



# APRIL 2019



Cape Albeon Village Recreation and Wellness Calendar

\*Activities are subject to change

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

<p><i>Week 4 Menu</i></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (NR)</li> <li> 10:30 Lakeside Academy Visits (L)</li> <li> 1:30 Scenic Drive</li> <li> 2:00 Cook Me Up (CR)</li> <li> 3:30 Rollers (CR)</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li> 9:00 News Review (CR)</li> <li> 10:00 Coffee, Tea and Me (PDR)</li> <li> 11:30 Catholic Service (C)</li> <li> 2:00 Puzzles (CR)</li> <li> 3:30 Kickball (L)</li> <li> 3:30 Election Polls</li> <li> 6:00 Bingo (L)</li> </ul>	<p><b>3</b>  9:30 Morning Walk (NR)</p> <ul style="list-style-type: none"> <li> 10:00 Ecumenical Worship Service (C)</li> <li> 10:45 Schnucks</li> <li> 10:45 Bookmobile (C)</li> <li> 2:00 Happy Hour with Joe Garnier (L)</li> <li> 3:30 Tic Tac Toe Floor Game (L)</li> <li> 6:00 Movie (NR)</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li> 9:30 Coffee Klatch (CR)</li> <li> 10:30 Fusion Exercise (L)</li> <li> 1:30 Reminisce: Easter Sunday</li> <li> 1:30 Manchester Wal-Mart</li> <li> 2:00 Yoga (C)</li> <li> 3:00 Dartball (L)</li> <li> 6:00 Bingo (L)</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li> 9:30 St. Louis Symphony</li> <li> 9:30 Morning Walk (NR)</li> <li> 10:30 Bingo (CR)</li> <li> 1:00 Garden Club (CR)</li> <li> 2:00 Movie, Popcorn &amp; Soda (NR)</li> <li> 3:30 Any Card Game (CR)</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li> 9:00 Pretty Nails (CR)</li> <li> 10:30 Tone Up! (L)</li> <li> 1:30 Uno</li> <li> 2:30 Rummikub (CR)</li> </ul>
<p><b>7 Week 1 Menu</b></p> <ul style="list-style-type: none"> <li> 9:00 Sacred Heart Church</li> <li> 1:00 Any Card Game (CR)</li> <li> 1:30 Board Game (CR)</li> <li> 3:00 SNACKS (N)</li> <li> 3:30 Jackpot Bingo (L)</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (NR)</li> <li> 10:30 Sit &amp; Be Fit (L)</li> <li> 11:00 Diners' Club: Lunch at Cracker Barrell</li> <li> 1:30 Rhyming Words (CR)</li> <li> 2:00 Cook Me Up (CR)</li> <li> 3:30 Flip It (CR)</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li> 9:00 News Review (CR)</li> <li> 10:00 Coffee, Tea and Me (PDR)</li> <li> 11:30 Catholic Service (C)</li> <li> 1:30 Scenic Drive</li> <li> 2:00 Puzzles (CR)</li> <li> 3:30 Balloon Volleyball (L)</li> <li> 6:00 Bingo (L)</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (NR)</li> <li> 10:00 Ecumenical Worship Service (C)</li> <li> 10:45 Schnucks</li> <li> 2:00 Happy Hour with Bill Forness (L)</li> <li> 3:30 Hot Potato (L)</li> <li> 6:00 Movie (NR)</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li> 9:00 Trip to Charleston, MO. Azaleas and Dogwoods. Lunch at Lambert's.</li> <li> 9:30 Coffee Klatch (CR)</li> <li> 10:30 Fusion Exercise (L)</li> <li> 1:00 Reminisce: Rainy Days (CR)</li> <li> 2:00 Yoga (C)</li> <li> 3:00 Noodle Ball (L)</li> <li> 6:00 Bingo (L)</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (L)</li> <li> 10:00 Aldi's</li> <li> 10:30 Bingo (CR)</li> <li> 1:00 High Rollers (CR)</li> <li> 2:00 Art with Diana (CR)</li> <li> 3:30 Residents' Choice (CR)</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li> 9:00 Pretty Nails (CR)</li> <li> 10:30 Tone Up! (L)</li> <li> 1:30 Kings in the Corner (CR)</li> <li> 2:30 Rummikub (CR)</li> </ul>
<p><b>14 Week 2 Menu</b></p> <ul style="list-style-type: none"> <li> 9:00 Sacred Heart Church</li> <li> 1:00 Any Card Game (CR)</li> <li> 1:30 Board Game (CR)</li> <li> 3:00 SNACKS (N)</li> <li> 3:30 Jackpot Bingo (L)</li> </ul> <p style="text-align: center;"><b>PALM SUNDAY</b></p>	<p><b>15</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (NR)</li> <li> 10:30 Sit &amp; Be Fit (L)</li> <li> 11:30 Just Men Luncheon at Bobby's Place</li> <li> 1:30 Pictionary (CR)</li> <li> 2:00 Cook Me Up (CR)</li> <li> 3:30 Rummikub (CR)</li> </ul>	<p><b>16</b>  9:00 News Review (CR)</p> <ul style="list-style-type: none"> <li> 10:00 Coffee, Tea and Me (PDR)</li> <li> 10:30 Bible Study (PDR)</li> <li> 11:30 Catholic Service (C)</li> <li> 1:30 Scenic Drive</li> <li> 2:00 Puzzles (CR)</li> <li> 3:30 Toss Across (L)</li> <li> 6:00 Bingo (L)</li> </ul>	<p><b>17</b>  9:30 Morning Walk (NR)</p> <ul style="list-style-type: none"> <li> 10:00 Ecumenical Worship Service (C)</li> <li> 10:45 Schnucks</li> <li> 10:45 Bookmobile (C)</li> <li> 1:30 Hangman (CR)</li> <li> 2:00 Birthday Party w/ Bryan Fogs (L)</li> <li> 3:30 Beanbag Toss (NR)</li> <li> 6:00 Movie (NR)</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li> 9:30 Coffee Klatch (CR)</li> <li> 10:30 Fusion Exercise (L)</li> <li> 1:30 Reminisce: Easter Sunday</li> <li> 2:00 Yoga (C)</li> <li> 3:00 Bull's Eye (L)</li> <li> 6:00 Bingo (L)</li> </ul>	<p><b>19 Good Friday</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (L)</li> <li> 10:30 Concert: Anointed Praise (L)</li> <li> 1:00 Garden Club (CR)</li> <li> 2:00 Movie, Popcorn &amp; Soda (NR)</li> <li> 3:30 Any Card Game (CR)</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li> 9:00 Pretty Nails (CR)</li> <li> 10:30 Tone Up! (L)</li> <li> 1:30 FAMILY EASTER CELEBRATION</li> </ul>
<p><b>21 Week 3 Menu</b></p> <ul style="list-style-type: none"> <li> 9:00 ST. GERARD Catholic Church Easter Service</li> <li> 1:00 Any Card Game (CR)</li> <li> 1:30 Board Game (CR)</li> <li> 3:00 SNACKS (N)</li> <li> 3:30 Jackpot Bingo (L)</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (L)</li> <li> 10:00 Dollar Tree &amp; Steak 'n Shake</li> <li> 10:30 Sit &amp; Be Fit (L)</li> <li> 1:30 Update with Carol (DR)</li> <li> 2:00 Cook Me Up (CR)</li> <li> 3:30 Kings in the Corners (CR)</li> </ul>	<p><b>23</b>  9:00 News Review (L)</p> <ul style="list-style-type: none"> <li> 10:00 Coffee, Tea and Me (PDR)</li> <li> 10:30 Bible Study (PDR)</li> <li> 11:30 Catholic Service (C)</li> <li> 1:30 Scenic Drive</li> <li> 2:00 Puzzles (CR)</li> <li> 3:30 Horseshoes (L)</li> <li> 6:00 Concert : Jim Cox (L)</li> </ul>	<p><b>24</b>  9:30 Morning Walk (L)</p> <ul style="list-style-type: none"> <li> 10:00 Ecumenical Worship Service (C)</li> <li> 10:45 Schnucks</li> <li> 1:30 Word Search (CR)</li> <li> 2:00 Ice Cream Social with Bob Jinkerson (L)</li> <li> 3:30 Craft Time (CR)</li> <li> 6:00 Movie (NR)</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li> 9:30 Coffee Klatch (L)</li> <li> 10:30 Fusion Exercise (L)</li> <li> 1:00 Reminisce: Springtime (CR)</li> <li> 2:00 Yoga (C)</li> <li> 3:00 Bowling (L)</li> <li> 6:00 Bingo (L)</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (L)</li> <li> 10:30 Bingo (CR)</li> <li> 1:00 Quirkle (CR)</li> <li> 2:00 Movie, Popcorn &amp; Soda (NR)</li> <li> 3:30 Residents' Choice (CR)</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li> 9:00 Pretty Nails (CR)</li> <li> 10:30 Tone Up! (L)</li> <li> 1:30 Uno (CR)</li> <li> 2:00-4:30 Family Portraits (L)</li> <li> 2:30 Rummikub (CR)</li> </ul>
<p><b>28 Week 4 Menu</b></p> <ul style="list-style-type: none"> <li> 9:00 Sacred Heart Church</li> <li> 1:00 Any Card Game (CR)</li> <li> 1:30 Board Game (CR)</li> <li> 3:00 SNACKS (N)</li> <li> 3:30 Jackpot Bingo (L)</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li> 9:30 Morning Walk (L)</li> <li> 10:30 Sit &amp; Be Fit (L)</li> <li> 11:00 Fun &amp; Lunch: Hollywood Casino</li> <li> 2:00 Cook Me Up (CR)</li> <li> 3:30 Dominoes (CR)</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li> 9:00 News Review (L)</li> <li> 10:30 Alice, The Thinking Dog (L)</li> <li> 11:30 Catholic Service (C)</li> <li> 1:30 Scenic Drive</li> <li> 2:00 Puzzles (CR)</li> <li> 3:30 Bull's Eye (C)</li> <li> 6:00 Bingo (L)</li> </ul>	<p style="text-align: center;"><b>APRIL 27</b></p> <p style="text-align: center;"><b>FAMILY PORTRAITS</b> 2:00-4:30 P.M.</p> <p style="text-align: center;"><b>VILLAGE LIVING ROOM</b></p> <p style="text-align: center;">RESIDENTS &amp; FAMILY ONLY! PLEASE LIMIT TO 8 PERSONS IN GROUP</p> <p style="text-align: center;">FREE 4x6 PHOTO PER RESIDENT</p>	<p><b>Activity Locations:</b></p> <p>(CC) Dining Room (PDR) Private Dining Room (NR) Newport Room (L) Living Room (P) Patio (Li) Library (CR) Chesapeake Room (N) Nurses' Station (C) Chapel</p>	<ul style="list-style-type: none"> <li> Vital Active</li> <li> Connected Vitality</li> <li> Spiritual Vitality</li> <li> Nature Vitality</li> </ul>	<ul style="list-style-type: none"> <li> Social Vitality</li> <li> Creative Vitality</li> <li> Vital Entertainment</li> </ul>