



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 Candy Wingo
Activities Assistant Susana Rivera
Dining Services Director Danielle Bills
Dining Services Assistant Francisca
Maintenance Director George Trotter
Housekeeping Marcella

Emergency Numbers

Medical, Fire, Police 911
Resident Manager (314) 574-0230
Maintenance Emergencies (314) 267-3973
Office Hours .. Monday-Friday 8:30 am-4:30 pm

Director's Note

We are excited to see many, new faces that chose to call St. Catherine home! Please help me in welcoming them to our great community.

The staff and I are working hard to schedule new activities and events to add some excitement! We are so blessed to have Candy here. I am looking forward to our monthly, resident meetings. We will give you updates about our events, and residents are welcome to share ideas.

You can always contact the office for answers to any questions you may have.

Happy Summer, ~Stacey

Let's Have a Luau!

Aloha! Time to get out your Hawaiian shirt, grass skirt and lei! We're having a luau, and would love to see everyone there. Check the calendar for details.

August 2021

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Let others know your plans. Include information such as where you will be and when you'll return.

Brainteaser

Question: A pitcher in a baseball game faced only 27 batters, and he struck out every batter. He allowed no hits and no runs, yet his team lost by a score of 3-0. Can you explain how this could happen?

Answer: The pitcher came in as a relief pitcher.

Hello, August!

Summer heat is here! Stay hydrated by drinking water. You can add slices of lemons and other fruits for Vitamin C!

While participating in events held or sponsored by St. Catherine Retirement Community, "social distancing" must be practiced; face masks are recommended for those unvaccinated, to reduce the risks of exposure to COVID-19. COVID-19 is extremely contagious, we will continue to follow CDC guidelines and other directives for the protection of residents during events or activities.

New Events!

Join us in the dining room for some new events this month! We will be celebrating National Chocolate Chip Cookie Day on Wednesday, August 4th, and National Banana Split Day on Wednesday, August 25. Cheer on our Cardinals by wearing your red to Lunch on August 3rd. Dress tropically for Luau Lunch on Tuesday, August 17th. We will host "Gemming" with Peggy on August 18th. Don't forget to sign up!

Sunday	Monday	Tuesday
1 1:00 - 2:00 Reminisce Hour With Susy! Refreshments and Donuts Will Be Available!	2 11:00 Chair Yoga in the Dining Room! 2:00 Social Hour With the Cocktail of the Day in the Dining Room!	3 National Watermelon Day! Celebrate the St. Louis Cardinals - Wear your Cardinals Gear to Lunch 10:45-11:15 Upper Lunch (Sign-Up Required) 11:30-12:00 Lower Lunch (Sign-Up Required) 2:00 Bingo in the Dining Room!
8 1:00 - 2:00 Reminisce Hour With Candy! Refreshments and Donuts Will Be Available!	9 10:00-10:45 Shirley's Bible Study in the Dining Room! 2:00 Social Hour With the Cocktail of the Day in the Dining Room!	10 10:45-11:15 Upper Lunch (Sign-Up Required) 11:30-12:00 Lower Lunch (Sign-Up Required) 2:00 Bingo in the Dining Room!
15 1:00 - 2:00 Reminisce Hour With Susy! Refreshments and Donuts Will Be Available!	16 National Tell a Joke Day! 11:00 Chair Yoga in the Dining Room! 2:00 Social Hour With the Cocktail of the Day in the Dining Room with Jokes!	17 Luau Lunch 10:45-11:15 Upper Lunch (Sign-Up Required) 11:30-12:00 Lower Lunch (Sign-Up Required) 2:00 Bingo in the Dining Room!
22 1:00 - 2:00 Reminisce Hour With Candy! Refreshments and Donuts Will Be Available!	23 10:00-10:45 Shirley's Bible Study in the Dining Room! 2:00 Social Hour With the Cocktail of the Day in the Dining Room!	24 National Peach Pie Day 10:45-11:15 Upper Lunch (Sign-Up Required) 11:30-12:00 Lower Lunch (Sign-Up Required) 2:00 Bingo in the Dining Room!
29 1:00 - 2:00 Reminisce Hour With Susy! Refreshments and Donuts Will Be Available!	30 11:00 Chair Yoga in the Dining Room! 2:00 Social Hour With the Cocktail of the Day in the Dining Room!	31 10:45-11:15 Upper Lunch (Sign-Up Required) 11:30-12:00 Lower Lunch (Sign-Up Required) 2:00 Bingo in the Dining Room!

Calendar of Events

Wednesday	Thursday	Friday	Saturday
National Chocolate Chip Cookie Day 4 Trip to Aldi (Sign-Up Required) 11:00 Chair Yoga in the Dining Room! 1:00 Chocolate Chip Cookie Day Social in the Dining Room!	5 8:30-9:00 Upper Hearty Breakfast (Sign-Up Required) 9:15-9:45 Lower Hearty Breakfast (Sign-Up Required) 1:00 Bingo in the Dining Room!	6 11:00 Game Time: Horse Races 2:00-3:00 Cocktail Hour in the Dining Room!	7 11:15 - 12:00 Book Club 1:00-2:00 Ice Cream Social in the Dining Room With Music!
11 Trip to Schnucks (Grandview - Sign-Up Required) 11:00 Chair Yoga in the Dining Room! 1:00 Resident Meeting	12 8:30-9:00 Upper Hearty Breakfast (Sign-Up Required) 9:15-9:45 Lower Hearty Breakfast (Sign-Up Required) 1:00 Bingo in the Dining Room!	13 11:00 Game Time: Brain Games 2:00-3:00 Cocktail Hour in the Dining Room!	14 11:00 Wii Bowling 1:00-2:00 Ice Cream Social in the Dining Room With Music!
18 Trip to Aldi (Sign-Up Required) 11:00 Chair Yoga in the Dining Room! 1:00 Creative Gemming With Peggy (\$20 Fee & Sign-up Required)	19 8:30-9:00 Upper Hearty Breakfast (Sign-Up Required) 9:15-9:45 Lower Hearty Breakfast (Sign-Up Required) 1:00 Bingo in the Dining Room!	20 11:00 Game Time: Jeopardy 2:00-3:00 Cocktail Hour in the Dining Room!	21 11:15 - 12:00 Book Club 1:00-2:00 Ice Cream Social in the Dining Room With Music!
National Banana Split Day 25 Trip to Schnucks (Grandview - Sign-Up Required) 11:00 Chair Yoga in the Dining Room! 1:00 Banana Split Social in Dining Room	26 8:30-9:00 Upper Hearty Breakfast (Sign-Up Required) 9:15-9:45 Lower Hearty Breakfast (Sign-Up Required) 1:00 Bingo in the Dining Room!	27 11:00 Game Time 2:00-3:00 Cocktail Hour in the Dining Room!	28 11:00 Wii Bowling 1:00-2:00 Ice Cream Social in the Dining Room With Music!
Happy Birthday! Rosemary Pitts 4th Mary Warner 4th Virginia Donahue 6th Gwen Hardy 12th Shirley Reeves 14th Anna Dvorak 17th Willie Ray 19th Helen Gipson 21th Catherine Kennon 24th Arzella Abernathy 26th	HAPPY ANNIVERSARY! Robert & Donna Dieckmann - 50 yrs! Robert & Cely Yardley - 42 yrs!	Emergency Number If You Have a Maintenance Emergency, Please Call 267-3973. Transportation Number 565-9755	

August 2021

Gwen Hardy - Apartment 324



Gwen was born in St. Louis and attended Vashon High School. Later she graduated from Mira Costa College in Oceanside, CA. She lived in England, Illinois, and California before returning home to St. Louis.

Gwen is most proud of her daughter, Maria, who works in advertising and marketing. Her son-in-law, Kenneth, is like the son she never had. He is an IT professional. They have blessed her with 2 grandsons, Justin and Donovan.

Gwen retired from St. Louis University after 33 years. Gwen loves to travel, read, exercise, and go out to dinner. She moved to St. Catherine to remain close to family. Here she feels safe and welcome. She looks forward to all the fun activities returning. We are so happy to have Gwen here! Welcome home, Gwen!



August

Word Search

Beach	Popsicle
Bike	Sand
Garden	Summer
Hot	Sun
Hot dogs	Swimsuit
Park	Travel
Picnic	Vacation
Pool	Watermelon

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