



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 Rivera
Dining Services Director Danielle Bills
Dining Services Assistants Francisca, Jim
Servers Kailey, Kevin, Charlie
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

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.

We are very thankful for our residents, and we wish to thank you for all your support and patience during this very trying time. We also wish to thank our Project Hands volunteers and all those who contributed to our annual RHF toy drive. We hope this holiday season you have many reasons to be thankful.

Happy Thanksgiving,
~Stacey and the Staff

November 2020

The History of Veterans Day

Nov. 11 marks the anniversary of a historic moment: the armistice that ended World War I. The ceasefire for what was known then as the Great War went into effect on Nov. 11, 1918—the 11th hour of the 11th day of the 11th month. After four years, the fighting between the Allied forces and Germany stopped.

On the one-year anniversary of the armistice, U.S. President Woodrow Wilson proclaimed Nov. 11 as Armistice Day to recognize those who served in “the war to end all wars” and to celebrate world peace.

By 1926, more than half of the U.S. states had made Armistice Day a legal holiday, and Congress passed a resolution requesting the president formally honor the anniversary. In 1938, Armistice Day officially became a federal holiday.

After the nation's military fought in World War II and the Korean War, the name of Armistice Day was changed to Veterans Day in 1954 as a tribute to American veterans of all wars. Now, every year on Nov. 11, parades, ceremonies and concerts take place throughout the country to thank our veterans and remember the sacrifice of all who served. We thank all of our wonderful residents and their family members who served and those who continue to serve our great country!



November 2020

In November, you can all see a tree on the wall of the dining room. This tree is St. Catherine's Grateful Tree! In the spirit of Thanksgiving, we want to celebrate all that we are grateful for and share it with everyone! At the beginning of November, everyone will receive a colored leaf at their door. You will put what you are grateful for this year on your leaf. Then, you will turn in your leaf to the Activities Department who will add it to the tree in the dining room for everyone to see! At the end of the month with a full tree of leaves, one lucky winner will be picked for the November Thanksgiving prize!

Veterans Day is on November 11th, and St. Catherine is truly grateful for their service. In honor of each veteran and their service, staff will be coming by to individually thank each of St. Catherine's veterans.

Crafts this month will be on November 11th and November 25! If you have not signed up, contact the Activities Department today!

We hope you all have a wonderful November with all of these fun activities planned! Including our new Chair Yoga!

Sunday	Monday	Tuesday
1 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Snack Delivery	2 8:30 Continental Breakfast (Pick Up in Dining Room) <u>St. Catherine's Coloring</u> <u>Sheets Day!</u>	3 8:30 Continental Breakfast (Pick Up in Dining Room) 11:00-11:30 Lunch Delivery 1:00 Bingo (Requires Sign-up) 2:30 Bingo (Requires Sign-up)
8 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Snack Delivery	9 8:30 Continental Breakfast (Pick Up in Dining Room) 10:50 And 11:10 Dining Room CHAIR YOGA! (Requires Sign-up) *Library Delivery*	10 8:30 Continental Breakfast (Pick Up in Dining Room) 11:00-11:30 Lunch Delivery 1:00 Bingo (Requires Sign-up) 2:30 Bingo (Requires Sign-up)
Clean Out Your Fridge Day! 15 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Snack Delivery	16 8:30 Continental Breakfast (Pick Up in Dining Room)	17 8:30 Continental Breakfast (Pick Up in Dining Room) 11:00-11:30 Lunch Delivery 1:00 Bingo (Requires Sign-up) 2:30 Bingo (Requires Sign-up)
22 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Snack Delivery	23 8:30 Continental Breakfast (Pick Up in Dining Room) 10:50 And 11:10 Dining Room CHAIR YOGA! (Requires Sign-up) *Library Delivery* Hallway Musical Entertainment by Big Papa G!	24 8:30 Continental Breakfast (Pick Up in Dining Room) 11:00-11:30 Lunch Delivery 1:00 Bingo (Requires Sign-up) 2:30 Bingo (Requires Sign-up)
29 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Snack Delivery	30 8:30 Continental Breakfast (Pick Up in Dining Room) <u>St. Catherine's Grateful Tree</u> <u>Prize Drawing!</u> Hallway Musical Entertainment by Big Papa G!	

Wednesday	Thursday	Friday	Saturday
4 Blue Shirt Day! 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Popcorn Delivery	5 9:00-9:30 Hearty Breakfast Delivery 1:00 Bingo (Requires Sign-up)	6 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Wine Cart	7 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Ice Cream Delivery
11 Happy Veterans Day! 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Crafts (Requires Sign-up) 2:30 Crafts (Requires Sign-up) Ceramic Painting! Thank you to all of our Veterans!	12 9:00-9:30 Hearty Breakfast Delivery 1:00 Bingo (Requires Sign-up)	13 World Kindness Day! 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Shooters/Snack Delivery	14 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Ice Cream Delivery
18 White Shirt Day! 8:30 Continental Breakfast (Pick Up in Dining Room) 1:00 Popcorn Delivery	19 9:00-9:30 Hearty Breakfast Delivery 1:00 Bingo (Requires Sign-up) Mystery Snack Delivery Day!	20 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Wine Cart	21 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Ice Cream Delivery
25 8:30 Continental Breakfast (Pick Up in Dining Room) 10:00 Bingo (This Is a Reschedule of the 11/26 Bingo) 1:00 Crafts (Requires Sign-up) 2:30 Crafts (Requires Sign-up) Jewelry Making!	26 Happy Thanksgiving! The Office and Activities Department Will Be Closed for the Holiday.	27 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Shooters/Snack Delivery	28 8:30 Continental Breakfast (Pick Up in the Dining Room) 1:00 Ice Cream Delivery
Per the CDC Only groups of 10 people at a distance of 6ft. from each other are allowed with masks on and temperatures taken for activities. <u>This means, Bingo,</u> <u>Chair Yoga and Crafts require</u> <u>sign-up to attend.</u> To sign up, you just need to call the Activities Department. If you signed up already, you don't need to do so again.	Happy Birthday! Fuzz Horenkamp 11/1 Marian Ester 11/5 Sara Williams 11/5 Dee Gruenloh 11/25 Polly Brandt 11/28 Oliver Fultz 11/29		

November 2020



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|---------------|--------------|
| 1. Candy | 9. Halloween |
| 2. Cat | 10. Harvest |
| 3. Costume | 11. Moon |
| 4. Dark | 12. Scary |
| 5. Dry Leaves | 13. Spider |
| 6. Football | 14. Treat |
| 7. Ghost | 15. Trick |
| 8. Goblin | 16. Witch |

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