



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 Amanda, Susana
Dining Services Director Danielle Bills
Dining Services Assistants Francisca, Jim
Servers Lia, Lynette, Kailey
Servers Kevin, Kendall, Chrissy
Maintenance Director George Trotter
Housekeeping Rayonna, Brenda

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

Greetings From the Executive Director

Welcome to the dog days of summer! We have plenty of “cool” activities planned this month, so make plans to dive right in and join us for some fun times. If you have any suggestions, comments or questions, please stop by my office. My door is always open, and I enjoy chatting with each and every one of you!

We wish all of our residents, families, staff and friends of St. Catherine a very Happy Fourth of July!

~Stacey

Drink More Water!!

Staying hydrated in hot weather is a must, and doctors warn not to wait until you’re thirsty to grab a glass of water. Even mild dehydration can affect your alertness, memory and mood. So grab a cool glass of water and enjoy!

July 2019

A Tall Flower

Bright yellow sunflowers are a cheerful sight in summer. While most varieties are 5 to 8 feet tall, a world-record specimen grew to a whopping 30 feet. Please feel free to plant your favorite flower outside your window and if you need help, let us know! Enjoy!

Honoring Korean War Veterans

July 27 is observed as National Korean War Veterans Armistice Day, to honor the brave men and women “who answered the call to defend a country they never knew and a people they never met.” More than 5.7 million Americans served in the conflict from 1950 to 1953. Thank you for your service.

Ice Cream Additions

Long summer days provide plenty of chances to enjoy the season’s classic treat, ice cream. When it comes to adding a topping to a dish or cone, about half of Americans favor hot fudge - nuts, whipped cream, chocolate syrup, caramel sauce and fruit also ranked high. We hope to see our residents at our Ice Cream Social on Saturdays!



Remember When: Slide Projectors

Nowadays, many people post their vacation photos online for others to see, but in the past, family and friends gathered around slide projectors to view memorable moments caught on camera. Small slides were loaded into the machine, which projected images onto a screen or wall. Slide shows of road trips, holidays and other get-togethers were popular home entertainment in the 1950s and '60s.

Geography 101: Tristan da Cunha

The world's most remote inhabited island lies halfway between South America and Africa in the South Atlantic Ocean, and the closest community is 1,500 miles away. Named after the explorer who discovered it in 1506, Tristan da Cunha is a British overseas territory with about 250 residents. The island is accessible only by ship, and those who wish to visit must get prior approval, then depart from Cape Town, South Africa, for a weeklong journey on the sea. The ships, which arrive a few times a year, also transport supplies and mail to the residents.

Sunday	Monday	Tuesday
	1 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 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment With Just the Two of Us 11:30 Fourth of July Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
7 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	8 8:30 Continental Breakfast 9:00 Aldi 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker 2:15 BOOKMOBILE	9 8:30 Continental Breakfast 9:30 Communion Service 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
14 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	15 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	16 8:30 Continental Breakfast 9:30 Communion Service 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
21 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	22 8:30 Continental Breakfast 9:00 Aldi 10:00 Mind and Body Relaxation With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker 2:15 BOOKMOBILE	23 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Elizabeth LaKamp 11:30 Luau Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
28 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	29 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	30 8:30 Continental Breakfast 9:30 Communion Service 11:15 Sing A Long 11:30 Birthday Party Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)

Wednesday	Thursday	Friday	Saturday
3 8:30 Continental Breakfast 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	4 Independence Day Happy Fourth of July! The Office and Kitchen Are Closed!	5 8:00 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	6 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
10 8:30 Continental Breakfast 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	11 9:00 Hearty Breakfast 9:30 Street Car 1940-1960s With Dave & Friends 10:45 Casino 11:00 Pokeno 1:00 Bingo 1:00 Music and Movement Class (CR) 2:15 Penny Poker 3:15 Crafts	12 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	13 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
17 8:30 Continental Breakfast 10:30 Mystery Lunch?? 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	18 9:00 Hearty Breakfast 9:30 Staying Independent Safely With Envision 10:45 Walmart 11:00 Pokeno 1:00 Bingo 2:00 Penny Poker	19 8:00 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	20 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
24 8:30 Continental Breakfast 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	25 9:00 Hearty Breakfast & Welcome Our New Residents 9:30 Resident Meeting 11:00 Pokeno 1:00 Music and Movement Class (CR) 1:00 Bingo 2:00 Penny Poker 3:15 Crafts	26 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	27 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
31 8:30 Continental Breakfast 10:45 Cuginos Lunch Trip 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 3:00 Project HANDS 5:00 Prayer Group With Brother George	Happy Birthday!! July 7th - Marie Hegger July 8th - Fran Bova Conti July 14th - Estella Brown July 21st - David Neubauer July 27th - Martin Audrain		Emergency Number If You Have a Maintenance Emergency, Please Call 267-3973. Transportation Number 565-9755

July 2019

Clara Davis

Clara is our new resident as of May of 2019, and she lives in Apartment 313. She lived in Normandy for 53 years prior to coming to St. Catherine. Clara has never lived alone prior to coming here, but after making the leap into her own apartment, she LOVES it! Clara says she is single and NOT sad about it! She has been enjoying Dominoes, attending the exercise classes we offer, and watching a good movie.

Clara attended the nursing program at Forest Park Community College. Once she graduated she went on to be a nurse at St. Luke's hospital. Here, she specialized in orthopedics and medical/surgical nursing. She then moved on to be a school nurse for 22 years at Yateman Middle School in St. Louis City. She is now retired but once a nurse, always a nurse!

Clara has 2 sons. She previously lived with her son Bryan, who she calls Reggie, and he was not happy about his Mom leaving him! However, they talk every day and he is happy for her. She is the youngest, and only girl out of 4 siblings. She has 4 granddaughters, 3 great-grandsons, and 1 great-granddaughter.

Clara is a member of the Red Hatters and enjoys their outings. She also sings in her church choir. Clara loves being around people, especially young people. She's looking forward to her upcoming cruise to the Bahamas! Welcome Home Clara! We are so happy to have you here!



American
Anthem
Apple pie
Fireworks
Flag
Fourth
Freedom

Independence
Parades
Parks
Party
Patriot
Picnic
Stars
Stripes
Summer

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