

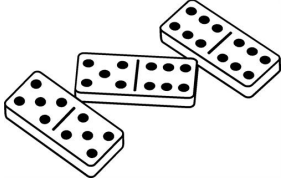

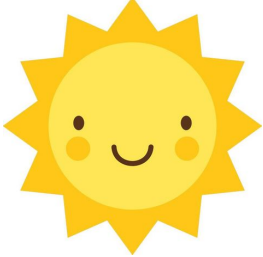




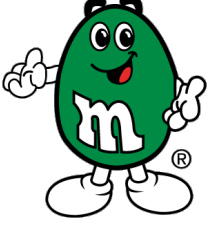



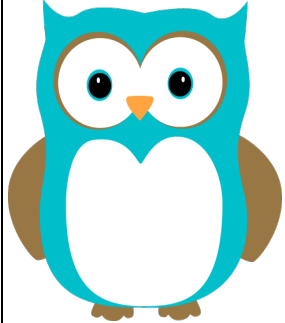
January – 2020 –Nice & Paris- Calendar for Parc Provence

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|--|
| <p>Please sign-up: Beautician- M-F Manicurist- Each Thursday and Friday</p> <p>Massage Therapy Mon-Wed-Fri</p> <p>All Outings RSVP (314) 453-7372 ehoing@ parcprovence.com</p> <p><i>Calendars Subject to Change</i></p> | <p>Activity Codes Building Wide Event Household Activities Nice & Paris Combined Activities</p> <p>Activities of Daily Living & Spontaneous Activities occur throughout the day</p> <p>All activities are based on activity interests</p>  | <p>Music & Art individuals sessions</p> <p>Room Locations AR - Promenade Activity Room S - Sun Room G - Garden/ Outside FR - Family Room B - Bistro K- Kitchen D - Dining Room C - Chapel H - Horticulture Room L - Library P - Promenade BR - Billiards Room RG - Rose Garden LV - Lake View Household WC - Windchime Household PV - Park View Household SD - Sundial Household LB - Lakeview Bistro</p> | <p>1 New Year's Day 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Billiards Club - BR 10:45 Resolution Mining – AR 11:10 Piggy Banker -AR 1:45 Music Session – P 2:15 Who Am I?-AR 2:45 Painting New Years-AR 3:15 Happy Hour-B 6:00 Music Sing a Long – WC 6:15 Resident Choice - SD/PV-HH 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  | <p>2 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 My Favorite Wintertime Things AR 11:10 Golden Girls Club-AR 11:10 Good Ole' Boys Club- L 1:45 Music Session – P 2:15 Volunteering For Our Vets-AR 2:45 Reminisce Ball Toss – AR 3:15 Happy Hour-B 6:00 Music Session – LV 6:15 Friendship Social—SD 6:15 Walk, Stretch, & Chat- PV 6:15 Fireside Chat- WC 7:00 Evening Movie –FR</p> | <p>3 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Dominoes – AR 11:10 January Trivia-AR 11:15 Advanced Exercise with Charlie- B 1:45 Music Session- P 2:15 Outdoor Games-B 2:45 Tangrams-B 2:45 Jewish Service –C 3:15 Happy Hour –B 6:15 Walk, Stretch & Chat-SD 6:15 Resident Choice--PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  | <p>4 9:45 Current Events- AR 10:15 Exercise-AR 10:45 Match Up the Famous Duo's – AR 11:10 Apples to Apples - AR 1:45 Name that Tune – AR 2:15 Remembering the Wonders of Winter –AR 2:45 Basketball Contest - AR 3:15 Happy Hour-B 6:15 Friendship Social – SD 6:15 Coffee Talk: Reminisce Magazine– PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> |
| <p>5 9:30 Catholic Service-Live Stream – C 9:45 Current Events – AR 10:15 Exercise - AR 10:45 Deep in the Heart of Texas-AR 11:10 Mad Libs -AR 1:45 Music Session -AR 1:45 Chapel Service with Pastor Jeanne -C 2:15 Penny Ante - AR 2:45 Winter Colors-AR 2:45 Resident Choir - L 3:15 Happy Hour-B 6:15 Trivia - SD 6:15 Walk, Stretch & Chat- PV 6:15 Fireside Chat -WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>6 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Rosary-C 10:45 Missouri Botanical Gardens Presentation - AR 1:45 Music Session –P 2:15 Music and Movement with Vitality Ballet – AR 2:45 Image Improv– AR 3:15 Happy Hour-B 6:15 Coffee Talk: Reminisce Magazine -SD 6:15 Trivia - PV 6:15 Fireside Chat -WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>7 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 Chinese New Year Animal-AR 11:10 Chair Yoga with Janet – B 11:10 Go Fish!--AR 1:45 Music Session– P 2:00 Catholic Service-C 2:15 The Flavor of Coke –AR 2:45 Tissue Colors of Coke - AR 3:15 Happy Hour-B 6:15 Friendship Social-SD 6:15 Resident Choice-PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>8 9:30 Chimes with Troy Jones - AR 9:45 Current Events- B 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Billiards Club - BR 10:45 Finish The Lyrics-AR 11:10 Soupy Day- AR 1:45 Music Session –P 2:15 What Did it Cost? -AR 2:40 Succulent Watercolor - AR 3:15 Happy Hour-B 6:00 Music Session – WC 6:15 Resident Choice - SD/PV-HH 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  | <p>9 9:45 Current Events- AR 10:00 Creative Expressions- HR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 My Favorite Things Winter Edition -AR 11:10 Golden Girls Club-AR 11:10 Good Ole' Boys Club- L 12:00 In House Picnic Lunch Outing (RSVP) 1:45 Music Session–P 2:15 Making Energy Balls- AR 2:45 Connect 4-AR 3:15 Happy Hour-B 6:00 Music Session – LV 6:15 Friendship Social—SD 6:15 Walk, Stretch, & Chat- PV 6:15 Fireside Chat- WC 7:00 Evening Movie –FR</p> | <p>10 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Chinese New Year Trivia-AR 11:10 Volleyball- AR 11:15 Advanced Exercise with Charlie- B 1:45 Music Session- P 2:15 Bowling League-P 2:45 Five-Clue What Is It?-B 2:45 Jewish Service –C 3:15 Happy Hour-B 6:15 Walk, Stretch & Chat-SD 6:15 Resident Choice--PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>11 9:45 Current Events- AR 10:15 Exercise-AR 10:45 Common Sayings – AR 11:10 Piggy Bankers – AR 1:45 Music Session –P 2:15 Sports Trivia-AR 2:45 Corn Hole- AR 3:15 Happy Hour-B 6:15 Friendship Social – SD 6:15 Coffee Talk: Reminisce Magazine– PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  |

January – 2020 –Nice & Paris - Calendar for Parc Provence

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|--|
| <p>12 9:30 Catholic Service-Live Stream – C 9:45 Current Events - AR 10:15 Exercise - AR 10:45 Art History -AR 11:10 Conversation Cards-AR 1:45 Music Session - AR 1:45 Chapel Service with Pastor Jeanne -C 2:15 Travel Memories -AR 2:45 Hangman –AR 2:45 Resident Choir - L 3:15 Happy Hour-B 6:15 Trivia - SD 6:15 Walk, Stretch & Chat - PV 6:15 Fireside Chat -WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>13 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:40 Applebee's Lunch Outing (RSVP) 10:45 Rosary-C 10:45 Baking Brownies-AR 11:00 Keep It Local-AR 1:45 Music Session –P 2:15 Dancing Through the Decades with Vitality Ballet - AR 2:45 Scattagories – AR 3:15 Happy Hour-B 6:15 Coffee Talk: Reminiscence Magazine-SD 6:15 Trivia - PV 6:15 Fireside Chat -WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>14 9:45 Resident Council AR 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 Social Dancing-B 11:10 Chair Yoga with Janet – B 11:10 Modern English Trivia -AR 1:45 Music Session –P 2:15 Cereal Bingo-B 3:15 Happy Hour-B 6:15 Friendship Social-SD 6:15 Resident Choice-PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  | <p>15 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-P 10:45 St. Louis Zoo presents "Feathers and Furs" - B 1:45 Music Session –P 2:15 Basketball Contest-AR 2:40 Birds and Balloons Watercolor Painting-AR 3:15 Happy Hour-B 6:00 Music Session – WC 6:15 Resident Choice - SD/PV-HH 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>16 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 My Favorite Things On The Farm-AR 11:10 Golden Girls Club-AR 11:10 Good Ole' Boys Club-L 12:00 In House Pasta House Lunch Outing (RSVP) 1:45 Music Session –P 2:15 A Taste of Asian Cuisine-AR 2:45 Target Toss – AR 3:15 Happy Hour-B 6:00 Music Session – LV 6:15 Friendship Social—SD 6:15 Walk, Stretch, & Chat-PV 6:15 Fireside Chat- WC 7:00 Evening Movie –FR</p>  | <p>17 9:45 Creative Expressions-HR 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Horseraces-AR 11:10 Missouri History –AR 11:15 Advanced Exercise with Charlie- B 1:45 Music Session- P 2:15 Corn Hole-P 2:45 Paper Scrap Portrait -B 2:45 Jewish Service with Cantor Howard –C 3:15 Happy Hour-B 6:15 Walk, Stretch & Chat-SD 6:15 Resident Choice--PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>18 9:45 Current Events- AR 10:15 Exercise-AR 10:45 Basketball-AR 11:10 M & M Game –AR 1:45 Music Session –P 2:15 Jeopardy-P 2:45 Star of the Month-P 3:15 Happy Hour-B 6:15 Friendship Social – SD 6:15 Coffee Talk: Reminiscence Magazine– PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> |
| <p>19 9:30 Catholic Service-Live Stream – C 9:45 Current Events - AR 10:15 Exercise - AR 10:45 Reminiscence Magazine - AR 11:10 Golf Club -AR 1:45 Music Session - AR 1:45 Chapel Service with Pastor Jeanne -C 2:15 Hangman-AR 2:45 January Foods – AR 2:45 Resident Choir - L 3:15 Happy Hour-B 6:15 Trivia - SD 6:15 Walk, Stretch & Chat - PV 6:15 Fireside Chat -WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  | <p>20 Martin Luther King Jr. Day 9:45 Lone Elk Park Scenic Drive Outing (RSVP) 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Rosary-C 10:45 Quick Note About Quick Breads-AR 11:10 Letter from Birmingham Jail - AR 1:45 Music Session –AR 2:15 Senior Ballet with Vitality Ballet - AR 2:45 Game Show Fun-AR 3:15 Happy Hour-B 6:15 Coffee Talk: Reminiscence Magazine-SD 6:15 Trivia - PV 6:15 Fireside Chat -WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>21 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 Conversation Cards-AR 11:10 Chair Yoga with Janet– B 11:10 Humor Club –AR 1:45 Music Session – P 2:15 Pretzel Stick Structures-AR 3:15 Happy Hour-B 6:15 Friendship Social-SD 6:15 Resident Choice-PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>22 9:30 Chimes with Troy Jones - AR 9:45 Current Events- B 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Veteran's Club - L 10:45 Travel Memories – AR 11:10 Food For Eye Health – AR 1:45 Music Session – AR 2:15 Name 10-AR 2:45 Watercolor Painting- AR 3:15 Happy Hour-B 6:00 Music Session – WC 6:15 Resident Choice - SD/PV-HH 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  | <p>23 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 Learning About Antarctica-AR 11:10 Golden Girls Club-AR 11:10 Good Ole' Boys Club-L 12:00 In House White Castle Lunch Outing (RSVP) 1:45 Music Session – P 2:30 Cinema Hour - HH 3:15 Happy Hour-B 6:00 Music Session – LV 6:15 Friendship Social—SD 6:15 Walk, Stretch, & Chat-PV 6:15 Fireside Chat- WC 7:00 Evening Movie –FR</p> | <p>24 9:45 Creative Expressions-HR 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Domino Tricks – AR 11:10 Brainteasers-AR 11:15 Advanced Exercise with Charlie- B 1:45 Music Session- P 2:15 Bowling League-P 2:45 Occupation Memories-B 2:45 Jewish Service with Cantor Howard–C 3:15 Happy Hour –B 6:15 Walk, Stretch & Chat-SD 6:15 Resident Choice–PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p> | <p>25 9:45 Current Events- AR 10:15 Exercise-AR 10:45 Match Up the Famous Duos-AR 11:10 Horseraces - AR 1:45 Music Session – P 2:15 Lawn Darts – AR 2:45 Classic 50's Candies AR 3:15 Happy Hour-B 6:15 Friendship Social – SD 6:15 Coffee Talk: Reminiscence Magazine– PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR</p>  |

January – 2020 –Nice & Paris- Calendar for Parc Provence

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|---|
| 26 9:30 Catholic Service-Live Stream – C 9:45 Current Events - AR 10:15 Exercise - AR 10:45 A Moss by Any Other Name -AR 11:10 Lawn Darts-AR 1:45 Chapel Service with Pastor Jeanne - C 2:45 Hangman –AR 3:15 Happy Hour-B 6:15 Trivia - SD 6:15 Walk, Stretch & Chat - PV 6:15 Fireside Chat -WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR | 27 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Rosary-C 10:45 Dr. Pepper Pudding Cake-AR 11:10 Animal Society-AR 1:30 Cinema Hour - HH 2:45 Chair Line Dancing with Vitality Ballet - AR 3:15 Happy Hour-B 6:15 Coffee Talk: Reminiscence Magazine -SD 6:15 Trivia - PV 6:15 Fireside Chat –WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR  | 28 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Walking Club 10:45 Missing Vowels-AR 11:10 Chair Yoga with Janet – B 11:10 Trivia– AR 1:45 Music Session –P 2:15 20’s Style Bingo-B 3:15 Happy Hour-B 6:15 Friendship Social-SD 6:15 Resident Choice-PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR | 29 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Entertainment by John Scott - B 1:45 Music Session – P 2:15 Who Am I?-AR 2:45 Sleeping Beauty Watercolor Painting-AR 3:15 Happy Hour-B 6:00 Music Session – WC 6:15 Resident Choice - SD/PV-HH 6:15 Fireside Chat -LV 7:00 Evening Movie –FR | 30 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 11:00 Music Jam – B 1:45 Music Experience – P 2:15 Volunteer Memories-P 2:45 Reminiscence Ball Toss – B 3:15 Happy Hour-B 6:00 Music Session – LV 6:15 Friendship Social—SD 6:15 Walk, Stretch, & Chat-PV 6:15 Fireside Chat- WC 7:00 Evening Movie –FR | 31 9:45 Creative Expressions-HR 9:45 Current Events- AR 10:15 Advanced Exercise-P 10:15 Chair Exercise-AR 10:45 Conversation Cards – AR 11:10 January Trivia-AR 11:15 Advanced Exercise with Charlie- B 1:45 Music Session- P 2:15 Outdoor Games-B 2:45 What Am I?-B 2:45 Jewish Service –C 3:15 Happy Hour –B 6:15 Walk, Stretch & Chat-SD 6:15 Resident Choice--PV 6:15 Fireside Chat-WC 6:15 Fireside Chat -LV 7:00 Evening Movie –FR |  |