






McGovern Commons

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>10:30 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 1:30 Movie: Hundred-Foot Journey (Ch. 901)</p>
<p>3</p> <p>10:30 Mass (Ch. 901)</p>	<p>4</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Nazareth News (Ch. 901) 3:00 Prayer Service (Ch. 901)</p>	<p>5</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Documentary – “Ken Burns: The West” (Ch. 901)</p>	<p>6</p> <p>10:15 Divine Mercy Chaplet (Ch. 901) 11:00 Mass (Ch. 901) 1:30 Drums for Fun (AR) 2:00 Chair Yoga w/ Michelle (Ch. 901) 3:00 Holy Hour (Ch. 901)</p>	<p>7</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 1:1 Nail Care (AR) 2:00 Songs for Winter (Ch. 901)</p>	<p>8</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Reminiscence – Traditions in the New Year (AR) 5:30 Movie Night (Ch. 901)</p>	<p>9</p> <p>1:00 Movie – “Flannery O’Connor”(Ch. 901)</p>
<p>10</p> <p>10:30 Mass (Ch. 901)</p>	<p>11</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Nazareth News (Ch. 901) 3:00 Prayer Service (Ch. 901)</p>	<p>12</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Geography Trivia from the Chapel (Ch. 901)</p>	<p>13</p> <p>10:15 Divine Mercy Chaplet (Ch. 901) 11:00 Mass (Ch. 901) 2:00 Chair Yoga w/ Michelle (Ch. 901) 3:00 Holy Hour (Ch. 901)</p>	<p>14</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 1:1 Nail Care (AR) 2:00 All Request Hour (Ch. 901)</p>	<p>15</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 1:1 Crafts (AR) 5:30 Movie Night (Ch. 901)</p>	<p>16</p>
<p>17</p> <p>10:30 Mass (Ch. 901)</p>	<p>18</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Nazareth News (Ch. 901) 3:00 Prayer Service (Ch. 901)</p>	<p>19</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Documentary – “Ken Burns: The West” (Ch. 901)</p>	<p>20</p> <p>10:15 Divine Mercy Chaplet (Ch. 901) 11:00 Mass (Ch. 901) 2:00 Chair Yoga w/ Michelle (Ch. 901) 3:00 Holy Hour (Ch. 901)</p>	<p>21</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 1:1 Nail Care (AR) 2:00 Musician Biography – Hank Williams (Ch.901)</p>	<p>22</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Reminiscence – Birds of Winter (AR) 5:30 Movie Night (Ch. 901)</p>	<p>23</p> <p>1:00 Movie – “Pavarotti” (Ch. 901)</p>
<p>24</p> <p>10:30 Mass (Ch. 901)</p>	<p>25</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Nazareth News (Ch. 901) 3:00 Prayer Service (Ch. 901)</p>	<p>26</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 Holy Family Trivia from the Chapel (Ch. 901)</p>	<p>27</p> <p>10:15 Divine Mercy Chaplet (Ch. 901) 11:00 Mass (Ch. 901) 2:00 Chair Yoga w/ Michelle (Ch. 901) 3:00 Holy Hour (Ch. 901)</p>	<p>28</p> <p>9:30 Spiritual Reflection (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 1:1 Nail Care (AR)</p>	<p>29</p> <p>10:15 Rosary (Ch. 901) 11:00 Mass (Ch. 901) 1:00 Chair Exercise (Ch. 901) 2:00 1:1 Crafts (AR) 5:30 Movie Night (Ch. 901)</p>	<p>30</p>
<p>31</p> <p>10:30 Mass (Ch. 901)</p>	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>Nazareth Living Center 6 Nazareth Lane St. Louis, MO 63129</p> </div>  </div>					

Please check the location of activity in parentheses () following the activity name. AR is for Activity Room. Activities are subject to change.