




# MARCH 2019



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

| Sun   | Mon  | Tue   | Wed   | Thu   | Fri   | Sat  |
|---|--|---|---|---|---|--|
| <p><i>Week 4 Menu</i></p>   |  | <p><b>BOOKMOBILE VISITS ON WEDNESDAY</b><br/> <b>March 6 &amp; March 20</b><br/>  <b>9:30 a.m.</b><br/> <b>Harbor Library</b></p>   | <p><b>Activity Locations:</b><br/>           Chapel (C)<br/>           Computer Room (2CR)<br/>           Conference Room, (CFR)<br/>           Dining Room (DR)<br/>           Library (L)<br/>           Beauty Salon (BS)</p>  | <p><b>Private Dining Room (PDR)</b><br/>           Patio (P)<br/>           Pool (P)<br/>           2nd Floor Lounge (2FL)<br/>           Floor Lounge (3FL)<br/>           2nd Floor Media (2FLM)<br/>           Hobby Room (HR)</p>   | <p><b>1</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           10:00 Aldi's<br/>           3:00 Happy Hour with Tim Laramore (2FL)</p>   | <p><b>2 Groundhog Day</b><br/>           10:30 Arm Chair Exercises (3FL)<br/>           12:00 Newborns in Need (LC)<br/>           3:00 Bingo (2FL)<br/>           6:30 Mexican Train Dominoes (2 FL)</p>            |
| <p><b>3 Week 1 Menu</b><br/>           9:00 V.P Sacred Heart Church<br/>           1:00 Ecumenical Worship (C)<br/>           2:00 Quarter Bingo (2 FL)<br/>           6:30 Left, Center, Right (2FL)</p>   | <p><b>4</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:15 Chimes Practice (C)<br/>           10:30 Lakeside Academy Visits (Lobby)<br/>           10:30 Arm Chair Exercises (3FL)<br/>           11:00 Diners' Club: Lunch at Cracker Barrel<br/>           3:00 Songbirds (2FL)<br/>           6:30 Bunco (2FL)</p> | <p><b>5</b><br/>           10:00 Surprise Scenic Drive<br/>           11:30 Catholic Communion (C)<br/>           1:00 Zumba Exercises (C)<br/>           2:00 Bingo (2FL)<br/>           3:30 Walgreen's</p>   | <p><b>6</b> 8:15 &amp; 9:00 Water Exercises (P)<br/>           9:00 Men's Coffee (PDR)<br/>           9:30 Bookmobile (Li)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:30 Schnucks<br/>           10:30 Arm Chair Exercises (3FL)<br/>           1:00 NO Yoga (C)<br/>           1:00 Ash Wednesday Service (C)<br/>           3:00 Mardi Gras Party w/Bill &amp; Bob (2FL)<br/>           7:00 Bingo (2FL)</p> | <p><b>7</b><br/>           9:00 Waffle Breakfast (DR)<br/>           10:00 Blood Pressure Screenings (N)<br/>           1:00 Zumba Exercises (C)<br/>           1:30 Manchester WalMart<br/>           3:00 Bingo (2FL)</p>   | <p><b>8</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           11:00 Meet with Jennifer, Business Office Dir. (1CF)<br/>           3:00 Happy Hour with Dan Balsamo (2FL)</p>                                    | <p><b>9</b><br/>           10:30 Arm Chair Exercises (3FL)<br/>           3:00 Bingo (2FL)<br/>           6:30 Mexican Train Dominoes (2FL)<br/> <br/> <b>SET YOUR CLOCKS FORWARD 1 HOUR BEFORE BEDTIME</b></p>      |
| <p><b>10 Week 2 Menu</b><br/>           9:00 V.P Sacred Heart Church<br/>           1:00 Ecumenical Worship (C)<br/>           2:00 Quarter Bingo (2 FL)<br/>           6:30 Left, Center, Right (2FL)<br/> <br/> <b>DAYLIGHT SAVING TIME BEGINS</b></p>  | <p><b>11</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:15 Chimes Practice (C)<br/>           10:30 Arm Chair Exercises (3FL)<br/>           3:00 Songbirds (2FL)<br/>           6:30 Bunco (2FL)</p>  | <p><b>12</b><br/>           10:00 Surprise Scenic Drive<br/>           11:30 Catholic Communion (C)<br/>           1:00 Zumba Exercises (C)<br/>           2:00 Bingo (2FL)<br/>           3:30 Walgreen's</p>  | <p><b>13</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           9:00 Men's Coffee (PDR)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:30 Arm Chair Exercises (3F)<br/>           10:30 Schnucks<br/>           1:00 Yoga (C)<br/>           6:30 Concert: Ken Roberts (C)</p>  | <p><b>14</b><br/>           10:00 MO. Botanical Gardens Orchid Show. Lunch in the Sassafras Cafe<br/>           10:00 Blood Pressure Screenings (N)<br/>           1:00 Zumba Exercises (C)<br/>           3:00 Bingo (2FL)</p>   | <p><b>15</b><br/>           8:15- Breakfast at Valley Park School<br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           12:00 Move in Anniv. Lunch (DR)<br/>           3:00 Happy Hour with Bob Jinkerson (2FL)</p> | <p><b>16</b><br/>           10:30 Arm Chair Exercises (3FL)<br/>           2:00 St. Patrick's Day Party with The Rewind Band (2FL)<br/>           3:00 NO BINGO<br/>           6:30 Mexican Train Dominoes (2FL)</p> |
| <p><b>17 Week 3 Menu</b><br/> <b>ST. PATRICK'S DAY</b><br/>           9:00 V.P Sacred Heart Church<br/>           1:00 Ecumenical Worship (C)<br/>           2:00 Quarter Bingo (2 FL)<br/>           6:30 Left, Center, Right (2FL)</p>  | <p><b>18</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:00 Dollar Tree and Steak 'n Shake<br/>           10:15 Chimes Practice (C)<br/>           10:30 Arm Chair Exercises (3FL)<br/>           3:00 Songbirds (2FL)<br/>           6:30 Bunco (2FL)</p>  | <p><b>19</b><br/>           10:00 Surprise Scenic Drive<br/>           10:00 Designers Direct Jewelry (2FL)<br/>           11:30 Catholic Mass (C)<br/>           1:00 Zumba Exercises (C)<br/>           2:00 Bingo (2FL)<br/>           3:30 Walgreen's</p> | <p><b>20 First Day of Spring</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           9:00 Men's Coffee (PDR)<br/>           9:30 Bookmobile (Li)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:30 Arm Chair Exercises (3FL)<br/>           10:30 Schnucks<br/>           1:00 Yoga (C)<br/>           6:30 Senior Bingo (2FL)</p>   | <p><b>21</b><br/>           10:00 Blood Pressure Screenings (N)<br/>           10:30 Soldier Memorial Museum<br/>           Lunch nearby<br/>           1:00 Zumba Exercises (C)<br/>           3:00 Bingo (2FL)</p>  | <p><b>22</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           9:30 St. Louis Symphony: Franck's D Minor. Lunch nearby.<br/>           3:00 Happy Hour with Jack &amp; Lynn (2FL)</p>                           | <p><b>23</b><br/>           10:30 Arm Chair Exercises (3FL)<br/>           3:00 Bingo (2FL)<br/>           6:30 Mexican Train Dominoes (2FL)</p>   |
| <p><b>24 Week 4 Menu</b><br/>           9:00 V.P Sacred Heart Church<br/>           11:00 &amp; 1:00 Brunch (DR)<br/>           1:00 Ecumenical Worship (C)<br/>           2:00 Quarter Bingo (2 FL)<br/>           6:30 Left, Center, Right (2FL)<br/> <b>31 Week 1 Menu</b><br/>           9:00 V.P Sacred Heart Church<br/>           1:00 Ecumenical Worship (C)<br/>           2:00 Quarter Bingo (2 FL)<br/>           6:30 Left, Center, Right (2FL)</p> | <p><b>25</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:15 Chimes Practice (C)<br/>           10:30 Arm Chair Exercises (3FL)<br/>           11:00 World Religion (C)<br/>           3:00 Songbirds (2FL)<br/>           6:30 Bunco (2FL)</p>  | <p><b>26</b><br/>           10:00 Surprise Scenic Drive<br/>           11:30 Catholic Mass (C)<br/>           1:00 Zumba Exercises (C)<br/>           2:00 Bingo (2FL)<br/>           2:00 Book Club (PDR)<br/>           3:30 Walgreen's</p>                 | <p><b>27</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           9:00 Men's Coffee (PDR)<br/>           10:00 Gentle Exercises (3FL)<br/>           10:30 Arm Chair Exercises (3FL)<br/>           10:30 Schnucks<br/>           1:00 Yoga (C)<br/>           2:00 Update with Carol (C)<br/>           7:00 Cover-all Bingo (2 FL)</p>   | <p><b>28</b><br/>           9:30 Residents' Coffee (2FL)<br/>           11:00 River City Casino<br/>           10:00 Blood Pressure Screenings (N)<br/>           1:00 Zumba Exercises (C)<br/>           3:00 Bingo (2FL)<br/>           7:00 Concert: Connie &amp; Amalia (C)</p> | <p><b>29</b><br/>           8:15 &amp; 9:00 Water Exercises (P)<br/>           12:00 Birthday. Lunch (DR)<br/>           3:00 Birthday Party with Pat Joyce (2FL)</p>   | <p><b>30</b><br/>           10:30 Arm Chair Exercises (3FL)<br/>           2:00 Bingo (2FL)<br/>           6:30 Mexican Train Dominoes (2FL)</p>   |