study with Emmitt T	<b>22</b> 9:30 SpectraFit with RPI F 10:00 Morning Meeting RC 10:45 RC Lunch Outing: Crushed Red 1:00 Community Store is Open! Come Shop for Charity P 2:00 Game Time RC 2:30 National Margarita Day - Lets Enjoy 3:00 Bell Choir Practice B 3:30 HUGS C	<b>23</b> 9:30 SpectraFit F 10:00 Morning Meeting RC 1:00 Quarter Bingo C 2:00 Making Banana Bread for Happy Hour 2:00 Visit with Rabbi Rose SL 3:00 Happy Hour with Bobby B 5:50 Live Service--Share Emeth T	<b>24</b> 9:30 Saturday Stretch F 10:00 Morning Meeting RC 1:00 Bingo C 2:00 ART SHOW 1st Floor until 4pm 2:15 National Tortilla Chip Day - Lets Enjoy some Chips and Salsa 3:00 Lifeshare Games 3:00 Painting with a Twist C
<b>25</b> 9:00 Church Trips L 9:00 Live Service--In Touch with Charles Stanley T 10:00 SpectraMoments B 1:00 Scenic Mystery Tour L 1:15 Pretty Nails C 2:30 Walking Club 3:00 Game of Choice RC 6:00 Sunday Movie Matinee T	<b>26</b> 9:30 SpectraFit F 10:00 Morning Meeting RC 11:00 Rosary C 1:00 Bingo C 2:00 Smoothies and Humor Hour RC 2:30 Friendship Forever Day RC 3:15 SpectraFun with Fitness: Resident's Choice C	<b>27</b> 9:30 SpectraFit with RPI F 10:00 Morning Meeting RC 1:00 Prize Bingo CR 2:15 Coffee and Pennies In RC 3:00 Elizabeth Taylor Day RC 3:30 "Would You Rather?" Day RC 6:30 Music with the Junior League Nightengales D	<b>28</b> 9:30 SpectraFit F 10:00 Morning Meeting RC 1:00 OASIS Hour: Productive Aging B 1:15 SpectraStretch and Word Games RC 2:00 SpectraLife RC 2:30 You Be the Judge RC 3:00 Marvelous Minds: Mind Games Day RC 3:00 Bible Study with Emmitt T		Medical Appointments  Tuesdays & Thursdays 9am-3pm See Concierge for required sign up. Appointments must be made 24 hours in advance. Activities and appointments subject to change.	ROOM KEY: B: BISTRO C: COMMUNITY ROOM F: FITNESS CENTER FR: 2ND FLOOR FAMILY ROOM L: LOBBY P: PARLOR RC: 3RD FLOOR RESIDENCE CLUB ROOM T: THEATER