

# 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  
Dietary Director ..... Carybee Reed  
Maintenance Director ..... Cecil Harris  
Marketing Director ..... Carol Turpin  
Activity Assistant ..... JaWanna James

### From the Front Office

Happy New Year!

December brought some unique weather conditions. A tornado in December causing devastating damage. Please keep those who are suffering from the storm in your prayers.

Thank You to all who attended the Christmas gathering last month. Enjoyed seeing the smiling faces, hearing the discussions and listening to the music.

Looking forward to a great 2022. Less Covid and more getting back to normal (whatever that used to be).

For this year let us show each and every day, Goodwill, Peace, Hope, Prosperity, Happiness, Cheer and Harmony.

Welcome to your new home our two newest residents: December, Irene BeSaw and January, Mary Liliensiek.



### January 2022

#### Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service.

#### Logical Lunges for Your Brain

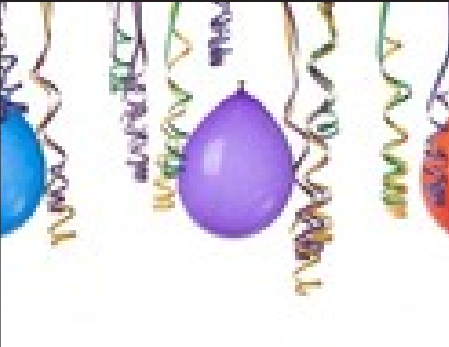
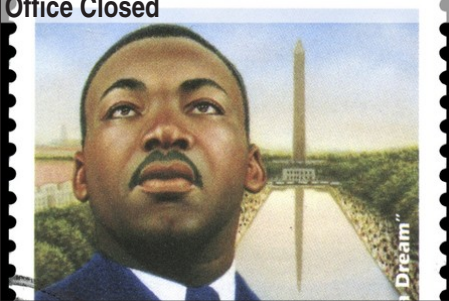
Happy World Logic Day on Jan. 14! Teasers and puzzles such as riddles, sudoku, word problems and rebus clues are all fun ways to challenge the brain. Because these types of puzzles involve creative problem-solving techniques that are different than everyday thoughts, solving them is like taking your brain to the gym, ensuring that your mental muscles are stretched.

#### Taking a Polar Plunge

Kicking off the year by running into freezing cold waters has become a daring New Year's Day tradition for those brave enough to take part. Polar bear plunges are held across the globe on the holiday and throughout the winter, with many of these events serving as fundraisers for charities. The first recorded polar plunge in the U.S. dates back to 1904 in Boston.





| Sunday                                                                                                          | Monday                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                              | Saturday                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <div>HEALTHY new Year</div>                                                                                     |                                                                                                                       |                                                                                                                                                                                                                                 |                                                                                                                                                                              |                                                                                                                                                     |                                                                                                                                                                  |                                 |
| <div>  2 </div>                 | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 12:30 <span>AL</span> Whoopee<br/> 1:30 <span>CR</span> Movie and Popcorn☐ </div> 3 </div>                                               | <div> <div>Happy Birthday Debra</div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> What's That Phrase?<br/> 12:30 <span>AL</span> BINGO<br/> 1:30 <span>AR</span> Nickel Bingo </div> 4 </div> | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>O</span> Schnucks✓<br/> 12:30 <span>AL</span> Music Therapy/ Sing Along<br/> 1:00 <span>AL</span> AL Residents' Council<br/> 2:30 <span>CR</span> Town Hall Meeting ☕ </div> 5 </div> | <div> <div>Happy Birthday Julice</div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> Taboo!!<br/> 12:30 <span>AL</span> One on One<br/> 2:00 <span>CR</span> Social Hour with Stacey ☐ </div> 6 </div> | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>O</span> Dollar Tree &amp; Walgreens<br/> 12:30 <span>AL</span> Tic Tac Toss<br/> 1:30 <span>AR</span> Nickel BINGO </div> 7 </div>                                       | <div> <div> 8 </div> </div>                                                                                        |
| <div> <div> 9 </div> </div>                                                                                     | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 12:30 <span>AL</span> Whoopee<br/> 1:30 <span>CR</span> Movie and Popcorn☐ </div> 10 </div>                                              | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> What's That Phrase?<br/> 12:30 <span>AL</span> BINGO<br/> 1:30 <span>AR</span> Nickel Bingo </div> 11 </div>                                | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>O</span> Walmart ✓<br/> 12:30 <span>AL</span> Music Therapy/ Sing Along<br/> 1:30 <span>AR</span> Horse Races </div> 12 </div>                                                        | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> Whoopee<br/> 12:30 <span>AL</span> One on One<br/> 1:30 <span>AR</span> Nickel BINGO </div> 13 </div>                                              | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 9:00 <span>O</span> First Watch Breakfast<br/> 12:30 <span>AL</span> Tic Tac Toss<br/> 1:30 <span>AR</span> Nickel BINGO </div> 14 </div>                                             | <div> <div>  15 </div> </div>  |
| <div> <div>  16 </div> </div> | <div> <div> <div>Martin Luther King Day. Front Office Closed</div>  17 </div> </div>                                | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> What's That Phrase?<br/> 12:30 <span>AL</span> BINGO<br/> 1:30 <span>AR</span> Nickel Bingo </div> 18 </div>                                | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>O</span> Dierbergs ✓<br/> 12:30 <span>AL</span> Music Therapy/ Sing Along<br/> 1:30 <span>AR</span> Crafters Corner </div> 19 </div>                                                  | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> Taboo!!<br/> 12:30 <span>AL</span> One on One<br/> 1:30 <span>AR</span> Nickel BINGO </div> 20 </div>                                              | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>O</span> Thrift Shopping<br/> 11:00 <span>CR</span> Life Changes Luncheon<br/> 12:30 <span>AL</span> Tic Tac Toss<br/> 1:30 <span>AR</span> Nickel BINGO </div> 21 </div> | <div> <div>  22 </div> </div> |
| <div> <div> 23 </div> </div>                                                                                    | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 12:30 <span>AL</span> Whoopee<br/> 1:30 <span>CR</span> Movie and Popcorn☐ </div> 24 </div>                                              | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> What's That Phrase?<br/> 12:30 <span>AL</span> BINGO<br/> 1:30 <span>AR</span> Nickel Bingo </div> 25 </div>                                | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>O</span> Aldi ✓<br/> 12:30 <span>AL</span> Music Therapy/ Sing Along<br/> 1:30 <span>AR</span> Horse Races </div> 26 </div>                                                           | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 10:00 <span>CA</span> Whoopee<br/> 12:30 <span>AL</span> One on One<br/> 2:00 <span>CR</span> Social Hour with Dan Sproat </div> 27 </div>                               | <div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 11:00 <span>O</span> Freddy's<br/> 12:30 <span>AL</span> Tic Tac Toss<br/> 1:30 <span>AR</span> Nickel BINGO </div> 28 </div>                                                         | <div> <div>  29 </div> </div> |
| <div> <div>  30 </div> </div> | <div> <div> <div>Happy Birthday David</div> <div> 7:00 <span>CR</span> Continental Breakfast ☕<br/> 12:30 <span>AL</span> Whoopee<br/> 1:30 <span>CR</span> Movie and Popcorn☐ </div> 31 </div> </div> |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                     |                                                                                                                    |

# SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 2 | 1 | 3 | 5 | 7 | 9 | 8 | 6 |
| 3 | 7 | 5 | 8 | 6 | 9 | 2 | 1 | 4 |
| 9 | 8 | 6 | 1 | 2 | 4 | 3 | 7 | 5 |
| 7 | 3 | 9 | 2 | 8 | 1 | 6 | 5 | 4 |
| 8 | 6 | 2 | 5 | 7 | 4 | 1 | 3 | 9 |
| 5 | 1 | 4 | 9 | 3 | 6 | 8 | 2 | 7 |
| 6 | 5 | 7 | 4 | 1 | 3 | 2 | 9 | 8 |
| 1 | 9 | 8 | 6 | 2 | 5 | 7 | 4 | 3 |
| 2 | 4 | 3 | 7 | 9 | 8 | 5 | 6 | 1 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 |   |   |   | 6 |   |   |   |   |
|   |   | 4 | 5 |   |   | 8 | 6 | 1 |
|   |   |   | 3 |   | 7 | 4 |   |   |
| 4 |   | 8 |   |   | 6 | 7 |   |   |
|   |   |   |   | 4 |   |   |   |   |
|   |   | 9 | 1 |   |   | 6 |   | 4 |
|   |   | 3 | 2 |   | 1 |   |   |   |
| 2 | 1 | 7 |   |   | 8 | 5 |   |   |
|   |   |   | 4 |   |   |   |   | 7 |



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