



















# MARCH – 2019 – BORDEAUX – CALENDAR FOR PARC PROVENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please sign-up:</b>                      Beautician &amp; Manicurist                      314-542-2500</p> <p>Music Therapy                      314-453-7360</p> <p>Art Therapy                      314-453-7310</p> <p>For Outings:                      RSVP Erin at                      314-453-7372 or email                      her at: <a href="mailto:ehoing@parcprovence.com">ehoing@parcprovence.com</a></p> 		<p><b>Coding Key:</b>                      Bordeaux                      Combined Bordeaux &amp; Spirit Program  <b>Purple invitation by Interest</b>  <b>Building Wide</b>  <i>Sparky (any color italics)</i></p> 	<p><b>Room Locations:</b>                      AR-Activity Room                      B- Bistro                      BA-Bird Aviary                      C-Chapel                      FR-Fireplace Room                      O-Outing                      P-Promenade                      PR –Piano Room                      SR-Sunroom</p> <p><b>Calendars are subject to change</b></p>	 <p><b>Activities of Daily Living &amp; Spontaneous Activities occur throughout the day</b></p>	<p>1                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Disney Memories–AR                      11:15 Folding &amp; Sorting –AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR  <b>3:15 Jewish Service with Cantor Howard-C</b>                      3:00 Trivia-AR                      3:15 Keep it Local-AR                      3:30 Short Story-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>2                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Celebrate Dr. Seuss Your Only Old Once –AR                      11:15 Sing a Long-AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 <i>Humor Fun AR</i>                      3:30 <i>Classic Commercials– AR</i>                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>
<p>3  <b>9:30 Catholic Mass-Live Stream-C</b>                      10:00 Lawrence Welk-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Religious Moments &amp; Sunday's Best – AR                      11:15 Sing a long-AR                      1:30 Rest &amp; Relaxation-PR  <b>1:45 Chapel Service with Pastor Jeanne –C</b>                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 Music Session-AR                      3:30 Zoo Memories-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-AR                      6:00 Piano Sundays-PR                      6:15 Evening Movie-PR</p>	<p>4                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise –AR                      10:50 Refreshments –AR                      11:00 Sing a long-AR                      11:15 Sit &amp; Be Fit- AR                      1:30 Rest &amp; Relaxation-PR  <b>2:00 Rosary-AR</b>                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 <i>Humor Fun-AR</i>                      3:30 <i>Animal Kingdom-AR</i>                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>5 Mardi Gras                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise –AR                      10:50 Refreshments –AR                      11:00 Fat Tuesday – AR                      11:15 Mardi Gras Music-AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR  <b>2:00 Catholic Service-C</b>                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 King Cake Traditions-AR                      3:30 -AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Music Session -PR                      6:15 Evening Movie-PR</p> 	<p>6 Ash Wednesday                      9:30 Creative Expressions-AR                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR  <b>10:45 Ash Wednesday Chapel Service with Pastor Beins - C</b>                      10:50 Refreshments –AR                      11:00 Taking Care of Baby-AR                      11:15 Busy Stations- AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 Cardinals Memories- AR                      3:30 Pet Memories-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p> 	<p>7                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise –AR                      10:50 Refreshments –AR                      11:00 Cooking Memories-AR                      11:15 Spring Memories-AR  <b>12:00 In House Picnic Lunch Outing (RSVP)</b>                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 Laundry: Sort &amp; Fold-AR                      3:30 Short Stories &amp; Poetry-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>8 Bookmobile Visit                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Indoor Gardening-AR                      11:15 Hands on: Gardening-AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR  <b>3:15 Jewish Service with Cantor Howard-C</b>                      3:15 Pet Memories-AR                      3:30 Animal Memories- AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>9                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Sing a Long- AR                      11:15 Penny Postcards-AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 <i>Trivia Fun-AR</i>                      3:15 <i>Comedy Classics-AR</i>                      3:30 <i>Classical Music-AR</i>                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 Daylight Savings  <b>9:30 Catholic Mass-Live Stream-C</b>                      10:00 Lawrence Welk-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Ironing &amp; Laundry AR                      11:15 Religious Moments &amp; Sundays Best - AR                      1:30 Rest &amp; Relaxation-PR  <b>1:45 Chapel Service with Pastor Jeanne –C</b>                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 Music Session-AR                      3:30 Afternoon Stretches-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-AR                      6:00 Piano Sundays-PR                      6:15 Evening Movie-PR</p> 	<p>11 <b>9:30 Guided Bus Tour of Forest Park Outing (RSVP)</b>                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Vacation Memories: Visiting the Ocean- AR                      11:15 Sing a long –AR                      1:30 Rest &amp; Relaxation-PR  <b>2:00 Rosary-SR</b>                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 <i>Dancing to Show Tunes &amp; Big Band - AR</i>                      3:30 <i>Classical Music-AR</i>                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>12 10:00 Music Session-PR                      10:30 Current Events-AR  <b>10:30 Catholic Communion Service - C</b>                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Listeners' Club – AR                      11:15 Language Photo Cards-AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Luck of the Irish: Folklore and Timely Tales- AR                      3:15 Trivia-AR                      3:30 Eldergames-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Music Session -PR                      6:15 Evening Movie-PR</p> 	<p>13 9:30 Creative Expressions - AR                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Taking Care of Baby-AR                      11:15 Children Memories- AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 Military Marches -AR                      3:30 Reminisce Stories-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p> 	<p>14 10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise -AR                      10:50 Refreshments –AR                      11:00 Ladies Unique Boutique - AR                      11:15 Fathers Favorites– AR  <b>12:00 In House Gulf Shores Lunch Outing (RSVP)</b>                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR  <b>2:15 Resident Council – P/AR</b>                      2:30 Happy Hour-AR                      3:00 Garden Memories: Hands on: indoor gardens-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p> 	<p>15 10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Ides of March: Julius Caesar-AR                      11:15 Famous Words from History-AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR  <b>3:15 Jewish Service with Cantor Howard-C</b>                      3:00 Trivia-AR                      3:30 Humor Fun-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>16 10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 St. Louis Cardinals - AR                      11:15 Travel to Ireland –AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 <i>Trivia Fun-AR</i>                      3:15 <i>Humor Fun - AR</i>                      3:30 <i>Sing a Long-AR</i>                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p> 
<p>17 St. Patrick's Day  <b>9:30 Catholic Mass-Live Stream-C</b>                      10:00 Lawrence Welk-PR                      10:30 Current Events-AR                      10:40 Exercise -AR                      10:50 Refreshments –AR                      11:00 Sing a long to our Favorite Songs- AR                      11:15 Religious Moments &amp; Sundays Best - AR                      1:30 Rest &amp; Relaxation-PR  <b>1:45 Chapel Service with Pastor Jeanne –C</b>                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Traditions of St. Patty's Day -AR                      3:15 Music Session-AR                      3:30 Afternoon Stretches-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-AR                      6:00 Piano Sundays-PR                      6:15 Evening Movie-PR</p> 	<p>18 10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise -AR                      10:50 Refreshments –AR                      11:00 Animal Kingdom-AR                      11:15 Sing a long AR                      1:30 Rest &amp; Relaxation-PR  <b>2:00 Rosary-AR</b>                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 <i>Folding &amp; Sorting-AR</i>                      3:30 <i>Humor Fun- AR</i>                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>19 10:00 Music Session-PR                      10:30 Entertainment by Deborah Sharn - PR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:30 Travel Memories-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Music Session -PR                      6:15 Evening Movie-PR</p> 	<p>20 Purim Begins at Sundown                      9:30 Creative Expressions - AR                      10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Taking Care of Baby-AR                      11:15 Folding and Sorting- AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 Bible Readings/Prayer-AR                      3:30 Short Story-AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>21 10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise -AR                      10:50 Refreshments –AR                      11:00 Tissue Paper Flowers: Crafting-AR                      11:15 Eldergames –AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 Keep it Local-AR                      3:30 Short Stories &amp; poems AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>22 Bookmobile Visit                      10:00 The 1950's &amp; 60's Hit Parade-PR                      10:30 Current Events-AR                      10:40 Exercise-AR  <b>10:40 Helen Fitzgerald's Lunch Outing (RSVP)</b>                      10:50 Refreshments –AR                      11:00 Eldergames–AR                      11:15 Busy Stations AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR  <b>3:15 Jewish Service-C</b>                      3:00 Trivia-AR                      3:15 Hat Chat-AR                      3:30 Cardinals Baseball Memories- AR                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p>	<p>23 10:00 Music Session-PR                      10:30 Current Events-AR                      10:40 Exercise-AR                      10:50 Refreshments –AR                      11:00 Travel to Australia–AR                      11:15 Sing a long–AR                      1:30 Rest &amp; Relaxation-PR                      2:00 Music &amp; Movement-PR                      2:30 Happy Hour-AR                      3:00 Trivia-AR                      3:15 <i>Cardinals Baseball Memories-AR</i>                      3:30 <i>Humor Fun- AR</i>                      3:45 Refreshments-AR                      4:15 Piano Melodies-PR                      6:00 Family Gathering &amp; Snack-PR                      6:15 Evening Movie-PR</p> 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>24  <b>9:30 Catholic Mass-Live Stream-C</b>            10:00 Lawrence Welk-PR            10:30 Current Events-AR            10:40 Exercise -AR            10:50 Refreshments –AR            11:00 Sing a long –AR            11:15 Religious Moments &amp; Sundays Best - AR            1:30 Rest &amp; Relaxation-PR  <b>1:45 Chapel Service with Pastor Jeanne –C</b>            2:00 Music &amp; Movement-PR            2:30 Happy Hour-AR            3:00 Folding &amp; Sorting-AR            3:15 Music Session-AR            3:30 Trivia-AR            3:45 Refreshments-AR            4:15 Piano Melodies-AR            6:00 Piano Sundays-PR            6:15 Evening Movie-PR</p> 	<p>25            10:00 Music Session-PR            10:30 Current Events-AR            10:40 Exercise -AR            10:50 Refreshments –AR            11:00 Sing a long with Sparky –AR            11:15 Funny Animal; Clips- AR            1:30 Cinema Hour - PR            2:30 Happy Hour-AR            3:00 Trivia-AR            3:15 <i>How much did it cost?–AR</i>            3:30 <i>Humor Fun-AR</i>            3:45 Refreshments-AR            4:15 Piano Melodies-PR            6:00 Family Gathering &amp; Snack-PR            6:15 Evening Movie-PR</p>	<p>26            10:00 Music Session-PR            10:30 Current Events-AR            10:40 Exercise-AR            10:50 Refreshments –AR            11:00 Folding &amp; Sorting– AR            11:15 Listener’s Club-AR            1:30 Rest &amp; Relaxation-PR            2:00 Music &amp; Movement-PR            2:30 Happy Hour-AR            3:00 Trivia-AR            3:15 Keep it Local- AR            3:30 Disney Memories-AR            3:45 Refreshments-AR            4:15 Piano Melodies-PR            6:00 Music Session -PR            6:15 Evening Movie-PR</p> 	<p>27            9:30 Creative Expressions - AR            10:00 Music Jam-PR            10:30 Current Events-AR            10:40 Exercise-AR            10:50 Refreshments –AR            11:00 Art with Flowers: Rainbow of Color-AR            1:30 Rest &amp; Relaxation-PR            2:00 Music &amp; Movement-PR            2:30 Happy Hour-AR            3:00 Trivia-AR            3:15 Spring Cleaning: Traditions-AR            3:30 Pet Memories-AR            3:45 Refreshments-AR            4:15 Piano Melodies-PR            6:00 Family Gathering &amp; Snack-PR            6:15 Evening Movie-PR</p>	<p>28            10:00 Music Session-PR            10:30 Current Events-AR            10:40 Exercise -AR            10:50 Refreshments –AR            11:00 Ladies Unique Boutique - AR            11:15 Fathers Favorites– AR            1:30 Rest &amp; Relaxation-PR            2:00 Music &amp; Movement-PR            2:30 Cinema Hour - PR            3:30 Happy Hour-AR            4:15 Piano Melodies-PR            6:00 Family Gathering &amp; Snack-PR            6:15 Evening Movie-PR</p> 	<p>29            10:00 Music Session-PR            10:30 Current Events-AR            10:40 Exercise-AR  <b>10:40 Ott’s Tavern Lunch Outing (RSVP)</b>            10:50 Refreshments –AR            11:00 Spring Memories–AR            11:15 Puppets &amp; Fairytales– AR            1:30 Rest &amp; Relaxation-PR            2:00 Music &amp; Movement-PR            2:30 Happy Hour-AR  <b>3:15 Jewish Service-C</b>            3:00 Trivia-AR            3:15 Zoo Memories-AR            3:30 Short Story-AR            3:45 Refreshments-AR            4:15 Piano Melodies-PR            6:00 Family Gathering &amp; Snack-PR            6:15 Evening Movie-PR</p>	<p>30            10:00 Music Session-PR            10:30 Current Events-AR            10:40 Exercise-AR            10:50 Refreshments –AR            11:00 Classics of Television – AR            11:15 Sing a long –AR            1:30 Rest &amp; Relaxation-PR            2:00 Music &amp; Movement-PR            2:30 Happy Hour-AR            3:00 Trivia-AR            3:15 <i>Children Clips &amp; Memories - AR</i>            3:30 <i>Humor Fun – AR</i>            3:45 Refreshments-AR            4:15 Piano Melodies-PR            6:00 Family Gathering &amp; Snack-PR            6:15 Evening Movie-PR</p> 
<p>31  <b>9:30 Catholic Mass-Live Stream-C</b>            10:00 Lawrence Welk-PR            10:30 Current Events-AR            10:40 Horseshoes--AR            10:50 Refreshments –AR            11:00 Religious Moments &amp; Sunday's Best – AR            11:15 Sing a long-AR            1:30 Rest &amp; Relaxation-PR  <b>1:45 Chapel Service with Pastor Jeanne –C</b>            2:00 Music &amp; Movement-PR            2:30 Happy Hour-AR            3:00 Trivia-AR            3:15 Music Session-AR            3:30 Afternoon Stretches-AR            3:45 Refreshments-AR            4:15 Piano Melodies-AR            6:00 Piano Sundays-PR            6:15 Evening Movie-PR</p>						