



St. Catherine

RETIREMENT COMMUNITY

A RHF Community



3350 St. Catherine Street • Florissant, MO 63033
Phone (314) 838-3877 • Fax (314) 831-7245

STAFF MEMBERS

Executive Director Stacey Montero
Resident Services Heather Cline
Activities Director Shelby Hurt
Activities Assistant Susana, Amanda
Dining Services Director Danielle Bills
Dining Services Assistants Francisca, Jim
Servers Lynette, Kailey, Kevin, Darionn
Servers Rayonna, Penny, Lynn
Maintenance Director George Trotter
Housekeeping Marcella, Dena

Emergency Numbers

Medical, Fire, Police 911
Resident Manager (314) 574-0230
Maintenance Emergencies (314) 267-3973
Office Hours Monday-Friday 8:30 am-5 pm

Director's Note

We would like to wish our residents, families and friends of St. Catherine a very Happy Valentine's Day. We will have a very festive February as we celebrate Valentine's Day and Mardi Gras! Be sure to wear your bright colors and enjoy some great music, food and fun!

February is also National Heart Health Month. We will have ENVISION Home Health host a seminar on ways to keep your heart healthy.

Four simple letters of the alphabet come together to form one of the most special words in the dictionary, "LOVE." We certainly love our residents, and we strive to make sure everyone stays happy and healthy!

~Stacey

February 2020

Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red. Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health and don't forget to wear your red for our Valentine's Day Party!

Know your numbers. Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes. Just a reminder we host a blood pressure clinic on the first and third Thursday of the month after breakfast!

Get fit with a friend. Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try our exercise classes or chair yoga!

Set a nutritious example. Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same. Let us know what you would like to see on the menu!

Give back. Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

February 2020

February is full of exciting activities! On February 4th, we have our sing-along happy hour. On the 6th, we have Valentine's/Mardi Gras themed trivia after breakfast. On February 7th, we have a luncheon at Marygrove. February 11th, we have Scott and Karl returning for entertainment for our Valentine's Happy Hour. Don't forget to vote for your Valentine's Day King and Queen which will be announced at the Valentine's Happy Hour.

On the 13th, we go to the Casino. On the 14th, it will be Valentine's Day and we will be celebrating with a very special Wine and Cheese that afternoon! On the 15th, we will be having our movie day with snacks.

On February 18th, Lamar Pilsing will be our musical entertainment for our Birthday Party Happy Hour. On February 22nd, we have Entertainment by Dave and LeAnn. On the 25th, we have our Mardi Gras Happy Hour with musical entertainment by Just the Two of Us. Please don't forget to vote for the King and Maidens of the Court for the Mardi Gras Happy Hour! We hope everyone will attend these wonderful events!

Sunday	Monday	Tuesday
	Emergency Number If You Have a Maintenance Emergency, Please Call 267-3973 Transportation Number 565-9755	
2 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:00 Communion With Brother George 2:15 Mexican Dominoes	3 8:30 Continental Breakfast 9:00 Banks 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker 2:15 Bookmobile 3:00 Prayer Group	4 8:30 Continental Breakfast 9:30 Communion Service 11:15 Sing-along 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
9 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	10 8:30 Continental Breakfast 9:00 Aldi 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 11:30 Music & Movement Class 1:00 EXERCISE CLASS 2:00 Penny Poker	11 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Scott and Karl 11:30 Valentine's Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
16 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	17 8:30 Continental Breakfast 9:00 Dierbergs 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	18 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Lamar Pilsing 11:30 Birthday Party Happy Hour 12:30-1:30 Dr. Newland 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
23 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	24 8:30 Continental Breakfast 9:00 Aldi 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 11:30 Music & Movement Class 1:00 EXERCISE CLASS 2:00 Penny Poker	25 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Just the Two of Us 11:30 Mardi Gras Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)

Wednesday	Thursday	Friday	Saturday
	Happy Birthday! Cecelia Yardley - 11th Pat Baehler - 21st Nola Pattengill - 22nd Florida Cowley - 26th Jackie Strini - 26th		1 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
5 8:30 Continental Breakfast 10:00 Walgreens 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	6 9:00 Hearty Breakfast 9:30 Trivia 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker	7 8:30 Continental Breakfast 9:00 Schnucks (Cross Keys) 10:30 Marygrove Luncheon 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	8 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 11:45 Phil the Pianist 12:00 Ice Cream Social 2:00 Nickel Game
12 8:30 Continental Breakfast 10:30 Lunch at Chimis! 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	13 9:00 Hearty Breakfast 10:30 Casino 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker 3:00 Crafts	14 8:30 Continental Breakfast 9:00 Schnucks (Grandview) 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 until 4:00 Valentine's Day Wine & Cheese Social!	15 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 12:30 Movie Day! (Dining Room) 2:00 Nickel Game
19 8:30 Continental Breakfast 10:00 Walmart 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	20 9:00 Hearty Breakfast 9:30 Heart Health With ENVISION 10:15 Dollar Tree 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker	21 8:30 Continental Breakfast 9:00 Schnucks (Cross Keys) 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	22 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 11:45 Phil the Pianist 12:00 Ice Cream Social 2:00 Nickel Game
26 8:30 Continental Breakfast 10:30 The Weeping Willow Tea Room Luncheon 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	27 9:00 Hearty Breakfast & Welcome Our New Residents 9:30 Resident Meeting 11:00 Pokeno 1:00 Bingo 2:00 Penny Poker 3:00 Crafts	28 8:30 Continental Breakfast 9:00 Schnucks (Grandview) 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	29 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game

February 2020

Arzella Abernathy Unit 138

Arzella was born in St. Louis and has lived here her entire life. She went to Sumner High School. After graduating, she went to Harris Stowe Teachers College for her Bachelor's Degree. She then attended St. Louis University to complete her Master's Degree and became a teacher!

Arzella loves children and had a career as a teacher for 39 years before she retired. She worked at Riddick School for 32 years and then Emerson school for 7 years.

Arzella loves to vacation and travel. She has visited all 50 states in the United States! Her favorite trip was to Cape Cod in Massachusetts.

Arzella's husband's name was Howard Abernathy. He was an Army Veteran of World War II. They had a son named Howard Jr. who now lives in Ferguson. Arzella's son works as a factory representative at Continental Research Corporation. Arzella also has two grandchildren named Craig and Tiffany.

Her favorite hobby is to play Scrabble. Arzella's favorite activities here at St. Catherine are playing bingo, having fun at crafts and attending Bible Study. Arzella says since moving to St. Catherine, all of the staff and residents here have been very kind and helpful. We are so happy to have Arzella here at St. Catherine! Welcome home, Arzella!



Arrow	Heart
Candy	Hug
Card	Kiss
Cupid	Love
February	Red
Flowers	Roses
Friends	Sweet
Groundhog	Valentine

G	V	A	L	E	N	T	I	N	E	F	D	R	A	C
O	F	R	U	O	X	C	O	S	R	E	W	O	L	F
H	E	P	J	V	V	V	R	Q	P	B	A	S	A	R
D	E	W	R	D	N	E	R	I	C	R	J	E	F	I
N	K	A	N	S	B	B	I	X	R	U	C	S	J	E
U	X	D	R	I	N	F	U	O	S	A	P	X	O	N
O	R	L	S	T	A	K	W	V	N	R	B	I	K	D
R	X	I	L	I	E	T	O	D	E	Y	G	M	D	S
G	U	H	H	T	L	E	Y	S	A	F	H	C	T	O
S	F	C	P	D	I	U	W	S	Z	K	D	E	M	R
G	F	O	B	X	Y	I	V	S	I	U	T	K	K	P
U	K	Y	Z	S	B	D	R	K	S	T	J	C	K	K
W	W	Z	K	U	B	L	I	D	U	I	G	O	B	X
C	E	Z	X	P	X	F	H	K	B	U	K	C	A	A