

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>★Be Active</p> <p>★Entertained</p> <p>★Spiritual</p> <p>★ Connected</p> <p>★ Nature</p> <p>★Be Creative</p> <p>January 2019</p> <p>Naomi House</p> <p>"Vitality Enrichment"</p>		<p>Happy New Year!</p> <p>Solemnity of Mary Holy Day of Obligation</p> <p>New Year's Day</p>	<p>★9:30 Senior Fitness AR1</p> <p>10:00 Shop Kohls.</p> <p>★1:30 Balance Class AR1</p> <p>★3:00 Bingo AR1</p> <p>★6:30 Movie Night /Channel 7 Ladder 49</p>	<p>★9:30 Chair Yoga w/ Carol AR1</p> <p>9:30 Shop Dollar Tree</p> <p>★1:30 Belles of Sarah AR1</p> <p>★2:00 Mats for the Homeless VH 2nd Floor Media rm.</p> <p>3:00 Sr. Carmela Presents Her trip to El Paso to work with Migrants. NH 3rd Floor Media Room</p> <p>Happy Birthday Anna Mcintyre</p>	<p>★9:30 Music & Motion w/ Sherry AR1</p> <p>12-4:00 Adoration -C</p> <p>★1:30 Bookmobile -L</p> <p>★2:00 Bingo AR1</p>	<p>10:30 Rosary</p> <p>11:00 Mass</p>
<p>10:30 Rosary</p> <p>11:00 Mass</p> <p>★2:00 Bingo (Pay as You Go) NMR</p>	<p>★9:30 Cardio AR1</p> <p>1:00 Shop Aldi's</p> <p>★12:45 Gym Equipment Instructions Fitness Rm</p> <p>★1:30 Senior Fitness Naomi Fitness Rm</p> <p>★1:30 Philosophical Café AR 1</p> <p>★2:00 Ceramics w/ Mary AR2</p>	<p>★930 Vitality Ballet Exercise Movements AR1</p> <p>10:00 Shop Walmart</p> <p>★1:30 Food Committee NH D.R.</p> <p>★2:00 Mats for the Homeless VH 2nd floor media rm.</p> <p>★2:00 Bingo AR1</p> <p>3-4:00 Intro to Journaling w/Rev Victoria NMR</p> <p>Happy Birthday Carolyn Trosky</p>	<p>★9:30 Senior Fitness AR1</p> <p>10:30 Visit the Art Museum</p> <p>★1:30 Balance Class AR1</p> <p>★3:00 Bingo AR1</p> <p>★6:30 Movie /Channel 7 Follow the River</p> <p>Happy Birthday Sr. Virginia Pellowski</p>	<p>★9:30 Chair Yoga w/ Carol AR1</p> <p>11:00 Brunch at First Watch Reserve for maryb</p> <p>10-11:00am AR2</p> <p>★2:00 Mats for the Homeless VH 2nd floor media rm.</p> <p>★2:00 World Bird Sanctuary -Meet and Learn All about Eagles. AR1 731</p> <p>Happy Birthday Betty Ritter</p>	<p>★9:30 Music & Motion w/ Sherry AR1</p> <p>★1:30 Bookmobile -L</p> <p>★2:00 Art Experience w/ Carla AR2</p> <p>2:00 Movie Channel 7 Mr. Poppers Penguins</p> <p>3:00 "Out & About" Organizational Meeting w/ Rev. Victoria NMR</p>	<p>10:30 Rosary</p> <p>11:00 Mass</p> <p>★1:30 Video & Discussion w/ Marlene - The Big Burn: True Story of 1910 wildfire in Rocky Mts AR1</p>
<p>10:30 Rosary</p> <p>11:00 Mass</p> <p>★2:00 Bingo (Pay as You Go) NMR</p>	<p>★9:30 Cardio AR1</p> <p>9:30 Schnucks</p> <p>★1:30 Senior Fitness Naomi Fitness Rm</p> <p>★2:00 Crafts w/ Jean AR2</p> <p>3:15 Happy Hour NL</p>	<p>9:00 Tony's Donuts AR2</p> <p>9:30 Walgreens</p> <p>★930 Vitality Ballet Exercise Movements AR1</p> <p>2:00 Mats for the Homeless ★VH 2nd floor media rm.</p> <p>★2:00 Bingo AR1</p> <p>3:00 Bible Study AR2</p>	<p>★9:30 Senior Fitness AR1</p> <p>10:00 Tour The American Parkinson Association Mo..</p> <p>1:00 AM Vets Meeting Post 122-AR2</p> <p>★1:30 Balance Class AR1</p> <p>★3:00 Bingo AR1</p> <p>3-4:00 Intro to Journaling w/Rev Victoria & Sr. Elaine NMR</p> <p>6:30 Movie/Channel 7 Love Comes Softly</p>	<p>★9:30 Chair Yoga w/ Carol AR1</p> <p>9:30 Dollar Tree</p> <p>★2:00 Mats for the Homeless VH 2nd floor media rm.</p> <p>3:00 Contemplative Prayer NH 2nd floor back LR</p> <p>7:00 Founder's Day Celebration Chapel</p>	<p>9:00 STL Symphony Coffee Concert Beethoven and Schumann</p> <p>★9:30 Donuts w/The Director NL</p> <p>★9:30 Music & Motion w/ Sherry AR1</p> <p>10-10:45 Confession -C</p> <p>★1:30 Bookmobile -L</p> <p>★2:00 Happy Hour w/ Bill Mason & The Mound City Band AR1 &2</p> <p>Happy Birthday Sr. Sarah Sykes</p>	<p>10:30 Rosary</p> <p>11:00 Mass</p>
<p>10:30 Rosary</p> <p>11:00 Mass</p> <p>★2:00 Bingo (Pay as You Go) NMR</p> <p>Happy Birthday Susan McKee</p>	<p>★9:30 Cardio AR1</p> <p>9:30 Save-a-Lot</p> <p>★1:30 Senior Fitness Naomi Fitness Rm</p> <p>★12:30 Book Club VH 2nd fl media Rm</p> <p>★1:30 Belles of Sarah AR1</p> <p>2:00 Peace Pole Prayer -C</p> <p>3:00 Bingo AR1</p> <p>Happy Birthday Bill Mason</p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>★930 Vitality Ballet Exercise Movements AR1</p> <p>9:30 Shop Walmart</p> <p>★2:00 Mats for the Homeless VH 2nd floor media rm.</p> <p>★2:00 Bingo AR1</p> <p>3:30 Parkinson's Support Group w/ Speech Therapist Erica from the Sarah Community. AR2</p>	<p>★9:30 Senior Fitness AR1</p> <p>1:30 Balance Class AR1</p> <p>★2:00 Community Birthday Party w/ Entertainment By Bryan Foggs AR2</p> <p>Happy Birthday Shirley Beuhrig & Monica Koch</p>	<p>★9:30 Chair Yoga w/ Carol AR1</p> <p>10:00 Lunch at Pere Marquette & Visitor Center Cash Only for Lunch</p> <p>★2:00 Mats for the Homeless VH 2nd floor media rm.</p> <p>★2:00 Ceramics w/ Mary AR2</p> <p>3:00 Travel Time w/ Jean AR1</p>	<p>★9:30 Music & Motion w/ Sherry AR1</p> <p>10-10:45 Confession-C</p> <p>★1:30 Bookmobile -L</p> <p>2:00 Movie & Refreshments "River's End" AR1</p> <p>Happy Birthday Sr. Patricia Bachman & Mardie Crowe</p>	<p>10:30 Rosary</p> <p>11:00 Mass</p> <p>★1:30 Video & Discussion w/ Marlene -Boston Pops Concerts of Broadway's Best AR1</p>
<p>10:30 Rosary</p> <p>11:00 Mass</p> <p>★2:00 Bingo (Pay as You Go) NMR</p> <p>Happy Birthday Sr. Helene Melides</p>	<p>★9:30 Cardio AR1</p> <p>9:30 Dierbergs</p> <p>12:30 Post Office</p> <p>★12:45 Gym Equipment Instructions Fitness Rm</p> <p>★1:30 Senior Fitness Naomi Fitness Rm</p> <p>★2:30 Town Hall Meeting AR1</p> <p>Australia Day (observed)</p>	<p>★930 Vitality Ballet Exercise Movements AR1</p> <p>★2:00 Mats for the Homeless VH 2nd floor media rm.</p> <p>★2:00 Bingo AR1</p> <p>3:00 Bible Study w/Fr. Pio AR2</p>	<p>9:00 Waffle Wednesdays AR2</p> <p>★9:30 Senior Fitness AR1</p> <p>10:00 Shop Goodwill Ofallon Mo.</p> <p>3:00 Bingo AR1</p> <p>3-4:00 Intro to Journaling w/Rev Victoria NMR</p> <p>★6:30 Movie/Channel 7 Fire in the Dark.</p> <p>Happy Birthday Lydia Molina</p>	<p>★9:30 Chair Yoga w/ Carol AR1</p> <p>★12:00 January Birthday Lunch w/ Lee's Chicken & Games & Prizes AR2</p> <p>2:00 Mats for the Homeless VH2nd floor media rm.</p> <p>★2:00 AM Vets Women's Auxiliary AR2</p> <p>3:00 Ecumenical Worship w/ Rev. Victoria AR1</p>	<p>Rosary & Mass Daily in the Chapel</p> <p>Rosary-10:30am</p> <p>Mass-11:00 am</p>	