



MARCH 2020



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week 1 Menu 9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)	2 8:15 & 9:00 Water Exercises (P) 10:00 Lakeside Academy Visits (2FL) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (LC) 10:30 Arm Chair Exercises (3FL) 1:00 A Time to Share (LC) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	3 10:00 Surprise Scenic Drive 11:00 Rosary (LC) 11:30 Catholic Communion (LC) 1:00 Zumba (LC) 2:00 Bingo (2 FL) 3:30 Walgreen's	4 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 Balance & Stretch (C) 2:00 Prayer Group (PR) 2:00 Pinochle (DR) 7:00 Bingo (2FL)	5 10:30 Manchester WalMart 1:00 Zumba (LC) 3:00 Bingo (2FL)	6 8:15 & 9:00 Water Exercises (P) 9:30 STL Symphony "Bolero" Lunch at Maggie O'Brien's 3:00 Happy Hour with E.J. Glaser (2FL)	7 9:30 Tech Connect (Li) 10:30 Arm Chair Exercises (3FL) 12:00 Newborns in Need (LC) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL) TURN CLOCKS 1 HOUR FORWARD BEFORE BEDTIME
8 Week 2 Menu 9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL) Daylight Savings Time Begins	9 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (LC) 10:30 Arm Chair Exercises (3FL) 11:00 Diners' Club: Lunch at Tucker's Place 1:00 A Time to Share (LC) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	10 10:00 Surprise Scenic Drive 11:00 Rosary (LC) 11:30 Catholic Communion (LC) 1:00 Zumba (LC) 2:00 Bingo (2 FL) 3:30 Walgreen's & Schnucks	11 8:00 Trip to the capitol, Jefferson City, MO. 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Gentle Exercises (3FL) 10:30 Arm Chair Exercises (3FL) 1:00 Balance & Stretch (C) 2:00 Prayer Group (PR) 2:00 Pinochle (DR) 7:00 Bingo (2FL)	12 9:00 Waffle Breakfast (DR) 10:00 Nellie's Closet (2FL) 1:00 Zumba (LC) 3:00 Bingo (2FL) 6:30 Concert: Chris Moritz, pianist (C)	13 8:15 & 9:00 Water Exercises (P) 10:00 Aldi's 11:00 Meet with Jennifer, Business Office Director (CFR) 12:00 Move-in Anniversary Lunch (DR) 3:00 Happy Hour with Anita Rosamond (2FL)	14 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
15 Week 3 Menu 9:00 V.P Sacred Heart Church 11:00 & 1:00 seating Brunch 1:00 Ecumenical Worship 2:00 Quarter Bingo (2FL) 6:30 Left, Center, Right (2FL)	16 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (LC) 10:30 Arm Chair Exercises (3FL) 1:00 A Time to Share (LC) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	17 St. Patrick's Day 10:00 Surprise Scenic Drive 11:00 Rosary (LC) 11:30 Catholic Mass (LC) 1:00 Zumba (LC) 2:00 Bingo (2 FL) 3:30 Walgreen's 6:30 St. Patrick Day Party with Bill Row Duo (2FL)	18 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 Balance & Stretch (C) 2:00 Prayer Group (PR) 2:00 Pinochle (DR) 7:00 Bingo (2FL)	19 Spring Begins 10:00 MO. Botanical Gardens Orchid Show. Lunch there. 1:00 Zumba (LC) 3:00 Bingo (2FL) 6:30 Concert: Paul Hertenstein, Classical pianist (C)	20 8:15 & 9:00 Water Exercises (P) 3:00 Happy Hour with Gary Goza (2FL)	21 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
22 Week 4 Menu 9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship: Georgy Rock, Storyteller "Road Garment of Praise" (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)	23 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (LC) 10:30 Arm Chair Exercises (3FL) 1:00 A Time to Share (LC) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	24 10:00 Surprise Scenic Drive 11:00 Rosary (LC) 11:30 Catholic Communion (LC) 1:00 Zumba (LC) 2:00 Bingo (2 FL) 2:00 Book Club (PDR) 3:30 Walgreen's	25 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 Balance & Stretch (C) 2:00 Update with Carol (C) 2:00 Pinochle (DR) 7:00 Cover- all Bingo (2FL)	26 9:30 Residents' Coffee & Donuts (2FL) 10:00 Union Station. Lunch there 1:00 Zumba (LC) 3:00 Bingo (2FL)	27 8:15 & 9:00 Water Exercises (P) 12:00 March Birthdays' Lunch (DR) 3:00 Birthday Party with Pat Joyce (2FL)	28 9:30 Tech Connect (Li) 9:30 Mature Mile Walk 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL) HAPPY 100th BIRTHDAY, MARY LANWERTH
29 Week 1 Menu 9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)	30 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (C) 10:30 Arm Chair Exercises (3FL) 11:00 Ameristar Casino 1:00 A Time to Share (LC) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	31 10:00 Surprise Scenic Drive 11:00 Rosary (LC) 11:30 Catholic Communion (LC) 1:00 Zumba (LC) 2:00 Bingo (2 FL) 3:30 Walgreen's			Activity Locations: Computer Room (2CR) Conference Room, (CFR) Dining Room (DR) Library (L) Lighthouse Chapel (LC) Nurse's Office (N)	Private Dining Room (PDR) Patio (P) Pool (P) 2nd Floor Lounge (2FL) Floor Lounge (3FL) 2nd Floor Media (2FLM) Prayer Room (PR)