



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 Lacey Wild
Activities Assistant Susana, Amanda
Dining Services Director Danielle Bills
Dining Services Assistants Francisca, Jim
Servers Lia, Lynette, Mia
Servers Kailey, Kevin, Kendall, Rayonna
Maintenance Director George Trotter
Housekeeping Chrissy, Martha

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 want to wish all our residents, families and friends of St. Catherine a very Happy Valentine's Day! We hope to see you at our annual Sweetheart Party on the 13th. Please check your calendar for details. We promise good food, fun, music and sweet treats!

February is National Heart Month, a good time to do something beneficial for this vital organ. One simple suggestion is to incorporate nuts or nut butters into your diet. Tree nuts like almonds, walnuts and pecans, as well as peanut and almond butters, have all been found to reduce cholesterol, which can decrease the risk for heart disease. So, go nutty for heart health! ENVISION Home Health will be here on the 21st to discuss tips for a healthy heart. Hope to see you all there!

February 2019

Layered in Warmth

Older adults are more sensitive to cold weather, yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

Furry Forecasters

Pennsylvania's Punxsutawney Phil tends to hog the spotlight on Groundhog Day, but there are other celebrity groundhogs who are prognosticators of spring. Down in Cajun country, Pierre C. Shadeaux makes his annual prediction in south Louisiana. Staten Island Chuck is the official forecaster for New York City. And folks in Raleigh, N.C., check in with Sir Walter Wally.

Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel. Research shows that dark chocolate is loaded with antioxidants and may even lower your blood pressure. So when you have that craving for sweets, you may want to reach for the dark ones!



Here Comes Valentine's Day

Happy February! We have a great month ahead of us! Please join us in voting for our King and Queen of our Sweetheart Party! Ballots will go out on February 5th. We will have Scott and Karl here to entertain us for our party! Wear your **RED**! We will go to eat at The Locker Room on the 20th. On the 21st, we will go on a shopping trip to Target. Jim McClaren will be here to entertain with the harmonica on February 26th. We hope to see you at these events!



Black History Month

Each February, Americans celebrate Black History Month. This tribute dates back to 1926 and is credited to Harvard scholar Dr. Carter G. Woodson. The observance originally ran one week and included the birthdays of Frederick Douglass and Abraham Lincoln. Since 1976, the contributions of African-Americans have been celebrated for the entire month of February.

Sunday	Monday	Tuesday
<i>february</i>	Happy Birthday!! Feb. 1st - Jean Angel Feb. 11th - Cecelia Yardley Feb. 21st - Birt McWilliams Feb. 21st - Pat Baehler Feb. 22nd - Nola Pattengill Feb. 26th - Florida Cowley Feb. 26th - Jackie Strini	"There Is Only One Happiness in Life: To Love and Be Loved." - George Sand
3 Super Bowl Sunday 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:00 Brother George Gives Communion 2:15 Mexican Dominoes	4 8:30 Continental Breakfast 9:00 Banks 10:00 Mind and Body Relaxation With Pam Hall 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker 2:15 BOOKMOBILE 3:00 Prayer Group	5 8:30 Continental Breakfast 9:30 Rosary 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
10 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes 3:15 Pianist Phil Strangman	11 8:30 Continental Breakfast 9:00 Dierbergs 10:00 Mind and Body Relaxation With Pam Hall 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	12 8:30 Continental Breakfast 9:30 Rosary 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
17 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	18 Presidents Day 8:30 Continental Breakfast 9:00 Aldi 10:00 Mind and Body Relaxation With Pam Hall 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	19 8:30 Continental Breakfast 9:30 Rosary 11:30 Birthday Party Happy Hour 1:15 Bingo 2:15 BOOKMOBILE 2:30 Mexican Dominoes 5:15 Bible Study (CH)
24 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	25 8:30 Continental Breakfast 9:00 Dierbergs 10:00 Mind and Body Relaxation With Pam Hall 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	26 8:30 Continental Breakfast 9:30 Rosary 10:30 Entertainment by Jim McClaren 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)

Wednesday

Thursday

Friday

Saturday

	Two antennae met on a roof, fell in love and got married. Their wedding was nothing fancy, but the reception was excellent.	8:30 Continental Breakfast 9:00 Schnucks (Grandview) 11:00 Hearing Doctor 11:00 Pokeno 1:00 Chair YOGA (CR) 1:00 Mexican Dominoes 2:00 Penny Poker 3:15 Until 4:00 Wine & Cheese Social	<u>Groundhog Day</u> 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
6 <u>National Chopsticks Day</u> 8:30 Continental Breakfast 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	7 9:00 Hearty Breakfast 9:30 Trivia 10:15 Blood Pressure Clinic 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker	8 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	9 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
13 8:30 Continental Breakfast 11:00 Valentine's Day Party With the Crowning of the King and Queen! Music by Scott and Karl 2:00 Nickel Game 5:00 Prayer Group With Brother George	14 <u>Valentine's Day</u> 9:00 Hearty Breakfast 9:30 Clear Captions for Your Phone! 10:30 Casino 11:00 Pokeno 1:00 Music & Movement (CR) 1:00 Bingo 2:00 Penny Poker	15 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	16 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
20 8:30 Continental Breakfast 10:45 Lunch at the Locker Room 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	21 9:00 Hearty Breakfast 9:30 National Heart Month! Tips for A Healthy Heart With ENVISION 10:15 Blood Pressure Clinic 10:30 Trip to Target 11:00 Pokeno 1:00 Music & Movement (CR) 1:00 Bingo 2:00 Penny Poker	22 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	23 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
27 8:30 Continental Breakfast 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	28 9:00 Hearty Breakfast & Welcome Our New Residents 9:30 Resident Meeting 11:00 Pokeno 1:00 Bingo 2:00 Penny Poker	<u>Emergency Number</u> If You Have a Maintenance Emergency, Please Call 267-3973 <u>Transportation Number</u> 565-9755	

February 2019

"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1998: At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

2002: The newly created Transportation Security Administration begins overseeing air travel security.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.



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