



MARCH 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> 9:00 Sacred Heart Church</p> <p> 1:00 Any Card Game (CR)</p> <p> 1:30 Board Game (CR)</p> <p> 3:00 SNACKS (N)</p> <p> 3:30 Jackpot Bingo (L)</p>	<p>NEW! BIBLE STUDY</p> <p>TUESDAY</p> <p>MARCH 5</p> <p>MARCH 19</p> <p>10:30 A.M.</p> <p>PRIVATE DINING ROOM</p>	<p>Activity Locations:</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>	<p> Vital Active</p> <p> Connected Vitality</p> <p> Spiritual Vitality</p>	<p> Nature Vitality</p> <p> Social Vitality</p> <p> Creative Vitality</p> <p> Vital Entertainment</p>	<p>1</p> <p> 9:30 Morning Walk (NR)</p> <p> 10:00 Aldi's</p> <p> 10:30 Bingo (CR)</p> <p> 1:00 Garden Club (CR)</p> <p> 2:00 Movie, Popcorn & Soda (NR)</p> <p> 3:30 Any Card Game (CR)</p>	<p>2</p> <p> 9:00 Pretty Nails (CR)</p> <p> 10:30 Tone Up! (L)</p> <p> 1:30 Dance Recital: M & M Dance Academy (L)</p> <p> 2:30 Rummikub (CR)</p>
<p>3 <i>Week 1 Menu</i></p> <p> 9:00 Sacred Heart Church</p> <p> 1:00 Any Card Game (CR)</p> <p> 1:30 Board Game (CR)</p> <p> 3:00 SNACKS (N)</p> <p> 3:30 Jackpot Bingo (L)</p>	<p>4</p> <p> 9:30 Morning Walk (NR)</p> <p> 10:30 Lakeside Academy Visits (L)</p> <p> 11:00 Diners' Club: Lunch at Cracker Barrell</p> <p> 1:30 What's My Line? (CR)</p> <p> 2:00 Cook Me Up (CR)</p> <p> 3:30 Quirkle (CR)</p>	<p>5</p> <p> 9:00 News Review (CR)</p> <p> 10:00 Coffee, Tea and Me (PDR)</p> <p> 10:30 Bible Study (PDR)</p> <p> 11:30 Catholic Service (C)</p> <p> 1:30 Scenic Drive</p> <p> 2:00 Puzzles (CR)</p> <p> 3:30 Kickball (L)</p> <p> 6:00 Bingo (CR)</p>	<p>6 <i>Ash Wednesday</i></p> <p> 9:30 Morning Walk (NR)</p> <p> 10:00 Ecumenical Worship Service (C)</p> <p> 10:45 Schnucks</p> <p> 10:45 Bookmobile (C)</p> <p> 1:30 Mardi Gras Party with Anita Rosamond (L)</p> <p> 3:30 Hot Potato (L)</p> <p> 6:00 Movie (NR)</p>	<p>7</p> <p> 9:30 Coffee Klatch (CR)</p> <p> 10:30 Fusion Exercise (L)</p> <p> 1:00 Reminisce: Gardening (CR)</p> <p> 1:30 Manchester WalMart</p> <p> 2:00 Yoga (C)</p> <p> 3:00 Balloon Volleyball (L)</p> <p> 6:00 Bingo (L)</p>	<p>8</p> <p> 9:30 Morning Walk (L)</p> <p> 10:30 Bingo (CR)</p> <p> 1:00 Rollers (CR)</p> <p> 2:00 Art with Diana (CR)</p> <p> 3:30 Residents' Choice (CR)</p>	<p>9</p> <p> 9:00 Pretty Nails (CR)</p> <p> 10:30 Tone Up! (L)</p> <p> 1:30 Kings in the Corner (CR)</p> <p> 2:30 Rummikub (CR)</p> <p><i>SET YOUR CLOCKS FORWARD 1 HOUR BEFORE BEDTIME</i></p>
<p>10 <i>Week 2 Menu</i></p> <p> 9:00 Sacred Heart Church</p> <p> 1:00 Any Card Game (CR)</p> <p> 1:30 Board Game (CR)</p> <p> 3:00 SNACKS (N)</p> <p> 3:30 Jackpot Bingo (L)</p> <p>DAYLIGHT SAVING TIME BEGINS</p>	<p>11</p> <p> 9:30 Morning Walk (NR)</p> <p> 10:30 Sit & Be Fit (L)</p> <p> 11:30 Just Men Luncheon (PDR)</p> <p> 1:30 Hangman (CR)</p> <p> 2:00 Cook Me Up (CR)</p> <p> 3:30 Scrabble (CR)</p>	<p>12</p> <p> 9:00 News Review (CR)</p> <p> 10:00 Coffee, Tea and Me (PDR)</p> <p> 11:30 Catholic Service (C)</p> <p> 1:30 Scenic Drive</p> <p> 2:00 Puzzles (CR)</p> <p> 3:30 Toss Across (L)</p> <p> 6:00 Bingo (CR)</p>	<p>13</p> <p> 9:30 Morning Walk (NR)</p> <p> 10:00 Ecumenical Worship Service (C)</p> <p> 10:45 Schnucks</p> <p> 1:30 Pictionary (CR)</p> <p> 2:00 Happy Hour with Ken Roberts (L)</p> <p> 3:30 Beanbag Toss (NR)</p> <p> 6:00 Movie (NR)</p>	<p>14</p> <p> 9:30 Coffee Klatch (CR)</p> <p> 10:00 MO. Botanical Gardens Orchid Show. Lunch there</p> <p> 10:30 Fusion Exercise (L)</p> <p> 1:30 Reminisce: Good Luck Charm</p> <p> 2:00 Yoga (C)</p> <p> 3:00 Milk Bottle Throw (L)</p> <p> 6:00 Bingo (L)</p>	<p>15</p> <p> 9:30 Morning Walk (L)</p> <p> 10:30 Bingo (CR)</p> <p> 1:00 Garden Club (CR)</p> <p> 2:00 Movie, Popcorn & Soda (NR)</p> <p> 3:30 Any Card Game (CR)</p>	<p>16</p> <p> 9:00 Pretty Nails (CR)</p> <p> 10:30 Tone Up! (L)</p> <p> 1:30 Bananagrams (CR)</p> <p> 2:30 Rummikub (CR)</p>
<p>17 <i>Week 3 Menu</i></p> <p> 9:00 Sacred Heart Church</p> <p> 1:00 Any Card Game (CR)</p> <p> 1:30 Board Game (CR)</p> <p> 3:00 St. Patrick's Day Party with The Rewind Band (L)</p> <p> 3:30 Jackpot Bingo (L)</p>	<p>18</p> <p> 9:30 Morning Walk (L)</p> <p> 10:00 Dollar Tree & Steak 'n Shake</p> <p> 10:30 Sit & Be Fit (L)</p> <p> 1:30 Words From My Name (CR)</p> <p> 2:00 Cook Me Up (CR)</p> <p> 3:30 Actors Trivia (CR)</p>	<p>19</p> <p> 9:00 News Review (L)</p> <p> 10:00 Coffee, Tea and Me (PDR)</p> <p> 10:30 Bible Study (PDR)</p> <p> 11:30 Catholic Service (C)</p> <p> 1:30 Scenic Drive</p> <p> 2:00 Puzzles (CR)</p> <p> 3:30 Horseshoes (L)</p> <p> 6:00 Bingo (CR)</p>	<p>20</p> <p> 9:30 Morning Walk (L)</p> <p> 10:00 Ecumenical Worship Service (C)</p> <p> 10:45 Schnucks</p> <p> 10:45 Bookmobile (L)</p> <p> 1:30 Word Search (CR)</p> <p> 2:00 Ice Cream Social with Bill & Bob Row (L)</p> <p> 3:30 Craft Time (CR)</p> <p> 6:00 Movie (NR)</p>	<p>21</p> <p> 9:30 Coffee Klatch (L)</p> <p> 10:30 Fusion Exercise (L)</p> <p> 10:00 Soldier Memorial Museum</p> <p> 1:00 Reminisce: Springtime (CR)</p> <p> 2:00 Yoga (C)</p> <p> 3:00 Cornhole (L)</p> <p> 6:00 Bingo (L)</p>	<p>22</p> <p> 9:30 St. Louis Symphony</p> <p> 9:30 Morning Walk (L)</p> <p> 10:30 Bingo (CR)</p> <p> 1:00 Pictionary (CR)</p> <p> 2:00 Movie, Popcorn & Soda (NR)</p> <p> 3:30 Residents' Choice (CR)</p>	<p>23</p> <p> 9:00 Pretty Nails (CR)</p> <p> 10:30 Tone Up! (L)</p> <p> 1:30 Uno (CR)</p> <p> 2:30 Rummikub (CR)</p>
<p>24 <i>Week 4 Menu</i></p> <p> 9:00 Sacred Heart Church</p> <p> 1:00 Any Card Game (CR)</p> <p> 1:30 Board Game (CR)</p> <p> 3:00 SNACKS (N)</p> <p> 3:30 Jackpot Bingo (L)</p> <p>March 31 top of page</p>	<p>25</p> <p> 9:30 Morning Walk (L)</p> <p> 10:30 Sit & Be Fit (L)</p> <p> 1:30 Update with Carol (DR)</p> <p> 2:00 Cook Me Up (CR)</p> <p> 3:30 Mexican Train (CR)</p>	<p>26</p> <p> 9:00 News Review (L)</p> <p> 10:00 Residents' Coffee & Donuts (L)</p> <p> 11:30 Catholic Service (C)</p> <p> 1:30 Scenic Drive</p> <p> 2:00 Puzzles (CR)</p> <p> 3:30 Bull's Eye (C)</p> <p> 6:00 Concert: Connie & Amalia (L)</p>	<p>27</p> <p> 9:30 Morning Walk (L)</p> <p> 10:00 Ecumenical Worship Service (C)</p> <p> 10:45 Schnucks</p> <p> 1:30 Flip It (CR)</p> <p> 2:00 Happy Hour with Elizabeth Hrebec (L)</p> <p> 3:30 Tic Tac Toe Floor Game (L)</p> <p> 6:00 Movie (NR)</p>	<p>28</p> <p> 9:30 Coffee Klatch (L)</p> <p> 10:30 Fusion Exercise (L)</p> <p> 11:00 Fun and Lunch at River City Casino</p> <p> 1:00 Reminisce: (CR)</p> <p> 2:00 Yoga (C)</p> <p> 3:00 Balloon Volleyball (L)</p> <p> 6:00 Bingo (L)</p>	<p>29</p> <p> 9:30 Morning Walk (L)</p> <p> 10:30 Bingo (CR)</p> <p> 1:00 Garden Club (CR)</p> <p> 2:00 Movie, Popcorn & Soda (NR)</p> <p> 3:30 Any Card Game (CR)</p>	<p>30</p> <p> 9:00 Pretty Nails (CR)</p> <p> 10:30 Tone Up! (L)</p> <p> 1:30 Dominoes (CR)</p> <p> 2:30 Rummikub (CR)</p>