













MARCH – 2019 – BUILDING YOUR SPIRIT PROGRAM – CALENDAR FOR PARC PROVENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Our Specialized Program for Late & End Stage Dementia “Building Your S.P.I.R.I.T.”</p>  <p>Serenity and Passion Inspired by Respect, Interaction and Trust</p>	<p>Please sign-up: Beautician & 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: ehoing@parcprovence.com</p>  <p>Calendars are subject to change</p>	<p>Coding Key: <i>Building Your SPIRIT</i> Combined Bordeaux & Spirit Program Purple invitation by Interest Building Wide <i>Sparky (any color italics)</i></p> <p>Activities of Daily Living & Spontaneous Activities occur throughout the day</p>	<p>Room Locations: AR-Activity Room B- Bistro BA-Bird Aviary C-Chapel FR- Fireplace Room O-Outing P-Promenade PR –Piano Room SR-Sunroom</p>	<p>1 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Music and Movement – PR 2:30 Happy Hour-PR 3:15 Jewish Service with Cantor Howard-C 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>2 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p> 
<p>3 9:30 Catholic Mass-Live Stream-C 9:30 Piano Melodies-PR 10:00 Lawrence Welk-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 1:45 Chapel Service with Pastor Jeanne –C 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:15 Building your Spirit Program 4:15 Piano Melodies-AR 6:00 Piano Sundays-PR 6:15 Evening Movie-PR</p>	<p>4 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Rosary- SR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>5 Mardi Gras 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Catholic Service-C 2:00 Music and Movement -PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 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 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 10:45 Ash Wednesday Chapel Service with Pastor Beins - C 1:30 Rest & Relaxation-PR 2:00 Music and Movement -PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>  <p>Lent Begins Ash Wednesday</p>	<p>7 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 12:00 In House Picnic Lunch Outing (RSVP) 1:30 Rest & Relaxation-PR 2:00 Music and Movement PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>8 Bookmobile Visit 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Music and Movement-PR 2:30 Happy Hour-PR 3:15 Jewish Service with Cantor Howard-C 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>9 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Music and Movement -PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p> 
<p>10 Daylight Savings 9:30 Catholic Mass-Live Stream-C 9:30 Piano Melodies-PR 10:00 Lawrence Welk-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 1:45 Chapel Service with Pastor Jeanne –C 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:15 Building your Spirit Program 4:15 Piano Melodies-AR 6:00 Piano Sundays-PR 6:15 Evening Movie-PR</p>	<p>11 9:30 Guided Bus Tour of Forest Park Outing (RSVP) 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Rosary- SR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>12 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 10:30 Catholic Communion Service-C 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Music Session -PR 6:15 Evening Movie-PR</p>	<p>13 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>14 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 12:00 In House Gulf Shores Outing (RSVP) 1:30 Rest & Relaxation-PR 2:00 Music and Movement – PR 2:15 Resident Council – P/AR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>15 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:15 Jewish Service with Cantor Howard-C 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>16 9:30 Piano Melodies-PR 10:00 Music Session-PR 10:30-11:30 <i>Building your Spirit Program</i> 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 <i>Building your Spirit Program</i> 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>

MARCH – 2019 – BUILDING YOUR SPIRIT PROGRAM – CALENDAR FOR PARC PROVENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17 St. Patrick's Day 9:30 Catholic Mass-Live Stream-C 9:30 Piano Melodies-PR 10:00 Lawrence Welk-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 1:45 Chapel Service with Pastor Jeanne –C 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:15 Building your Spirit Program 4:15 Piano Melodies-AR 6:00 Piano Sundays-PR 6:15 Evening Movie-PR</p> 	<p>18 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Rosary- SR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p> 	<p>19 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 10:30 Entertainment by Deborah Sharn - PR 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Music Session -PR 6:15 Evening Movie-PR</p> 	<p>20 Purim Begins at Sundown 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p> 	<p>21 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>22 Bookmobile Visit 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 10:40 Helen Fitzgerald's Lunch Outing (RSVP) 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:15 Jewish Service-C 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>23 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p> 
<p>24 9:30 Catholic Mass-Live Stream-C 9:30 Piano Melodies-PR 10:00 Lawrence Welk-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 1:45 Chapel Service with Pastor Jeanne –C 2:00 Music and Movement -PR 2:30 Happy Hour-PR 3:20-4:15 Building your Spirit Program 4:15 Piano Melodies-AR 6:00 Piano Sundays-PR 6:15 Evening Movie-PR</p>	<p>25 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:15 Cinema Hour - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>26 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Music Session -PR 6:15 Evening Movie-PR</p>	<p>27 9:30 Piano Melodies-PR 10:00 Music Jam-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>28 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Music and Movement – PR 2:30 Cinema Hour - PR 3:30 Happy Hour-PR 4:00-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>29 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 10:40 Ott's Tavern: Lunch Outing (RSVP) 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:15 Jewish Service-C 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>	<p>30 9:30 Piano Melodies-PR 10:00 Music Session-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:35 Building your Spirit Program 4:15 Piano Melodies-PR 6:00 Family Gathering & Snack-PR 6:15 Evening Movie-PR</p>
<p>31 9:30 Catholic Mass-Live Stream-C 9:30 Piano Melodies-PR 10:00 Lawrence Welk-PR <i>10:30-11:30</i> Building your Spirit Program 1:30 Rest & Relaxation-PR 1:45 Chapel Service with Pastor Jeanne –C 2:00 Music and Movement - PR 2:30 Happy Hour-PR 3:20-4:15 Building your Spirit Program 4:15 Piano Melodies-AR 6:00 Piano Sundays-PR 6:15 Evening Movie-PR</p>						