

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2019

The Willows

	<p>1 8:15-9:00-Blood Pressure Screening (Lib.) 9:00 Exercise with Treva (T) 2:00 Music & Movement (T) 3:00 St. Louis Storytelling Festival (T) 3:00 Grief Support Group (GR) 6:05 Cardinals @ Washington (FS) May Day</p>	<p>2 9:00 Aqua Aerobics with Doug (P) 9:00 Walking club with Barb (L) 10:00 Banking (Lib.) 11:00 Tai Chi (T) 1:00-Equipment Training (FC) 1:30 Personal Trainer (FC) 2:00 St. Louis Storytelling Festival (T) 3:00 Willows Chorale (T) 3:05 Cardinals @ Washington (FS)</p>	<p>3 9:00 Exercise with Treva (T) 9:15 Coffee Concert (L) 10:00 Art & Drawing (AR) 10:30 St. Louis Storytelling Festival (T) 2:00 Grocery Shopping-Dierbergs (L) 1:20-Cardinals @ Cubs (FS) 1:45 Bookmobile (G) 3:00 Weekly Rosary (GR) 3:00 Hand Chimes (CR)</p>	<p>4 10:00 Ping Pong (GR) 11:00 Apple Devices with Larry (CR) 2:00 Kentucky Derby Day Mouse Races (T) 3:05 Cardinals @ Cubs (FS/FS1) 7:00 Movie Night-(T) <i>While You Were Sleeping</i> (103 minutes, Rated-PG)</p>		
<p>5 10:00 AM-1:00 PM Sunday Brunch 1:00 Musical Moments with Nathan (G) 2:00 Piano Recital Of Jill Kirk and Treva Downey (T) 3:30 Joint Concert at Bonhomme (L) 6:05 Cardinals@ Cubs (E)</p>	<p>6 9:00 Exercise with Treva (T) 9:00 Aqua Aerobics with Doug (P) 9:45 Java & Jabber (T) 1:30 Scrabble (GGR) 3:00 Food Committee (GPDR) 3:00 Piano Club (T) 6:30 Poker (GR) 7:05 Cardinals vs. Phil. (FS/E) Ramadan</p>	<p>7 9:00 Water Walking with Barb (P) 9:30 Out Trip Shopping Trip to Josephines (L) 2:00 Meet and Greet with our Featured Artist Marceline Saphian (G) 6:45 Cardinals vs. Philadelphia (FS)</p>	<p>8 9:00 Exercise with Treva (T) 10:00 Banking (Lib.) 10:30 Jakes Book Club- <i>Imperfect Birds</i> by Anne Lamott (GR) 12:15 Cardinals vs. Philadelphia (FS) 2:00 Line Dancing with Cyndi (T) 3:00 Bingo (GR)</p>	<p>9 9:00 Aqua Aerobics with Doug (P) 9:00 Water Walking with Barb (L) 10:30 Book Review with Clare Sanford (T) 2:00 Stretch Yoga (T) 3:00 Willows Chorale (T) 6:45 Cardinals vs. Pittsburgh (FS)</p>	<p>10 9:00 Exercise with Treva (T) 10:00 Art & Drawing (AR) 10:00 Flower Arranging (CR) 1:00 Grocery Shopping - Schnucks (L) 1:00 Flower Arranging (CR) 3:00 Weekly Rosary (GR) 3:00 Hand Chimes (CR) 7:15 Cardinals vs. Pittsburgh (FS)</p>	<p>11 10:00 Ping Pong (GR) 12:00-2:00 Mother's Day Tea with the Queens of Swing (T) 1:15 Cardinals vs. Pittsburgh (FS) 7:00 Movie Night (T)- <i>Second Act</i> (103 minutes, Rated-Pg-13)</p>
<p>12 10:00 AM-1:00 PM Mother's Day Brunch 1:15 Cardinals vs Pittsburgh (FS) 2:00 Documentary (T) <i>Elizabeth at 90-A Family Tribute</i> (89 minutes, Rated-G) Mother's Day</p>	<p>13 9:00 Exercise with Treva (T) 9:00 Aqua Aerobics with Doug (P) 10:00 Ramekin (APDR) 11:30 Duplicate Bridge (CR)</p>	<p>14 9:00 Water Walking with Barb (P) 10:30 Out Trip Susson Park Picnic (T) 3:00 Happy Hour with EJ Glaser (T) 3:00-Personal Trainer (FC) 6:20 Cardinals @ Atlanta (FS)</p>	<p>15 8:15-9:00 AM-Blood Pressure Screening (Lib.) 9:00 Exercise with Treva (T) 10:00 Banking (Lib.) 10:00 Sacred Grounds (GR) 2:00 Musical Bingo (GR) 2:00 Music & Movement (T) 6:20 Cardinals @ Atlanta (FS)</p>	<p>16 9:00 Aqua Aerobics with Doug (P) 9:00 Walking Club with Barb (L) 10:00 Hearing Aide Maintenance (SPA by appointment) 11:00 Tai Chi (T) 2:00 Trivia with Judy (CR) 6:00 Out Trip-Bonhomme-Bach Society Concert (L) 6:20 Cardinals @ Atlanta (FS)</p>	<p>17 9:00 Exercise with Treva (T) 10:00 Art & Drawing (AR) 1:00 Grocery Shopping - Dierbergs (L) 1:45 Bookmobile (G) 3:00 Weekly Rosary (GR) 3:00 Hand Chimes (CR) 7:05 Cardinals @ Texas (FS)</p>	<p>18 10:00 Ping Pong (GR) 2:00 Weekend Bingo (GR) 7:00 Movie Night (T)- <i>The Soloist</i> (117 minutes, Rated-PG-13) Armed Forces Day</p>
<p>19 10:00 AM-1:00 PM Sunday Brunch 1:00 Music Memories with Nathan (G) 2:00 Documentary (T) <i>Wheelchair President, Pt. 1</i> (45 minutes) 2:05-Cardinals @ Texas (FS)</p>	<p>20 9:00 Exercise with Treva (T) 9:00 Aqua Aerobics with Doug (P) 10:30 Craftability 1:30 Scrabble (GGR) 3:00 Food Committee (GPDR) 6:30 Poker (GR) Victoria Day (Canada)</p>	<p>21 9:00 Water Walking with Barb (P) 2:00 Bingo Extravaganza (GR) 7:15-Cardinals vs. Kansas City (FS)</p>	<p>22 9:00 Exercise with Treva (T) 10:00 Banking (Lib.) 12:15 Cardinals vs. Kansas City (FS) 11:00 Out Trip to the Cardinals Game (L) 4:30 Town Hall and Happy Hour (T)</p>	<p>23 9:00-1:00 Sign Ups for June Activities (T) 9:00 Aqua Aerobics with Doug (P) 9:00 Walking Club with Barb (L) 2:00 Stretch Yoga (T) 3:00 Willows Chorale (T)</p>	<p>24 9:00 Exercise with Treva (T) 10:00 Art & Drawing (AR) 1:00 Grocery Shopping-Schnucks (L) 3:00 Weekly Rosary (GR) 3:00 Hand Chimes (CR) 7:15 Cardinals vs. Atlanta (FS)</p>	<p>25 10:00 Ping Pong (GR) 6:15 Cardinals vs. Atlanta (F) 8:30 Outdoor Movie Night (T) Instant Family (118 minutes, Rated-PG-13)</p>
<p>26 10:00 AM-1:00 PM Sunday Brunch 2:00 Documentary (T) <i>Wheelchair Presidents, Pt. 2</i> (45 minutes) 6:05 Cardinals vs. Atlanta (E)</p>	<p>27 10:00 Memorial Day Service (T) 11:30 Duplicate Bridge (CR) 11:30 Memorial Day Pot Luck and Food Drive (T) 2:00 Memorial Day Jeopardy (CR) 7:15 Dominoes (GR) Memorial Day</p>	<p>28 9:00 Water Walking with Barb (P) 9:30 Out Trip-Science Center-Pompeii The Exhibition & Lunch (L) 6:05 Cardinals @ Philadelphia (FS)</p>	<p>29 9:00 Exercise with Treva (T) 10:00 Banking (Lib.) 10:30-Dianne Moran Presents Calamity Jane (T) 6:05 Cardinals @ Philadelphia (FS) 2:00 Torah Talks (GR) 2:00 Resident Memorial Service (T) 7:00-Ken Roberts as Johnny Cash (T)</p>	<p>30 9:00 Aqua Aerobics with Doug (P) 9:00 Walking Club with Barb (L) 12:05 Cardinals @ Philadelphia (FS) 3:00 Willows Chorale (T)</p>	<p>31 9:00 Podiatrist (SPA by appointment) 10:00 Art & Drawing (AR) 1:00 Grocery Shopping-Dierbergs (L) (We will be going back next week) 3:00 Weekly Rosary (GR) 3:00 Hand Chimes (CR) 7:15 Cardinals vs. Chicago (FS)</p>	<p>Baseball Games Shown on: FS=Fox Sports Midwest F=Fox E=ESPN or ESPN2 FS1=Fox Sports 1</p>

Activities are subject to change!