

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:00 Sit and Stretch (MPR) 1 10:30 Name 5 1:00 Pretty Nails 1:30 Vitality IN Motion (MPR) 2:00 Afternoon Movie: Apollo 13 (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Exercise with Legacy (C) 2 10:30 Bingo 1:30 Cocktail and Crafts (C) 2:30 Finish the Lyrics 3:30 Daily Devotion 5:00 Music and Relaxation	10:00 Chair Exercises (C) 3 10:30 Phase 10/ Card Game 1:00 Chair Yoga (MR) 2:00 Afternoon Movie: Jurassic Park (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Chair Exercises (MPR) 4 10:30 Lunch Outing; The Blue Owl 1:30 Name 5 2:30 Bingo (C) 3:30 Daliy Devotion 5:30 Comedy Hour: Carol Burnett Show	10:00 Documentary and Hot Coco (P) 5 1:30 Name 5 2:00 Concert: Big Band Music 3:00 Happy Hour (C) 4:00 Comedy Hour: I Love Lucy	7:00 7:00 Virtual Mass-Channel 63 6 10:00 Meditation Time 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	
7:00 7:00 Virtual Mass-Channel 63 7 10:00 Meditation Time 11:30 Communion Service (MR) 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	10:00 Exercising To The 50's and 60's (MPR) 8 10:30 Name 5 12:30 Sock Hop and Banana Splits 1:30 Vitality IN Motion (MPR) 2:00 Afternoon Movie: Barbra The Music (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Exercise with Legacy (C) 9 10:30 Music Triva 1:00 Finish The Lyrics 2:30 Bingo (C) 3:30 Daily Devotion 5:00 Music and Relaxation	10:00 Chair Exercises To the Oldies (C) 10 10:30 Concert: Big Band Music 1:00 Chair Yoga (MR) 2:00 Afternoon Movie: The Greatest Night in Pop (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:30 Outing: The Jazz Museum (MPR) 11 1:30 Lunch Outing; Blueberry Hill 2:30 Bingo (C) 3:30 Daliy Devotion 5:30 Comedy Hour: Carol Burnett Show	10:00 Documentary ABBA Against the Odds (P) 12 1:30 Name 5 2:00 Resident Food Council 3:00 Karaoke Happy Hour (C) 4:00 Comedy Hour: I Love Lucy	7:00 7:00 Virtual Mass-Channel 63 13 10:00 Meditation Time 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	
7:00 7:00 Virtual Mass-Channel 63 14 10:00 Meditation Time 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	10:00 Sit and Stretch (MPR) 15 10:30 Name 5 1:00 Pretty Nails 1:30 Vitality IN Motion (MPR) 2:00 Afternoon Movie: The Blues Brothers (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Exercise with Legacy (C) 16 10:30 Bingo 1:00 History Museum 2:30 Finish the Lyrics 3:30 Daily Devotion 5:00 Music and Relaxation	10:00 Chair Exercises (C) 17 10:30 Phase 10/ Card Game 1:00 Chair Yoga (MR) 2:00 Afternoon Movie: Benji (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Chair Exercises (MPR) 18 1:30 Name 5 2:30 Bingo (C) 3:30 Daliy Devotion 5:30 Comedy Hour: Carol Burnett Show	10:00 Documentary and Hot Coco (P) 19 1:30 Name 5 3:00 Happy Hour (C) 4:00 Comedy Hour: I Love Lucy 6:00 Concert: Frank Sinatra	7:00 7:00 Virtual Mass-Channel 63 20 10:00 Meditation Time 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	
7:00 7:00 Virtual Mass-Channel 63 21 10:00 Meditation Time 11:30 Communion Service (MR) 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	10:00 Sit and Stretch (MPR) 22 10:30 Name 5 1:00 Pretty Nails 1:30 Vitality IN Motion (MPR) 2:00 Afternoon Movie: The Abyss (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Exercise with Legacy (C) 23 10:30 Bingo 1:30 The Jewell Box 2:30 Finish the Lyrics 3:30 Daily Devotion 5:00 Music and Relaxation	10:00 Chair Exercises (C) 24 10:30 Phase 10/ Card Game 1:00 Chair Yoga (MR) 2:00 Afternoon Movie Exterritorial (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Chair Exercises (MPR) 25 12:30 Schnucks 1:30 Name 5 2:30 Bingo (C) 3:30 Daliy Devotion 5:30 Comedy Hour: Carol Burnett Show	10:00 Documentary and Hot Coco (P) 26 1:00 Resident Council Meeting (CR) 2:00 Concert: Temptations 3:00 Happy Hour (C) 4:00 Comedy Hour: I Love Lucy	7:00 7:00 Virtual Mass-Channel 63 27 10:00 Meditation Time 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	
7:00 7:00 Virtual Mass-Channel 63 28 10:00 Meditation Time 1:00 Yahtzee 6:00 Evening Movie: Resident's Choice (C)	10:00 Sit and Stretch (MPR) 29 10:30 Name 5 1:00 Pretty Nails 1:30 Vitality IN Motion (MPR) 2:00 Afternoon Movie (T) 4:00 Music and Relaxation on Patio- Weather Permitting (P)	10:00 Exercise with Legacy (C) 30 10:30 Bingo 1:00 Cocktails and Crafts 2:30 Finish the Lyrics 3:30 Daily Devotion 5:00 Music and Relaxation	September 2025 Stlouis Hills Assisted Living and Memory Care			Activity Types September 7th -13th National Assisted Living Week Locations Assisted Living Happy Birthday! Christopher Limber 9-2-53 Steve Njemanze 9-7- 48 Alberta Sweet 9-7- 47 Christian Peper 9 -12- 41 Jean Even 9 -21- 47 Nordys Moore 9 -18 -53 Diane Schrappen 9 -2-55 Russell Riggins 9 - 30 -28 John Thompson 9 - 30 - 45	