




MAY 2019



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Week 1 Menu</p>	<p>Activity Locations:</p> <p>Chapel (C) Conference Room, (CFR) Dining Room (DR) Library (L) Beauty Salon (BS)</p>	<p>Private Dining Room (PDR) Patio (Pa) Pool (P) 2nd Floor Lounge (2FL) Floor Lounge (3FL) 2nd Floor Media (2FLM)</p>	<p>1 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) 2:30 Storytellers (C) 6:30 Concert: Lamar Pilsing (C)</p>	<p>2 10:00 Blood Pressure Screenings (N) 1:00 Zumba Exercises (C) 3:00 Bingo (2FL)</p>	<p>3 8:15 & 9:00 Water Exercises (P) 9:30 St. Louis Symphony: Tchaikovsky's 6th Lunch nearby. 3:00 Happy Hour with Bill & Bob Row (2FL)</p>	<p>4 10:30 Arm Chair Exercises (3FL) 12:00 Newborns in Need (LC) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>5 Week 2 Menu</p> <p>9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)</p>	<p>6 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Practice (C) 10:30 Arm Chair Exercises (3FL) 11:30 Taco Bar Lunch Buffet (DR) 1:30 Wal-Mart 3:00 Songbirds (2FL) 6:30 Bunco (2FL)</p>	<p>7 10:00 Surprise Scenic Drive 11:30 Catholic Service (C) 1:00 Zumba Exercises (C) 2:00 Bingo (2FL) 3:30 Walgreen's</p>	<p>8 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 NO Yoga (C) 3:00 Prayer Circle (C) 7:00 Bingo (2FL)</p>	<p>9 10:00 Blood Pressure Screenings (N) 11:00 Diners' Club: Lunch at Lazy River Grill 1:00 Zumba Exercises (C) 3:00 Concert: 8th Notes Choral (C)</p>	<p>10 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 Luke Queen (2FL)</p>	<p>11 9:30 Tech Connect Computer Support (Li) 10:30 Arm Chair Exercises (3FL) 1:00 Mother's Day Celebration with Lynn Wellman (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>12 Week 3 Menu</p> <p>9:00 V.P Sacred Heart Church 11:00 & 1:00 Brunch (DR) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)</p> <p>HAPPY MOTHER'S DAY </p>	<p>13 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)</p>	<p>14 10:00 Surprise Scenic Drive & Ted Drewe's ice cream 11:30 Catholic Service (C) 1:00 Zumba Exercises (C) 2:00 Bingo (2FL) 3:30 Walgreen's</p>	<p>15 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 (3FL) 10:30 Schnucks 1:00 Yoga (C) 2:00 Prayer Circle (C) 7:00 Bingo (2FL)</p>	<p>16 9:30 Rte. 66 Tour. Lunch enroute. 10:00 Blood Pressure Screenings (N) 3:00 Bingo (2FL)</p>	<p>17 8:15 & 9:00 Water Exercises (P) 12:00 Move in Anniversary Lunch (DR) 3:00 Happy Hour with Jack & Lynn (2FL)</p>	<p>18 9:30 Tech Connect Computer Support (Li) 10:30 Arm Chair Exercises (3FL) 3:00 Rekha Dravina, pianist (C) 6:30 Mexican Train Dominoes (2FL)</p> <p><i>Armed Forces Day</i></p>
<p>19 Week 4 Menu</p> <p>9:00 V.P Sacred Heart Church 1:00 Easter Service (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)</p>	<p>20 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:00 Dollar Tree, Hobby Lobby and Steak 'n Shake 10:15 Chimes Practice (C) 10:30 Arm Chair Exercises (3FL) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)</p>	<p>21 10:00 Surprise Scenic Drive Picnic in the Park 11:30 Catholic Service (C) 1:00 Zumba Exercises (C) 2:00 Ice Cream Social (2FL) 3:30 Walgreen's 6:30 Concert: Jr. League Nightingales ©</p>	<p>22 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)</p>	<p>23 10:00 Blood Pressure Screenings (N) 11:30 Lunch Buffet (DR) 1:00 Zumba Exercises (C) 3:00 Registration opens (1FL) 3:30 Appetizers and Bar opens 4:00 Casino Night Games (DR)</p>	<p>24 8:15 & 9:00 Water Exercises (P) 3:00 Happy Hour with Lynn Wellman (2FL)</p>	<p>25 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>26 Week 1 Menu</p> <p>9:00 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL) 6:30 Left, Center, Right (2FL)</p>	<p>27 Memorial Day 1:00 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>28 10:00 Surprise Scenic Drive 11:30 Catholic Mass (C) 1:00 Zumba Exercises (C) 2:00 Book Club (PDR) 2:00 Bingo (2FL) 3:30 Walgreen's</p>	<p>29 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 Prayer Circle (C) 7:00 Cover-All Bingo (2FL)</p>	<p>30 9:00 Warm Springs Ranch in Booneville, MO 9:30 Coffee & Donuts (2FL) 10:00 Blood Pressure Screenings (N) 1:00 Zumba Exercises (C) 3:00 Bingo (2FL) 6:30 Concert: Jim Cox (C)</p>	<p>31 8:15 & 9:00 Water Exercises (P) 12:00 May Birthday Lunch (DR) 3:00 Birthday Party with Pat Joyce (2FL)</p>	<p>BOOKMOBILE VISITS WEDNESDAY MAY 1, 15 & 29 9:30 a.m. Harbor Library</p> 