




# APRIL 2019



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar \*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Week 4 Menu</i>	<b>1</b> 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Practice (C) 10:30 Lakeside Academy Visits (Lobby) 10:30 Arm Chair Exercises (3FL) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	<b>2</b> 8:00 Holocaust Museum Lunch at a nearby restaurant 11:30 Catholic Service (C) 1:00 Zumba Exercises (C) 2:00 Bingo (2FL) 3:30 Election Polls 3:30 Walgreen's	<b>3</b> 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:00 Gentle Exercises (3FL) 10:30 Schnucks 10:30 Arm Chair Exercises (3FL) 1:00 Yoga (C) 2:00 Surprise Scenic Drive 2:00 Prayer Circle (C) 7:00 Bingo (2FL)	<b>4</b> 9:00 Pancake Breakfast (DR) 10:00 Nellie's Closet (2FL) 10:00 Blood Pressure Screenings (N) 1:00 Zumba Exercises (C) 1:30 Manchester WalMart 3:00 Bingo (2FL)	<b>5</b> 8:15 & 9:00 Water Exercises (P) 9:30 St. Louis Symphony: Mozart & Strauss Lunch nearby. 3:00 Happy Hour with Queens of Swing (2FL) 5:15 Shabbat Service & dinner at United Hebrew Congregation	<b>6</b> 9:00 Mature Mile Walk 10:30 Arm Chair Exercises (3FL) 12:00 Newborns in Need (LC) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
<b>7 Week 1 Menu</b> 9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 3:00 Concert: "Master's Praise" Christian Acapella Music (C) 6:30 Left, Center, Right (2FL)	<b>8</b> 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Practice (C) 10:30 Arm Chair Exercises (3FL) 11:00 Diners' Club: Lunch at Cracker Barrel 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	<b>9</b> 10:00 Surprise Scenic Drive 11:30 Catholic Service (C) 1:00 Zumba Exercises (C) 2:00 Bingo (2FL) 3:30 Walgreen's	<b>10</b> 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Gentle Exercises (3FL) 10:30 Schnucks 10:30 Arm Chair Exercises (3FL) 1:00 Yoga © 2:00 Prayer Circle (C) 3:00 Presentation, Mike Roberts "Spring & Summer Weather" (C) 7:00 Bingo (2FL)	<b>11</b> 9:00 Azaleas & Dogwoods in Charleston, MO Lunch at Lambert's 10:00 Blood Pressure Screenings (N) 1:00 Zumba Exercises (C) 1:00 Marge Meiners' B-day Party (2FL) 3:00 Bingo (2FL) 6:30 Concert: Elizabeth Hrebec (C)	<b>12</b> 8:15 & 9:00 Water Exercises (P) 10:00 Aldi's 11:00 Meet with Jennifer, Business Office Dir. (1CF) 3:00 Happy Hour with The Bucket List (2FL)	<b>13</b> 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
<b>14 Week 2 Menu</b> 9:00 V.P Sacred Heart Church 1:00 Palm Sunday Service (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)  PALM SUNDAY	<b>15</b> 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Practice (C) 10:30 Arm Chair Exercises (3FL) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	<b>16</b> 10:00 Surprise Scenic Drive 11:30 Catholic Service (C) 1:00 Zumba Exercises (C) 2:00 Bingo (2FL) 3:30 Walgreen's	<b>17</b> 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:00 Gentle Exercises (3FL) 10:30 Arm Chair Exercises (3F) 10:30 Schnucks 1:00 Yoga (C) 2:00 Prayer Circle (C) 3:00 Presentation, Ed Wheatley "St. Louis Brown's Baseball (C) 7:00 Bingo (2FL)	<b>18 Maundy Thursday</b> 10:00 Blood Pressure Screenings (N) 1:00 Maundy Thursday Service (C) 3:00 Happy Hour with Dusty James & Abalone Pearl (2FL)	<b>19 Good Friday</b> 8:15 & 9:00 Water Exercises (P) 12:00 Move in Anniversary Lunch (DR) 1:00 Good Friday Service (C) 2:00 Ice Cream Social (2FL) 3:00 NO Happy Hour	<b>20</b> 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
<b>21 Week 3 Menu</b> 9:00 St. Gerard Catholic Church Easter Service 11:00 & 1:00 Brunch (DR) 1:00 Easter Service (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)  HAPPY EASTER!	<b>22 EARTH DAY</b> 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:00 Dollar Tree and Steak 'n Shake 10:15 Chimes Practice (C) 10:30 Arm Chair Exercises (3FL) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	<b>23</b> 10:00 Surprise Scenic Drive 11:30 Catholic Service (C) 12:00 Volunteers' Luncheon (DR) 1:00 Zumba Exercises (C) 2:00 Book Club (PDR) 3:00 Bingo (2FL) 3:30 Walgreen's	<b>24</b> 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Gentle Exercises (3FL) 10:30 Arm Chair Exercises (3FL) 10:30 Schnucks 1:00 Yoga (C) 2:00 Update with Carol (C) 2:00 NO Prayer Circle (C) 7:00 Bingo (2FL)	<b>25</b> 9:30 Residents' Coffee & Donuts (2FL) 10:00 Blood Pressure Screenings (N) 1:00 Zumba Exercises (C) 3:00 Bingo (2FL) 6:30 Concert: Chris Moritz, pianist (C)	<b>26</b> 8:15 & 9:00 Water Exercises (P) 12:00 April Birthday Lunch (DR) 3:00 Birthday Party with Pat Joyce (2FL)	<b>27</b> 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
<b>28 Week 4 Menu</b> 9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)	<b>29</b> 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Practice (C) 10:30 Arm Chair Exercises (3FL) 11:00 Hollywood Casino 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	<b>30</b> 10:00 Surprise Scenic Drive 11:30 Catholic Mass (C) 1:00 Zumba Exercises (C) 3:00 Bingo (2FL) 3:30 Walgreen's	<b>BOOKMOBILE VISITS ON WEDNESDAY</b>  9:30 a.m. Harbor Library  		<b>Activity Locations:</b> Chapel (C) Conference Room, (CFR) Dining Room (DR) Library (L) Beauty Salon (BS)	<b>Private Dining Room (PDR)</b> Patio (Pa) Pool (P) 2nd Floor Lounge (2FL) Floor Lounge (3FL) 2nd Floor Media (2FLM)