

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Doctor Day</b> ***** <b>Mercy, St. Lukes, MO Baptist and DePaul Areas</b> 5, 6, 12, 13 ***** <b>St. Charles, St. Peters, O'Fallon, LSL and Wentzville Areas</b> ***** 5, 6, 12, 13, 19, 20, 26, 27 ***** <b>Signup by NOON on FRIDAY for Transportation. Call Suzie 636-939-5223</b>	<b>CENTRAL BANK OPEN WEDNESDAYS 10:00 - 12:00</b> ***** <b>For Voice Message of Daily Activities Call 720-0351</b> ***** <b>Activities are subject to change Watch Channel 900 or the Digital Screens for any change</b>	<b>ROOM KEY</b> CCCS - Care Center Coffee Shop CH - Chapel/Community Room HL - Hearth Lobby IDR - Independent Dining Room IL - Independent Lobby LsR - Lifestyles Room MR - Media Room MPR - Multi-Purpose Room MPR Jr. - Multi-Purpose Room Junior P - Pool	PDR - Private Dining Room	8:30 Balance Class (LsR) 9:15 Arthritis Class (LsR) 10:00 Thera-Band Class (LsR) 10:00 Pere Marquette Chicken Lunch & Drive (Pere Marquette State Park) 10:30 Hydro Healing Class (P) 2:00 All Saints Day Service (CH) 2:00 Christmas Card Making with Jan (MPR Jr.) 2:00 Bingo for \$ (MPR) 3:30 Activity Committee Meeting (MPR) 6:30 Movie Night (MR)	1 9:00 Tammy Thyme (IDR) 9:00 Aqua-cise (P) 9:30 Catholic Communion (CH) 9:45 Mid Rivers Mall & Costco 10:00 Water Volleyball (P) 1:30 Balance Class (LsR) 2:00 Book Club (MPR)	2 2:00 Bingo for \$ (MPR) 2:15 Gateway Spotlight Chorus "Sentimental Journey" (Maryland Heights Community Center)
<b>Daylight Saving Time ends</b> 7:40 Sign Up for Local Church Services (IL) 3:00 Sunday Worship Service (CH)	4 9:00 Aqua-cise (P) 9:30 Walmart & Aldi 9:30 Coloring Club (MPR) 10:30 Shuffleboard & Billiards (MPR) 1:00 Great Courses: Dead Sea Scrolls (MR) 2:30 Stretch & Strength Class (LsR) <b>3:30 Raising of the Veteran's Memorial Tree (HL)</b> 3:45 Happy Hour (MPR)	5 <b>Election Day Buses for Voting leave at 8 &amp; 9</b> 8:30 Balance Class (LsR) 9:15 Arthritis Class (LsR) 10:00 Walgreens 10:00 Thera-Band Class (LsR) 10:00 Bible Study with Pastor Dave (MR) 10:30 Hydro Healing Class (P) 12:15 Movie Club 1:00 Water Color Painting Class (LsR) 1:15 Memory Class (MPR) 1:30 The Rosary (CH) 2:00 Christmas Card Making with Jan (MPR Jr.) 2:30 Breeze Park Choir (MPR) 3:00 World War I Presentation (CH) 6:30 Movie Night (MR)	6 <b>8:30,9,10: Dierbergs, Schnucks, &amp; Target</b> 9:00 Water Volleyball (P) 10:30 Aqua-cise (P) 1:00 Vitality Ballet (LsR) 1:30 Fresh Thyme 1:30 Bible Study (CCCS) 2:00 Ping Pong (MPR) 2:30 Stretch & Strength Class (LsR) 6:30 Trivia with Gwen (MPR)	7 8:30 Balance Class (LsR) 9:00 Tour: World War I Museum (Jefferson Barracks) 9:15 Arthritis Class (LsR) 9:30 Open Shuttle (IL) 10:00 Thera-Band Class (LsR) 10:00 Home Shopping: Gifts & More (HL) 10:30 Hydro Healing Class (P) 2:00 Christmas Card Making with Jan: CANCELED!! Will be Rescheduled (MPR Jr.) 2:00 Bingo for \$ (MPR) 6:30 Movie Night (MR)	8 9:00 Aqua-cise (P) 9:30 Catholic Communion (CH) 9:30 Christian Women in Mission (MPR) 10:00 Water Volleyball (P) 1:30 Executive Committee Meeting (PDR) 1:30 Balance Class (LsR) 3:00 St. Louis Strutters (CH)	9 9:00 Coffee Klatch (MPR) 2:00 Bingo for \$ (MPR)
<b>Veterans Day</b> 7:40 Sign Up for Local Church Services (IL) 1:30 Annie: The Musical (Act Two Theatre) 3:00 Sunday Worship Service (CH) 3:45 Veteran's Day Service (CH)	11 8:00 Veteran's Day Program (Fort Zumwalt South High School) 9:00 Aqua-cise (P) 9:30 Walgreens & Aldi 9:30 Coloring Club (MPR) 10:30 Shuffleboard & Billiards (MPR) 1:00 Great Courses: Dead Sea Scrolls (MR) 2:30 Stretch & Strength Class (LsR) 3:15 Hymn Sing (CH)	12 8:30 Balance Class (LsR) 9:15 Arthritis Class (LsR) 10:00 Thera-Band Class (LsR) 10:00 Bible Study with Pastor Dave (MR) 10:30 Hydro Healing Class (P) 1:00 Water Color Painting Class (LsR) 1:15 Memory Class (MPR) 1:30 Catholic Mass (CH) 2:00 Card Making with Jan (MPR Jr.) 2:00 Christmas Card Making with Jan (MPR Jr.) 2:30 Breeze Park Choir (MPR) 3:00 Musical Entertainment: George Hinds (CH) 6:30 Movie Night (MR)	13 <b>8:30,9,10: Dierbergs, Schnucks, &amp; Target</b> 9:00 Aqua-cise (P) 10:00 Water Volleyball (P) 1:00 Vitality Ballet (LsR) 1:30 Blood Pressure Clinic (PDR) 1:30 Bank, Library, & Post Office 2:00 Ping Pong (MPR) 2:30 Stretch & Strength Class (LsR) 6:30 Musical Entertainment: Gateway Spotlight Chorus (CH)	14 8:30 Balance Class (LsR) 9:15 Arthritis Class (LsR) 9:30 Shopping - Canceled due to Weather (West County Mall) 10:00 Thera-Band Class (LsR) 10:30 Hydro Healing Class (P) 1:00 Manan Hearing Clinic (HL) 1:00 Dinner Out: Spiro's (2275 Bluestone Dr, St Charles, MO 63303) 2:00 Christmas Card Making with Jan (MPR Jr.) 2:00 Bingo for \$ (MPR) 6:30 Movie Night (MR)	15 9:00 Aqua-cise (P) 9:00 Flu Shot Clinic (AL Clinic) 9:30 Catholic Communion (CH) 10:00 Water Volleyball (P) 1:30 Balance Class (LsR) 2:00 Coloring Club (MPR)	16 2:00 Bingo for \$ (MPR)
7:40 Sign Up for Local Church Services (IL) 12:30 Sunday Afternoon Matinee (MR) 3:00 Worship - Communion Service (CH)	18 9:00 Aqua-cise (P) 9:30 Walmart & Aldi 9:30 Coloring Club (MPR) 10:30 Shuffleboard & Billiards (MPR) 1:00 Great Courses: Dead Sea Scrolls (MR) 2:30 Stretch & Strength Class (LsR) 3:45 Happy Hour (MPR) 6:30 Musical Entertainment: Frances Howell North Jazz Band (CH)	19 8:30 Balance Class (LsR) 9:15 Arthritis Class (LsR) 10:00 Thera-Band Class (LsR) 10:00 Bible Study with Pastor Dave (MR) 10:30 Hydro Healing Class (P) 1:00 Water Color Painting Class (LsR) 1:15 Memory Class (MPR) 1:30 The Rosary (CH) 2:00 Card Making with Jan (MPR Jr.) 2:30 Breeze Park Choir (MPR) 3:00 Parkinson's Support Group (MPR) 6:30 Movie Night (MR)	20 <b>8:30,9,10: Dierbergs, Schnucks, &amp; Target</b> 9:00 Aqua-cise (P) 10:00 Water Volleyball (P) 1:00 Vitality Ballet (LsR) 1:30 Fresh Thyme 1:30 Bible Study (CCCS) 2:00 Ping Pong (MPR) 2:00 Thanksgiving Eve Service (CH) 2:30 Stretch & Strength Class (LsR) 6:30 Trivia with Gwen (MPR)	21 <b>Thanksgiving Day</b>	22 9:30 Catholic Communion (CH)	23 2:00 Bingo for \$ (MPR)
7:40 Sign Up for Local Church Services (IL) 3:00 Sunday Worship Service (CH)	25 9:00 Aqua-cise (P) 9:30 Walgreens & Aldi 9:30 Coloring Club (MPR) 10:30 Shuffleboard & Billiards (MPR) 1:00 Great Courses: Dead Sea Scrolls (MR) 2:30 Stretch & Strength Class (LsR) 3:15 Hymn Sing (CH)	26 8:30 Balance Class (LsR) 9:15 Arthritis Class (LsR) 10:00 Thera-Band Class (LsR) 10:00 Bible Study with Pastor Dave (MR) 10:30 Hydro Healing Class (P) <b>11:00 Library Stop (HL)</b> 1:00 Water Color Painting Class (LsR) 1:30 The Rosary (CH) 2:30 Breeze Park Choir (MPR) 6:30 Movie Night (MR)	27 <b>8:30,9,10: Dierbergs, Schnucks, &amp; Target</b> 9:00 Aqua-cise (P) 10:00 Water Volleyball (P) 1:00 Vitality Ballet (LsR) 1:30 Bank, Library, & Post Office 2:00 Ping Pong (MPR) 2:00 Travel Club Meeting (CH) 2:30 Stretch & Strength Class (LsR) 3:30 Dinner & Wild Lights at the Zoo (St. Louis Zoo)	28 8:30 Balance Class (LsR) 9:15 Arthritis Class (LsR) 10:00 Thera-Band Class (LsR) 10:30 Hydro Healing Class (P) 10:30 Lunch Out: Table Three (16765 Main Street - Wildwood, MO 63040) 2:00 Bingo for \$ (MPR) 3:00 Musical Entertainment: Fun X 2 (CH) 6:30 Movie Night (MR)	29 9:00 Aqua-cise (P) 9:30 Catholic Communion (CH) 10:00 Water Volleyball (P) 1:00 Planned Giving Presentation (MPR) 1:30 Balance Class (LsR)	30