



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
11:15 Catholic Mass, <i>CH</i> 2:00 Video: <i>HRL</i> <i>Winter & Christmas in the National Parks</i>	8:00 Wellness Clinic Day, <i>WC</i> 9:30 Body Alignment, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:15 Rhythm Band Trip to Cedar Trails, <i>FEL</i> 2:00 Parkinson's Class, <i>DLDR</i> 2:30 Bingo, <i>HRL</i> 4:15 Mother of Perpetual Help, <i>CH</i> 6:30 Bridge, <i>HRL</i>	9:00 Tree Trimming Coffee Social, <i>HRL</i> 9:00 Weekly Shopping Trip, <i>FEL</i> 10:00 Shaker Exercise, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Chair Volleyball, <i>HRL</i> 2:00 St. Paul's Harp Choir, <i>CH</i> 6:30 Phase 10, <i>HRL</i>	9:00 Alterations, <i>HRL</i> 10:00 Chair Yoga, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 On Your Own Trip to Shrine Tree Room, <i>FEL</i> 1:00 Walking Club, <i>CR</i> 2:30 Gift Wrapping Service Project!, <i>HRL</i> 7:00 Belleville Community Band, <i>MDR</i>	9:00 Assisted Shopping, <i>FEL</i> 10:00 Balance & Core, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:30 Faith Formation, <i>CAMP</i> 1:30 Protestant Service, <i>DTVL</i> 2:15 Bible Study, <i>DTVL</i> 3:00 Happy Birthday Happy Hour 6:30 Pinochle, <i>HRL</i>	9:00 Dime Store Day in Nashville, IL & Lunch, <i>FEL</i> 9:15 Chair Chi Gong, <i>SFAR</i> 10:00 Chair Volleyball, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 12:00 Eucharistic Adoration, <i>CH</i> 2:00 Benediction, <i>CH</i> 4:00 Happy Hour at The Bar!, <i>MDR</i> 6:30 Games Night, <i>HRL</i>	9:00 Tech Help with SIUE Student, <i>MDR</i> 9:30 Body Alignment Practice, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 2:00 All Community Bingo 6:30 Saturday Movie: <i>Smokey Mountain Christmas, HRL</i>	
8	9	10	11	12	13	14	
11:15 Catholic Mass, <i>CH</i> 2:00 Video: <i>HRL</i> <i>Christmas with Daniel O'Donnell</i>	9:30 Body Alignment, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Rhythm Band Practice, <i>HRL</i> 2:00 Parkinson's Class, <i>DLDR</i> 2:30 Bingo, <i>HRL</i> 4:15 Mother of Perpetual Help, <i>CH</i> 6:30 Bridge, <i>HRL</i>	9:00 Coffee Social, <i>HRL</i> 9:00 Weekly Shopping Trip, <i>FEL</i> 10:00 Shaker Exercise, <i>HRL</i> 10:30 Anointing of the Sick, <i>CH</i> 11:15 Daily Mass, <i>CH</i> 1:00 Chair Volleyball, <i>HRL</i> 2:30 Left, Center, Right Game, <i>HRL</i> 5:30 Resident Christmas Party, <i>MDR</i> 6:30 Phase 10, <i>HRL</i>	9:00 Alterations, <i>HRL</i> 10:00 Chair Yoga, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Healthy Learning Lecture:, <i>HRL</i> 1:00 Walking Club, <i>CR</i> 2:30 Beers & Wii Bowling, <i>HRL</i>	10:00 Balance & Core Exercises, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:30 Faith Formation, <i>CAMP</i> 1:30 Protestant Service, <i>DTVL</i> 2:15 Bible Study, <i>DTVL</i> 2:30 St. Matthew's Choir, <i>MDR</i> 6:00 Way of Lights Trip (6:30pm if needed), <i>FEL</i> 6:30 Pinochle, <i>HRL</i>	9:15 Chair Chi Gong, <i>SFAR</i> 10:00 Chair Volleyball, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 2:00 Andre Rieu Video: <i>Home for the Holidays, HRL</i> 6:30 Games Night, <i>HRL</i>	9:00 Tech Help with SIUE Student, <i>MDR</i> 9:30 Body Alignment Practice, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 2:00 St. Louis Strutters Perform, <i>AUD</i> 6:30 Saturday Movie: <i>Christmas with the Kranks, HRL</i>	
15	16	17	18	19	20	21	
11:15 Catholic Mass, <i>CH</i> 2:00 Video: <i>HRL</i> <i>The Nutcracker</i>	9:30 NO Body Alignment, ... 10:45 Christkindlmarkt Trip, <i>FEL</i> 11:15 Daily Mass, <i>CH</i> 2:00 Parkinson's Class, <i>DLDR</i> 2:30 Bingo, <i>HRL</i> 4:15 Mother of Perpetual Help <i>CH</i> 6:30 Bridge, <i>HRL</i>	9:00 Coffee Social, <i>HRL</i> 9:00 Weekly Shopping Trip, <i>FEL</i> 9:30 Penance Service, <i>CH</i> 10:00 Shaker Exercise, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 12:45 Rhythm Band Trip to Alhambra, <i>FEL</i> 1:00 Chair Volleyball, <i>HRL</i> 6:30 Phase 10, <i>HRL</i>	<b style="color: red;">Crazy Christmas Sweater Day! 9:00 Alterations, <i>HRL</i> 10:00 Chair Yoga, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Walking Club, <i>CR</i> 2:00 Rhythm Band Christmas Program, <i>MDR</i>	10:00 Balance & Core Exercises, <i>HRL</i> 10:30 Lunch Out to Casa Azteca, <i>FEL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Hearing Aid Clinic, <i>WC</i> 1:30 Faith Formation, <i>CAMP</i> 1:30 Protestant Service, <i>DTVL</i> 2:15 Bible Study, <i>DTVL</i> 3:00 Subjects with Stacey, <i>HRL</i> 6:30 Pinochle, <i>HRL</i>	9:15 Chair Chi Gong, <i>SFAR</i> 10:00 Chair Volleyball, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 2:00 Gift Exchange Game!, <i>HRL</i> 4:00 Happy Hour at The Bar!, <i>MDR</i> 6:30 Games Night, <i>HRL</i>	9:00 Tech Help with SIUE Student, <i>MDR</i> 9:30 Body Alignment Practice, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 2:00 Violin Music with Nathan, <i>MDR</i> 6:30 NO Saturday Movie, <i>HRL</i>	
22	23	24	25	26	27	28	
11:15 Catholic Mass, <i>CH</i> 2:00 Movie: <i>HRL</i> <i>White Christmas</i>	9:30 Body Alignment, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 2:00 All Community Carol Service, <i>MDR</i> 2:00 Parkinson's Class, <i>DLDR</i> 4:15 Mother of Perpetual Help, <i>CH</i> 6:30 Bridge, <i>HRL</i>	9:00 Coffee Social, <i>HRL</i> 9:00 Weekly Shopping Trip, <i>FEL</i> 10:00 Shaker Exercise, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Chair Volleyball, <i>HRL</i> 1:30 Protestant Christmas Service, <i>CH</i> 7:00 Christmas Eve Vigil, <i>CH</i>	 11:15 Christmas Day Mass, <i>CH</i>	10:00 Balance & Core, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:30 Faith Formation, <i>CAMP</i> 1:30 Protestant Service, <i>DTVL</i> 2:15 Bible Study, <i>DTVL</i> 2:30 Bingo, <i>HRL</i> 6:30 Pinochle, <i>HRL</i>	9:15 Chair Chi Gong, <i>SFAR</i> 11:15 Daily Mass, <i>CH</i> 2:00 Movie, <i>HRL</i> 4:00 Happy Hour at The Bar!, <i>MDR</i> 6:30 Games Night, <i>HRL</i>	9:00 Tech Help with SIUE Student, <i>MDR</i> 9:30 Body Alignment Practice, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 2:00 Bingo's Birthday Bingo with Kids' Visit, <i>AUD</i> 6:30 NO Saturday Movie, <i>HRL</i>	
29	30	31				MEETING PLACES	
11:15 Catholic Mass, <i>CH</i> 2:00 Movie: <i>HRL</i> <i>Prancer</i>	9:30 Body Alignment, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Activity Meeting, <i>HRL</i> 2:00 Parkinson's Class, <i>DLDR</i> 2:30 Bingo, <i>HRL</i> 4:15 Mother of Perpetual Help, <i>CH</i> 6:30 Bridge, <i>HRL</i>	9:00 Coffee Social, <i>HRL</i> 9:00 Weekly Shopping Trip, <i>FEL</i> 10:00 Shaker Exercise, <i>HRL</i> 11:15 Daily Mass, <i>CH</i> 1:00 Chair Volleyball, <i>HRL</i> 2:00 All Community New Year's Eve Party, <i>MDR</i> 7:00 New Year's Eve Gathering & Games, <i>HRL</i>				<i>CH</i> - Chapel <i>HRL</i> - High Rise Lounge <i>WC</i> - Wellness Center <i>FEL</i> - Front Entrance Lobby <i>DLDR</i> - Dammert Large Dining Room <i>CR</i> - Card Room <i>MDR</i> - Main Dining Room	<i>CAMP</i> - CAMP Room <i>DTVL</i> - Dammert TV Lounge <i>SFAR</i> - SF Activity Room <i>AUD</i> - Auditorium <i>WC</i> - Wellness Center