



Independent Living  
**July 2026**



| Sunday                                                                                                                                                    | Monday                                                                                                                                                          | Tuesday                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                | Thursday                                                                                                                                                      | Friday                                                                                                                                                                            | Saturday                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| PDR-Private Dining Room<br>DR-Dining Room<br>AR-Activity Room<br>MR-Meditation Room<br>CH-Chapel<br>SMTR-Sister Mary Timlin Room<br>900-TV Chapel Channel |                                                                                                                                                                 |                                                                                                                                                                                               | <b>1</b><br>9:00 Pool Exercises<br>9:30 & 10:10 Senior Fit Class<br>10:15 Devine Mercy Chaplet<br>11:00 Mass<br>3:00 Holy Hour-CH                                                                        | <b>2</b><br>9:30 Spiritual Reflection-CH<br>10:30 Tai Chi-AR<br>11:00 Mass<br>11:50 Shopping at Walmart<br>2:00 Choosing Earth Film-PDR                       | <b>3</b><br>9:00 Pool Exercises<br>10:00-2:00 Nazareth Picnic-SMTR<br>10:15 Rosary<br>11:00 Mass<br>1:00 Lutheran Services-900<br>3:00 4th of July Party - DR<br>7:00 Movie-AR    | <b>4</b><br>11:00 Mass-CH<br>12:00 4th of July Lunch Buffet- DR |
| <b>5</b><br>9:30 Mass<br>11:00 - 1:00<br>Brunch Buffet                                                                                                    | <b>6</b><br>9:00 Bookmobile<br>9:30 & 10:10 Senior Fit Class<br>11:00 Mass<br>11:50 Grocery Shopping<br>2:00 Tai Chi-AR<br>3:30 Prayer Service                  | <b>7</b><br>9:30 Bible Study-AR<br>10:15 Rosary-900<br>10:45 Lunch at Bandana's BBQ in Arnold<br>11:00 Mass<br>2:00 Bingo - prizes                                                            | <b>8</b><br>9:00 Pool Exercises<br>9:30 & 10:10 Senior Fit Class<br>10:15 Devine Mercy Chaplet<br>11:00 Mass<br>2:00 Happy Hour-PDR<br>3:00 Holy Hour-CH<br>6:30 Resident Meeting-DR                     | <b>9</b><br>9:30 Spiritual Reflection-CH<br>10:30 Tai Chi-AR<br>11:00 Mass<br>2:00 Shuffleboard                                                               | <b>10</b><br>9:00 Pool Exercises<br>9:30 & 10:10 Senior Fit Class<br>10:15 Rosary<br>11:00 Mass<br>11:50 Shopping at Walmart<br>1:00 Lutheran Services-900<br>7:00 Movie-AR       | <b>11</b>                                                       |
| <b>12</b><br>10:30 Mass<br>11:00 - 1:00<br>Breakfast Service<br>3:30 Charades - AR                                                                        | <b>13</b><br>9:30 & 10:10 Senior Fit Class<br>11:00 Mass<br>11:50 Shop at Aldi<br>2:00 Tai Chi-AR<br>3:30 Prayer Service                                        | <b>14</b><br>9:30 Bible Study-AR<br>10:00 Confessions-MR<br>10:00 Brunch at First Watch<br>10:15 Rosary-900<br>10:30 Cecil Whitaker's with Sr. Rebecca<br>11:00 Mass<br>2:00 Bingo - 25 cents | <b>15</b><br>9:00 Pool Exercises<br>9:30 & 10:10 Senior Fit Class<br>10:15 Devine Mercy Chaplet<br>10:45 Lunch at P.F. Chang's in Chesterfield<br>11:00 Mass<br>3:00 Holy Hour-CH                        | <b>16</b><br>9:00 Donut Social-AR<br>9:30 Spiritual Reflection-CH<br>10:30 Tai Chi-AR<br>11:00 Mass<br>2:00 Gateway Harmonica Club performs - AR              | <b>17</b><br>9:00 Pool Exercises<br>9:30 & 10:10 Senior Fit Class<br>10:15 Rosary<br>11:00 Mass<br>11:50 Shopping at Walmart<br>1:00 Lutheran Services-900<br>7:00 Movie-AR       | <b>18</b>                                                       |
| <b>19</b><br>10:30 Mass<br>11:00 - 1:00<br>Brunch Buffet                                                                                                  | <b>20</b><br>9:30 & 10:10 Senior Fit Class<br>11:00 Mass<br>11:50 Grocery Shopping<br>2:00 Hillary from STL Co. Library presentation-PDR<br>3:30 Prayer Service | <b>21</b><br>9:30 Bible Study-AR<br>10:00 Confessions-CH<br>10:15 Rosary-900<br>11:00 Mass<br>2:00 Bingo - prizes                                                                             | <b>22</b><br>9:00 Pool Exercises<br>9:30 & 10:10 Senior Fit Class<br>10:15 Devine Mercy Chaplet<br>11:00 Mass<br>10:45 Lunch at Circle 7 Ranch in Des Peres<br>2:00 Food Meeting-DR<br>3:00 Holy Hour-CH | <b>23</b><br>9:30 Spiritual Reflection-CH<br>10:00 Crafts-PDR<br>10:30 Tai Chi-AR<br>11:00 Mass<br>2:00 Fraud, Scams and Identity Protection presentation-PDR | <b>24</b><br>9:00 Pool Exercises<br>9:30 & 10:10 Senior Fit Class<br>10:15 Rosary<br>11:00 Mass<br>11:50 Shopping at Walmart<br>1:00 Lutheran Services-900<br>7:00 Movie-AR       | <b>25</b>                                                       |
| <b>26</b><br>10:30 Mass<br>11:00 - 1:00<br>Breakfast Service                                                                                              | <b>27</b><br>9:30 & 10:10 Senior Fit Class<br>11:00 Mass<br>11:50 Shop at Aldi<br>1:00 Mat Ministry-PDR<br>2:00 Tai Chi-AR<br>3:30 Prayer Service               | <b>28</b><br>9:30 Bible Study-AR<br>10:15 Rosary-900<br>10:30 Lunch at Detour's in Imperial<br>11:00 Mass<br>2:00 Bingo - 25 cents                                                            | <b>29</b><br>9:00 Pool Exercises<br>9:30 & 10:00 Senior Fit Class<br>10:15 Devine Mercy Chaplet<br>11:00 Mass<br>2:00 Birthday Bash with Lamar Pilsing - AR<br>3:00 Holy Hour-CH                         | <b>30</b><br>9:00 Donut Social - AR<br>9:30 Spiritual Reflection-CH<br>10:30 Tai Chi-AR<br>11:00 Mass<br>2:00 Jeopardy Joe - PDR                              | <b>31</b><br>9:00 Pool Exercises<br>10:00 Senior Fit Presentation-PDR<br>10:15 Rosary<br>11:00 Mass<br>11:50 Shopping at Walmart<br>1:00 Lutheran Services-900<br>7:00 Movie - AR |                                                                 |