



Retirement Housing Foundation

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

DeSmet Retirement Community

1425 N New Florissant Road • Florissant, MO 63033 • (314) 838-3811

DeSmet Management Team

Executive Director Carol Turpin
Director of Nursing Marcus Geuin
Business Office Manager Michelle Dunning
Dietary Director Carybee Reed
Maintenance Director Cecil Harris
Community Liaison Lisa Alessi
Activity Director Sarah Dillingham

Remember When

When was the first time you made a snowman? What did you use for the eyes, nose, mouth and arms?

We are now in winter and pray for no ice for the staff to get to work. The staff had a great Christmas Party and I thanked them for the service they give daily.

We listened and heard that you want a shopping trip in the afternoon. This is scheduled on every other Tuesday in addition to the other shopping times.



January 2020



Feeling Your Oats

Whether they fill your bowl at breakfast or are an ingredient in your favorite breads and cookies, oats can fuel the body and the brain. The grain's trio of fiber, protein and complex carbohydrates gives your body energy, and the carbs may also increase the chemical serotonin in the brain, which has a calming effect.

All Eyes on the Rose Parade

Millions of people will take part in the New Year's Day tradition of watching the Rose Parade. Broadcast live from Pasadena, Calif., the event awes viewers with its elaborate floats. Many are engineering marvels, with past entries featuring spectacles such as a working roller coaster and a water slide. Even more amazing is that every inch of every float must be covered with flowers or other organic material such as leaves, seeds and bark.

Starting a New Chapter

"The new year stands before us, like a chapter in a book, waiting to be written." —Melody Beattie

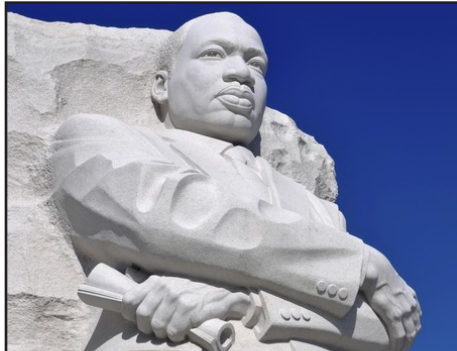
CA

Community Room Cafe

✓ Sign-Up Required

☐ Open to All

☕ I/L Residents Only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5	★★★☆☆ I HAVE A DREAM IIIIIIII		Happy New Year  1	2 10:00 AR Wheel of Fortune 11:30 AD RPI Exercise in AL 2:00 CR SOCIAL HOUR 3:15 CA Whoopee	3 8:30 O Dollar General 10:30 CR Mind & Body☐ 2:00 AR Nickel Bingo	Remember These Days!  4
9:30 CH Rosary 10:15 CH Catholic Communion Service 2:30 CH Sunday Service with Brother George☐	6 8:30 O Dierbergs & Smoke Shop Run✓ 10:30 AR Trivia 12:00 CR RPI Exercise☐ 1:30 AR Monday Movie, Manicures, and Popcorn☐	7 8:30 AR Coffee & Donuts 10:00 AD Manicures - A/L side 12:00 O Schnucks✓ 2:00 AR Nickel Bingo	8 8:00 CR Independent Living Breakfast☕ 12:30 AD Residents' Council 1:30 CR Ice Cream Social 2:00 CR RPI Exercise☐ 2:30 AR Horse Races 2:30 CR Town Hall Meeting (AL)	9 10:00 AR Trivia 11:30 AD RPI Exercise in AL 2:00 CR SOCIAL HOUR 3:15 CA Whoopee	10 8:30 O Dollar Tree 10:30 CR Mind & Body☐ 12:00 O Raising Cains 2:00 AR Nickel Bingo	11 All Events Are Subject to Change
12 9:30 CH Rosary 10:15 CH Catholic Communion Service 2:30 CH Sunday Service with Brother George☐	13 9:00 O Aldi & Smoke Shop Run✓ 10:30 AR You Be the Judge 12:00 CR RPI Exercise☐ 1:30 AR Monday Movie, Manicures, and Popcorn☐	14 8:30 AR Coffee & Donuts 10:00 AD Manicures - A/L side 12:00 O Shop @ Ross✓ 2:00 AR Nickel Bingo	15 8:00 CR Independent Living Breakfast☕ 2:00 CR RPI Exercise☐ 2:30 AR Horse Races	16 10:00 AR Wheel of Fortune 11:30 AD RPI Exercise in AL 2:00 CR SOCIAL HOUR 3:15 CA Whoopee	17 9:00 O Thrift Store Shopping 10:30 CR Mind & Body☐ 11:00 CR Life Changes Lunch-\$5✓ 2:00 AR Nickel Bingo	18 
19 9:30 CH Rosary 10:15 CH Catholic Communion Service 2:30 CH Sunday Service with Brother George☐	Martin Luther King Jr. Day 20 8:30 O Dierbergs & Smoke Shop Run✓ 10:30 AR Trivia 12:00 CR RPI Exercise☐ 1:30 AR Monday Movie, Manicures, and Popcorn☐	21 8:30 AR Coffee & Donuts 10:00 AD Manicures - A/L side 12:00 O Aldi✓ 2:00 AR Nickel Bingo	22 8:00 CR Independent Living Breakfast☕ 2:00 CH Catholic Mass 2:00 CR RPI Exercise☐ 2:30 AR Horse Races	23 10:00 AR I Love Lucy Trivia 11:30 AD RPI Exercise in AL 2:00 CR SOCIAL HOUR 3:15 CA Whoopee	24 8:30 O Target 10:30 CR Mind & Body☐ 12:00 CR Birthday Party 2:00 AR Nickel Bingo	25 
26 9:30 CH Rosary 10:15 CH Catholic Communion Service 2:30 CH Sunday Service with Brother George☐	27 9:00 O Aldi & Smoke Shop Run✓ 10:30 AR You Be the Judge 12:00 CR RPI Exercise☐ 1:30 AR Monday Movie, Manicures, and Popcorn☐	28 8:30 AR Coffee & Donuts 10:00 AD Manicures - A/L side 12:00 O Out for Lunch TBD✓ 2:00 AR Nickel Bingo	29 8:00 CR Independent Living Breakfast☕ 2:00 CR RPI Exercise☐ 2:30 AR Horse Races	30 10:00 AR Wheel of Fortune 11:30 AD RPI Exercise in AL 2:00 CR SOCIAL HOUR 3:15 CA Whoopee	31 8:30 O Walmart 10:30 CR Mind & Body☐ 12:00 AR Prize BINGO 2:00 AR Nickel Bingo	

Summary

- 1)** The dawn of a new ice age
- 2)** Four siblings and endless winter
- 3)** Sled dogs survive Antarctica
- 4)** Ballet dancers in Russia
- 5)** Sisters and ice powers
- 6)** A mammoth, a sloth and a saber-toothed cat find a child

Movie

- A)** "Frozen"
- B)** "The Day After Tomorrow"
- C)** "White Nights"
- D)** "Eight Below"
- E)** "Ice Age"
- F)** "The Lion, the Witch and the Wardrobe"

ENTERTAINMENT TRIVIA

Frosty Flicks

Icy scenes make for high drama or hilarious high jinks on the silver screen. Plenty of movies take place in cold locales or during the winter months. Can you match the polar plot summary to the freezing film?

Answers: 1) B; 2) F; 3) D; 4) C; 5) A; 6) E



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