



2929 Dougherty Ferry Road, St. Louis, MO 63122  
 636-825-6665  
 DoughertyFerryAssistedLiving.com

# FEBRUARY 2021

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Exercise Classes will be held in the Wellness Center. All other programming will be held in the Community Room unless otherwise noted.</p> <p>Please Sign-Up for all calendar programming at The Sign-Up Desk located across from the Community Room. Attendance for all programming will be limited to maintain social distancing protocol.</p>	<b>1 Black History Month</b> <b>9:30</b> Senior Strong Strength Training Class <b>10:00</b> Morning Motivations <b>10:30</b> A Life Well Lived: Clarke Gable ~ CR <b>1:30</b> Afternoon Indoor Stroll <b>2:15</b> Afternoon Matinee: "The Crown" Season 4: Eps. 6 ~ T <b>3:30</b> This Week in History ~ B	<b>2 Groundhog Day</b> <b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy <b>10:30</b> It's Groundhog Day! <b>1:00</b> Craft Class: Valentine "Puzzle" Cards ~ CR <b>2:00</b> National Geographic: London City Tour ~ T <b>2:45</b> Would You Rather? ~ B <b>3:30</b> Online Shopping/Tech Assistance <b>4:00</b> Heart to Heart Visits <b>6:00</b> Evening Video: "Ground Hog Day"	<b>3</b> <b>9:30</b> Senior Strong Exercises <b>10:15</b> Men's Coffee & Chat Group ~ B <b>10:30</b> Let's Discuss: What Brings You Happiness? ~ CR <b>1:30</b> Legacy Health Talks: "Heart Health" <b>2:30</b> Prize BINGO ~ CR <b>3:30</b> Neighborhood Social & Snacks ~ B <b>4:00</b> Heart to Heart Visits	<b>4</b> <b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy <b>10:30</b> Travelogue to Mongolia's Frozen Wonderland ~ T <b>1:00</b> "Greenlights" Audio Book Club ~ B <b>2:00</b> A "Sinatra" Happy Hour: Group 1 ~ CR <b>3:00</b> A "Sinatra" Happy Hour: Group 2 ~ CR <b>4:00</b> Heart to Heart Visits	<b>5</b> <b>9:30</b> Be Strong & Get Fit Exercise Class <b>10:30</b> Edible Craft: Love Bug Brownies ~ CR <b>1:30</b> Let's Play Toss Across ~ B <b>2:30</b> Happy Birthday, Hank Aaron ~ B <b>3:30</b> You Tube FUN: America's Amazing Train Rides ~ B	<b>6</b> <b>9:30</b> Senior Strong Chair Exercise Class <b>10:30</b> What's News Weekly Wrap Up ~ CR <b>1:30</b> Prize BINGO <b>2:30</b> Comedy Hour: Red Skelton & Cocktails ~ B <b>3:30</b> Be Calm and Color ~ B <b>4:00</b> Afternoon Stroll <b>6:00</b> Saturday Evening Video ~ "The Help" ~ T
	<b>7</b> <b>9:30</b> Indoor Morning Strolls <b>10:00</b> Morning Positive Motivations <b>10:30</b> Weekly Devotions <b>11:00</b> Catholic Mass: Channel 100 <b>2:00</b> Word Search ~ B <b>2:45</b> Sundae Social: Cherry Milkshakes - Delivered <b>3:30</b> Super Bowl Trivia ~ B <b>5:30</b> Super Bowl Watch Party ~ T	<b>8</b> <b>9:30</b> Senior Strong Strength Training Class <b>10:00</b> Morning Motivations <b>10:30</b> Brainteasers & Mind Joggers ~ CR <b>1:30</b> Afternoon Indoor Stroll <b>2:15</b> Afternoon Matinee: "The Crown" Season 4: Eps. 7 ~ T <b>3:30</b> This Week in History ~ B	<b>9</b> <b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy <b>10:30</b> Chocolate Trivia & Fun Facts ~ CR <b>1:00</b> Wii Bowling Tournament ~ CR <b>2:00</b> National Geographic: How the Arch Was Made ~ B <b>2:45</b> Where In the World? ~ B <b>3:30</b> Online Shopping/Tech Assistance <b>4:00</b> Heart to Heart Visits	<b>10</b> <b>9:30</b> Senior Strong Exercises <b>10:15</b> Men's Coffee & Chat Group ~ B <b>10:30</b> Let's Discuss: Famous Literary Couples ~ CR <b>11:30</b> In-House Lunch: Pasta House^ <b>1:30</b> Prize BINGO ~ CR <b>2:30</b> Random Acts of Kindness ~ CR <b>3:30</b> Neighborhood Social, Iced Coffee & Snacks ~ B <b>4:00</b> Heart to Heart Visits	<b>11</b> <b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy <b>10:30</b> Travelogue to Paris, France ~ T <b>1:00</b> "Greenlights" Audio Book Club ~ B <b>2:00</b> Wine & Cheese Social ~ CR <b>3:00</b> "LOVE" Trivia ~ CR <b>4:00</b> Heart to Heart Visits	<b>12 Chinese New Year</b> <b>9:30</b> Be Strong & Get Fit Exercise Class <b>10:30</b> The Life of Abraham Lincoln ~ B <b>1:30</b> Celebrate the Chinese New Year! <b>2:00</b> "Heart to Heart" Happy Hour: Group 1 ~ B <b>3:00</b> "Heart to Heart" Happy Hour: Group 2 ~ B <b>3:30</b> You Tube FUN: "Try Not to Laugh" ~ B
<b>14 Valentine's Day</b> <b>9:30</b> Indoor Morning Strolls <b>10:00</b> Morning Positive Motivations <b>10:30</b> Valentine's Day Morning Tea ~ B <b>10:30</b> Weekly Devotions <b>11:00</b> Catholic Mass: Channel 100 <b>11:30</b> "Make Your Heart Smile" Valentine's Luncheon <b>2:00</b> Brain Games: Spot the Difference ~ B <b>2:45</b> Sundae Social: Sweetheart Shakes -	<b>15 Presidents' Day</b> <b>9:30</b> Senior Strong Strength Training Class <b>10:00</b> Morning Motivations <b>10:30</b> You Be the Judge ~ CR <b>1:30</b> Afternoon Indoor Stroll <b>2:15</b> Afternoon Matinee: "The Crown" Season 4: Eps. 8 ~ T <b>3:30</b> This Week in History ~ B	<b>16 Mardi Gras</b> <b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy <b>10:30</b> All About Mardi Gras! ~ B <b>1:00</b> Craft Class: Mardi Gras Beads ~ CR <b>2:00</b> National Geographic: Desert of Ice ~ T <b>2:45</b> Would You Rather? ~ B <b>3:30</b> Online Shopping/Tech Assistance <b>4:00</b> Heart to Heart Visits	<b>17 Ash Wednesday</b> <b>9:30</b> Senior Strong Exercises <b>10:15</b> Men's Coffee & Chat Group ~ B <b>10:30</b> Let's Discuss: The US Presidents ~ CR <b>1:30</b> Prize BINGO ~ CR <b>2:30</b> Let's Play Boggle ~ B <b>3:30</b> Ash Wednesday Devotional ~ B <b>4:00</b> Heart to Heart Visits	<b>18</b> <b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy <b>10:30</b> Travelogue to The North Pole ~ T <b>1:00</b> "Greenlights" Audio Book Club ~ B <b>2:00</b> "Hurricane" Happy Hour: Group 1 ~ CR <b>3:00</b> "Hurricane" Happy Hour: Group 2 ~ CR <b>4:00</b> Heart to Heart Visits	<b>19</b> <b>9:30</b> Be Strong & Get Fit Exercise Class <b>10:30</b> Let's Make Thank You Cards for National Caregivers Day! ~ CR <b>1:30</b> Name That Tune ~ B <b>2:30</b> Let's Celebrate Our Caregivers! ~ B <b>3:30</b> You Tube FUN: "The Power of Meditation" ~ B	<b>20</b> <b>9:30</b> Senior Strong Chair Exercise Class <b>10:30</b> What's News Weekly Wrap Up ~ B <b>1:30</b> Prize BINGO ~ CR <b>2:30</b> Comedy Hour: The Rat Pack ~ CR <b>3:30</b> Stroopwafels & Fire Side Chat ~ B <b>4:00</b> Afternoon Stroll <b>6:00</b> Saturday Evening Video: "5 Flights Up" ~ T

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>21</b></p> <p><b>9:30</b> Indoor Morning Strolls  <b>10:00</b> Morning Positive Motivations  <b>10:30</b> Weekly Devotions  <b>11:00</b> Catholic Mass: Channel 100  <b>2:00</b> What Movie Am I? ~ B  <b>2:45</b> Sundae Social: Cookie &amp; Cream Shakes - Delivered</p>	<p><b>22</b></p> <p><b>9:30</b> Senior Strong Strength Training Class  <b>10:00</b> Morning Motivations  <b>10:30</b> Happy Birthday, George Washington: The Washington Monument ~ T  <b>1:30</b> Afternoon Indoor Stroll  <b>2:15</b> Afternoon Matinee: "The Crown" Season 4: Eps. 9 ~ T  <b>3:30</b> This Week in History ~ B</p>	<p><b>23</b></p> <p><b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy  <b>10:30</b> National Geographic: "Secrets of the Space Station" ~ T  <b>2:00</b> Resident Council Town Hall Meeting ~ B  <b>2:45</b> Entertainment &amp; Programming Planning Meeting ~ B  <b>4:00</b> Heart to Heart Visits</p>	<p><b>24</b></p> <p><b>9:30</b> Senior Strong Exercises  <b>10:15</b> Men's Coffee &amp; Chat Group ~ B  <b>10:30</b> Let's Discuss: Right vs. Left Side of the Brain ~ CR  <b>11:30</b> In-House Lunch: Honey Baked Ham^  <b>1:30</b> Prize BINGO ~ CR  <b>2:30</b> Reminiscing w/ Your Neighbors ~ B  <b>3:30</b> Black Jack, Beer &amp; Chips ~ B  <b>4:00</b> Heart to Heart Visits</p>	<p><b>25</b></p> <p><b>9:30</b> Senior Strong Balance Basics w/Legacy Therapy  <b>10:30</b> Travelogue to Brazil ~ T  <b>1:00</b> "Greenlights" Audio Book Club ~ B  <b>2:00</b> "A Bowl of Cherries" Happy Hour: Group 1 ~ CR  <b>3:00</b> "A Bowl of Cherries" Happy Hour: Group 2 ~ CR  <b>4:00</b> Heart to Heart Visits</p>	<p><b>26</b></p> <p><b>9:30</b> Be Strong &amp; Get Fit Exercise Class  <b>10:30</b> A Life Well Lived: Johnny Cash ~ CR  <b>1:30</b> Chef on Display ~ B  <b>2:30</b> Food Committee Meeting ~ B  <b>3:30</b> You Tube FUN: "The Revelations of the Pyramids" ~ B</p>	<p><b>27</b></p> <p><b>9:30</b> Senior Strong Chair Exercise Class  <b>10:30</b> What's News Weekly Wrap Up ~ B  <b>1:30</b> Prize BINGO ~ CR  <b>2:30</b> Comedy Hour: Green Acres ~ B  <b>3:30</b> The Life of a Polar Bear ~ B  <b>4:00</b> Afternoon Stroll  <b>6:00</b> Saturday Evening Video: "The Founder" ~ T</p>
<p><b>28</b></p> <p><b>9:30</b> Indoor Morning Strolls  <b>10:00</b> Morning Positive Motivations  <b>10:30</b> Weekly Devotions  <b>11:00</b> Catholic Mass: Channel 100  <b>1:15</b> Boggle ~ B  <b>2:45</b> Sundae Social: Chocolate &amp; Peanut Butter Shakes - Delivered</p>	<p>FEBRUARY BIRTHDAYS</p> <p>Elsa R. - 2nd Ann H. - 11th</p> <p>Enjoy Your Special Day!!</p>	<p>St. Gerard Majella Parish Conference Call Rosary Every evening beginning at 7:30 p.m. Contact the Entertainment &amp; Programming team members for information!</p>	<p>MEDICAL TRANSPORTATION is available on Tuesdays &amp; Thursdays for medically necessary appointments.  Please schedule your appointments with the Concierge's Desk.</p>			

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Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY BIRTHDAYS</b>  Jim "Mac" M. - 10th Mitch S. - 17th Margaret S. - 24th  Happy Birthday!!  Happy Valentine's Day from The Ferry Family to Your Family!	<b>1 Black History Month</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Sit & Be Fit! <b>10:30</b> Edible Craft: Groundhog Cookies  <b>1:30</b> This Week in History <b>2:30</b> Smoothies & Smiles <b>3:00</b> Ball Toss <b>3:30</b> Inspirational Quotes	<b>2 Groundhog Day</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Music & Motion <b>10:30</b> Craft Class: Groundhog Day Coloring  <b>1:30</b> Let's Explore: The Groundhog <b>2:30</b> Smoothies & Smiles <b>3:30</b> Afternoon Devotional	<b>3</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Balloon Volleyball <b>10:30</b> Skype Visits <b>1:30</b> Crafts: Paper Heart Chain <b>2:30</b> Smoothies & Smiles <b>3:00</b> Spritzer Happy Hour <b>3:30</b> Inspirational Quotes	<b>4</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Be Strong & Fit <b>10:30</b> Pamper Yourself <b>1:30</b> Planet Earth: Caves <b>2:30</b> Smoothies & Smiles <b>3:00</b> Noodle Ball <b>3:30</b> Afternoon Devotional	<b>5</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Sit & Be Fit! <b>10:30</b> Crafts: Heart Wreaths <b>1:30</b> Small Group Neighbor Visits & Snacks <b>2:30</b> Smoothies & Smiles <b>3:30</b> Inspirational Quotes <b>6:00</b> Movie Night & Popcorn	<b>6</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Music & Motion <b>10:15</b> Coffee & Morning Stretches <b>1:30</b> Happy Birthday Babe Ruth! <b>2:30</b> Ballpark Snacks <b>3:30</b> Creative Coloring & Soothing Music
<b>7</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Morning Movement <b>10:15</b> Connect Four <b>11:00</b> Catholic Mass: Channel 100  <b>1:30</b> Tailgate Snacks <b>2:30</b> Smoothies & Smiles <b>3:30</b> Inspirational Poems <b>5:30</b> Super Bowl Sunday!	<b>8</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Sit & Be Fit! <b>10:30</b> Happy Birthday Lana Turner!  <b>1:30</b> This Week in History <b>2:30</b> Smoothies & Smiles <b>3:00</b> Toss Across <b>3:30</b> Inspirational Quotes	<b>9</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Music & Motion <b>10:30</b> Craft Class: Paper Plate Pizza  <b>1:30</b> Brain Teasers <b>2:30</b> Pizza Flavored Snacks <b>3:30</b> Afternoon Devotional	<b>10</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Balloon Volleyball <b>10:30</b> Skype Visits <b>1:30</b> Crafts: Papercrafting <b>2:30</b> Smoothies & Smiles <b>3:00</b> Hot Tea Happy Hour <b>3:30</b> Inspirational Quotes	<b>11</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Be Strong & Fit <b>10:30</b> Pamper Yourself <b>1:30</b> The Bandit: Happy Birthday Burt Reynolds! <b>2:30</b> Smoothies & Smiles <b>3:00</b> Noodle Ball <b>3:30</b> Afternoon Devotional	<b>12 Chinese New Year</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Sit & Be Fit! <b>10:30</b> Crafts: Cherry Blossom Tissue Tree <b>1:30</b> Chinese New Year Snacks <b>2:30</b> Smoothies & Smiles <b>3:30</b> Inspirational Quotes <b>6:00</b> Movie Night & Popcorn	<b>13</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Music & Motion <b>10:15</b> Coffee & Morning Stretches <b>1:30</b> I Love Lucy: Lucy Plays Cupid <b>2:30</b> Smoothies & Smiles <b>3:30</b> Creative Coloring & Love Songs
<b>14 Valentine's Day</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Morning Movement <b>10:15</b> Crafts: Heart Thumbprint Necklace <b>11:00</b> Catholic Mass: Channel 100  <b>1:30</b> Cupid's Crunch Snack Mix <b>2:30</b> Smoothies & Smiles <b>3:30</b> Inspirational Poems <b>6:00</b> Evening Video Movie	<b>15 Presidents' Day</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Sit & Be Fit! <b>10:30</b> President's Day Trivia <b>1:30</b> This Week in History <b>2:30</b> Smoothies & Smiles <b>3:00</b> Bowling <b>3:30</b> Inspirational Quotes	<b>16 Mardi Gras</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Music & Motion <b>10:30</b> Mardi Gras Documentary & Edible Craft  <b>1:30</b> Bead Toss Game <b>2:30</b> Smoothies & Jazz Music <b>3:30</b> Afternoon Devotional	<b>17 Ash Wednesday</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Balloon Volleyball <b>9:30</b> Livestream Ash Wednesday Mass <b>10:30</b> Skype Visits <b>1:30</b> Puzzles & Patsy Cline Music <b>2:30</b> Smoothies & Smiles <b>3:00</b> Lenten Pretzels <b>3:30</b> Inspirational Quotes	<b>18</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Be Strong & Fit <b>10:30</b> Pamper Yourself <b>1:30</b> Grease: Happy Birthday John Travolta! <b>2:30</b> Smoothies & Smiles <b>3:00</b> Ball Toss <b>3:30</b> Afternoon Devotional	<b>19</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Sit & Be Fit! <b>10:30</b> National Caregivers Day: Thank You Cards <b>1:30</b> Small Group Neighbor Visits & Snacks <b>2:30</b> Smoothies & Smiles <b>3:30</b> Inspirational Quotes <b>6:00</b> Movie Night & Popcorn	<b>20</b>  <b>9:00</b> Neighborhood Greetings <b>9:30</b> Music & Motion <b>10:15</b> Hot Tea & Stroopwafels <b>1:30</b> Toss Across <b>2:30</b> Smoothies & Smiles <b>3:30</b> Creative Coloring & Love Poems



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<b>21</b> 9:00 Neighborhood Greetings 9:30 Morning Movement 10:15 Connect Four 11:00 Catholic Mass: Channel 100 1:30 Ice Cream Social 2:30 Smoothies & Smiles 3:30 Inspirational Poems 6:00 Evening Video Movie	<b>22</b> 9:00 Neighborhood Greetings 9:30 Sit & Be Fit! 10:30 Happy Birthday George Washington: The Washington Monument 1:30 This Week in History 2:30 Smoothies & Smiles 3:00 Edible Craft: Conversation Heart Cookies 3:30 Inspirational Quotes	<b>23</b> 9:00 Neighborhood Greetings 9:30 Music & Motion 10:30 Blue Planet: Frozen Seas 1:30 Noodle Ball 2:30 Smoothies & Smiles 3:30 Afternoon Devotional	<b>24</b> 9:00 Neighborhood Greetings 9:30 Balloon Volleyball 10:30 Skype Visits 1:30 Bingo 2:30 Smoothies & Smiles 3:00 Let's Celebrate February Birthdays! 3:30 Inspirational Quotes	<b>25</b> 9:00 Neighborhood Greetings 9:30 Be Strong & Fit 10:30 Pamper Yourself 1:30 Caribbean Life: From St. Louis To St. Croix 2:30 Smoothies & Smiles 3:00 Hot Chocolate Happy Hour 3:30 Afternoon Devotional	<b>26</b> 9:00 Neighborhood Greetings 9:30 Sit & Be Fit! 10:30 Morning Strolls 1:30 Small Group Neighbor Visits & Snacks 2:30 Smoothies & Smiles 3:30 Inspirational Quotes 6:00 Movie Night & Popcorn	<b>27</b> 9:00 Neighborhood Greetings 9:30 Music & Motion 10:15 Coffee & Morning Stretches 1:30 Connect Four 2:30 Smoothies & Smiles 3:30 Creative Coloring & Soothing Music
<b>28</b> 9:00 Neighborhood Greetings 9:30 Morning Movement 10:15 Crafts: Bead Necklace 11:00 Catholic Mass: Channel 100 1:30 Chocolate Covered Strawberries 2:30 Smoothies & Smiles 3:30 Inspirational Poems 6:00 Evening Video Movie						

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