



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, Kevin
Servers Kendall, Rayonna, Ronisha
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

Well, we were blessed with a very mild August, and now we are ready to wish our residents, families and friends at St. Catherine a very Happy Fall season! Soon the leaves will be turning beautiful bright colors, and we will have plenty of events to kick off the season!

We always welcome suggestions, so please feel free to share your ideas with us! I would like to thank Amanda for taking on the Activity Director position this summer and doing such an amazing job! I will miss seeing her during the week as she heads back to nursing school, but you will get to see her every weekend again! Very soon you will see a new face in the position. You will also notice some new faces moving in to our great community. Please help in welcoming them home!

~Stacey

September 2019



Apples of Our Eye

September signals the peak season for an autumn staple, apples. One of the most popular fruits, apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year. Because the fruit bruises easily, all those apples must be picked by hand!

Check you calendar for a trip to Eckert's later this fall! And remember, an apple a day keeps the doctor away!

Remember When: Card Catalogs

Searching for a book in a library once involved pulling out a long, narrow drawer of a card catalog. Using the Dewey Decimal System, each book was categorized by subject, title, author and other information, which was printed on index cards and filed in cabinets with rows of small drawers. In large libraries, card catalogs could fill an entire room.

Check your calendar to find out when the St. Louis County Mobile Library visits our community. You can check out a wide variety of books and movies!

70 Years of TV's 'Lone Ranger'

On Sept. 15, 1949, "The Lone Ranger" rode into the world of television with its debut episode. The popular Western lives on in reruns, fan clubs, collectibles and cultural references, including the show's legendary line, "Hi-yo, Silver! Away!"

A Rhapsody of Rewards

During Classical Music Month in September, make time to enjoy a sonata by Mozart, a symphony by Beethoven, or a film score by John Williams. Numerous studies show that listening to classical music can have resounding health effects, such as lowering stress, boosting productivity, improving memory and helping relieve pain.

Learning in Store

If back-to-school time has you yearning to learn something new, visit a store. Many national retail chains, such as the Apple Store, Michaels, Home Depot and Williams Sonoma, offer free classes, workshops and demonstrations.

Harvest Ha-Ha

Q: Why did the scarecrow get a promotion?

A: Because he was outstanding in his field.

Sunday	Monday	Tuesday
1 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:00 Communion With Brother George 2:15 Mexican Dominoes	2 Labor Day The Kitchen and Office Will Be Closed Today!	3 8:30 Continental Breakfast 9:30 Communion Service 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
8 Happy Grandparents Day!! 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	9 8:30 Continental Breakfast 9:00 Banks 10:00 Gratitude Hour With Pam - ENVISION 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Penny Poker	10 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Scott & Karl 11:30 End of Summer Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
15 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	16 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	17 8:30 Continental Breakfast 9:30 Communion Service 11:30 Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
22 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	23 First Day of Fall 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	24 8:30 Continental Breakfast 9:30 Communion Service 10:30 Musical Entertainment by Bryan Foggs 11:30 Happy Fall Happy Hour 1:15 Bingo 2:30 Mexican Dominoes 5:15 Bible Study (CH)
29 8:30 Donut Social 9:45 Catholic Services 1:00 Bingo 2:15 Mexican Dominoes	30 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	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
4 8:30 Continental Breakfast 9:00 Walgreens 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	5 9:00 Hearty Breakfast 9:30 Trivia 10:00 Blood Pressure Clinic 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker	6 8:30 Continental Breakfast 9:00 Schnucks (Cross Keys) 10:30 Mary Grove Luncheon 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	7 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 2:00 Nickel Game
11 8:30 Continental Breakfast 10:15 Josephine's Luncheon 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	12 9:00 Hearty Breakfast 10:30 Casino 11:00 Pokeno 1:00 Bingo 1:30 Music & Movement Class 2:15 Penny Poker 3:00 Card Making Craft With Tracy	13 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	14 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
18 8:30 Continental Breakfast 10:30 Walmart 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 5:00 Prayer Group With Brother George	19 9:00 Hearty Breakfast 9:30 Envision 10:00 Blood Pressure Clinic 11:00 Pokeno 1:00 Bingo 2:15 Penny Poker	20 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	21 8:30 Continental Breakfast 10:00 Board Games And Wii Bowling 12:00 Ice Cream Social 12:30 Movie Day! 2:00 Nickel Game
25 8:30 Continental Breakfast 10:30 Irma Jean's Lunch Trip 11:00 Pokeno 1:00 EXERCISE CLASS 2:00 Nickel Game 3:00 Project HANDS 5:00 Prayer Group With Brother George	26 9:00 Hearty Breakfast & Welcome Our New Residents 9:30 Resident Meeting 11:00 Pokeno 1:00 Bingo 1:30 Music & Movement Class 2:15 Penny Poker 3:00 Crafts	27 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	28 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
 SEPTEMBER	Happy Birthday!!! 1st- Rosie Fielder 8th- Jackie Benning 9th- Barbara Harrison 10th- Barbara Honerkamp 18th- Doris Hellmann 18th- Till O'Grady 20th- Howard Smith	24th- Happy 68th Anniversary Aron & Shirley Eubanks!!	<u>Emergency Number</u> If You Have a Maintenance Emergency, Please Call 267-3973 <u>Transportation Number</u> 565-9755

September 2019

Jimmie Jones

Jimmie graduated from Lafayette High School in Ellisville, Missouri, in 1967. She always knew she wanted to join the Reserves and began when she turned 26. Jimmie continued her specialized training in Texas, Indiana, and through the University of Maryland. This journey led her to become an award-winning Air Force journalist and Public Relations Specialist! She even wrote for the European Stars and Stripes, a daily newspaper serving military members, their families, and other Department of Defense personnel living and working overseas.

Jimmie's occupation allowed her to travel around the world. She has been to Paris, London, and Amsterdam. During her time in the Air Force, she had an 11-year residency in Germany. During this residency, Jimmie visited Portugal, Turkey, Spain, Belgium, and Greece. Her final military assignment was as Superintendent of the Air Force Public Affairs Office in New York City. She retired as Master Sergeant Jimmie L. Jones, and has numerous awards to show for her hard work. Jimmie returned back to Missouri to be closer to family. Jimmie has a son named Ty, and 3 grandchildren - Kaden, Roen, and Emery. She also has quite a few nieces and nephews who she showers with love!

Jimmie recently moved out of her longtime home in Jennings, to live here at St. Catherine. She loves exercise, card games, Bingo, and Pokeno. Once she gets some free time she will join us in these activities. Jimmie is our upper level Ambassador for St. Catherine. She will welcome new residents and help them feel comfortable in their new home. We thank you for your kindness and your service to our great country! Welcome home, Jimmie!



Apple	Harvest
Autumn	Labor Day
Books	Lake
Camp	Leaves
Country	Reflection
Earth	September
Fall	Tree
Football	Wind

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