



MAY 2019

Cape Albeon Village Recreation and Wellness Calendar

*Activities are subject to change



	MON	TUE	WED	THU	FRI	SAT
Week 1 Menu Activity Locations: (CC) Dining Room (PDR) Private Dining Room (NR) Newport Room (L) Living Room (P) Patio (LD) Library (CR) Chesapeake Room (N) Nurses' Station	Vital Active Connected Vitality Spiritual Vitality Nature Vitality 	Social Vitality Creative Vitality Vital Entertainment 	1 → → 9:30 Morning Walk (NR) 10:00 Ecumenical Worship Service (C) 10:45 Schnucks 10:45 Bookmobile (C) 2:00 Happy Hour with Lamar Pilsing (L) → → 3:30 Can Toss (L) 6:00 Movie (NR)	2 9:30 Coffee Klatch (CR) → → 10:30 Fusion Exercise (L) 1:30 Reminisce: May Pole 2:00 Concert: 8th Notes Choir (L) 3:00 Yoga (C) 6:00 Bingo (L)	3 9:30 St. Louis Symphony → → 9:30 Morning Walk (NR) 10:30 Bingo (CR) 1:00 High Rollers (CR) 2:00 Movie, Popcorn & Soda (NR) 3:30 Any Card Game (CR)	4 9:00 Pretty Nails (CR) → → 10:30 Tone Up! (L) 1:30 Uno 2:30 Rummikub (CR)
5 Week 2 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)	6 → → 9:30 Morning Walk (NR) 10:30 Lakeside Academy visits (L) 1:30 Rhyiming Words (CR) 1:30 Manchester Wal-Mart 2:00 Cook Me Up (CR) 3:30 Flip It (CR)	7 9:00 News Review (CR) 10:00 Coffee, Tea and Me (PDR) 10:30 Bible Study (PDR) 11:30 Catholic Service (C) 1:30 Scenic Drive 2:00 Puzzles (CR) → → 3:30 Balloon Volleyball (L) 6:00 Bingo (L)	8 → → 9:30 Morning Walk (NR) 10:00 Ecumenical Worship Service (C) 10:45 Schnucks 2:00 Happy Hour with Luke Queen (L) → → 3:30 Rob Your Neighbor (L) 6:00 Movie (NR)	9 9:30 Coffee Klatch (CR) → → 10:30 Fusion Exercise (L) 11:00 Diners' Club: Lazy River Grill 1:00 Reminisce: Mother's Day (CR) 2:00 Yoga (C) → → 3:00 Noodle Ball (L) 6:00 Bingo (L)	10 → → 9:30 Morning Walk (L) 10:00 Aldi's 10:30 Bingo (CR) 1:00 Whoopee (CR) 2:00 Movie, Popcorn & Soda (NR) 3:30 Residents' Choice (CR)	11 9:00 Pretty Nails (CR) → → 10:30 Tone Up! (L) 1:30 Uno (CR) 2:30 Rummikub (CR)
12 Week 3 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 2:00 Mother's Day Party With Lynn Wellman (L) 3:30 Jackpot Bingo (L) MOTHER'S DAY	13 → → 9:30 Morning Walk (NR) → → 10:30 Sit & Be Fit (L) 11:30 Just Men Luncheon at Bar Louie in Kirkwood 1:30 Pictionary (CR) 2:00 Gardening (Patio) 3:30 Bunco (CR)	14 9:00 News Review (CR) 10:00 Coffee, Tea and Me (PDR) 11:30 Catholic Service (C) 1:30 Scenic Drive & stop for ice cream at Tea Drive's 2:00 Puzzles (CR) → → 3:30 Toss Across (L) 6:00 Bingo (L)	15 → → 9:30 Morning Walk (NR) 10:00 Ecumenical Worship Service (C) 10:45 Schnucks 10:45 Bookmobile (C) 2:00 Birthday Party with Jim McClaren (L) → → 3:30 Bull's Eye (L) 6:00 Movie (NR)	16 9:30 Rte. 66 Tour & Lunch 9:30 Coffee Klatch (CR) → → 10:30 Fusion Exercise (L) 1:30 Reminisce: May Flowers (CR) 2:00 Yoga (C) → → 3:00 Ring Toss (L) 6:00 Bingo (L)	17 → → 9:30 Morning Walk (L) 10:30 Bingo (CR) 1:00 Farkle (CR) 2:00 Art with Diana (CR) 3:30 Any Card Game (CR)	18 9:00 Pretty Nails (CR) → → 10:30 Tone Up! (L) 1:30 Rekha Dravina, pianist (L) 2:30 Rummikub (CR)
19 Week 4 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)	20 → → 9:30 Morning Walk (L) 10:00 Dollar Tree , Hobby Lobby & Steak 'n Shake → → 10:30 Sit & Be Fit (L) 1:30 Update with Carol (DR) 2:00 Cook Me Up (CR) 3:30 Pictionary (CR)	21 9:00 News Review (L) 10:00 Coffee, Tea and Me (PDR) 10:30 Bible Study (PDR) 11:30 Catholic Service (C) 1:30 Scenic Drive 2:00 Puzzles (CR) → → 3:30 Horseshoes (L) 6:00 Bingo (L)	22 → → 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (C) 10:45 Schnucks 2:00 Ice Cream Social with Lynn Wellman (L) 3:30 Craft Time (CR) 6:00 Movie (NR)	23 9:30 Coffee Klatch (L) → → 10:30 Fusion Exercise (L) 1:00 Reminisce: Memorial Day (CR) 2:00 Yoga (C) → → 3:00 Bowling (L) 6:00 Bingo (L)	24 → → 9:30 Morning Walk (L) 10:30 Bingo (CR) 1:00 Kings in the Corner (CR) 2:00 Movie, Popcorn & Soda (NR) 3:30 Residents' Choice (CR)	25 9:00 Pretty Nails (CR) → → 10:30 Tone Up! (L) 1:30 Uno (CR) 2:30 Rummikub (CR)
26 Week 1 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)	27 MEMORIAL DAY 10:00 BINGO (CR) 2:00 MOVIE (NR)	28 9:00 News Review (L) 10:00 Residents' Coffee & Donuts (L) 11:30 Catholic Service (C) 1:30 Scenic Drive 2:00 Puzzles (CR) → → 3:30 Tic Tac Toe Floor Game (L) 6:00 Bingo (L)	29 → → 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (C) 10:45 Schnucks 2:00 Happy Hour with Gary Guza (L) 3:30 Hangman (CR) 6:00 Movie (NR)	30 9:30 Coffee Klatch (L) → → 10:30 Fusion Exercise (L) 1:00 Reminisce: Swimming Pool (CR) 2:00 Yoga (C) → → 3:00 Beanbag Toss (L) 6:00 Bingo (L)	31 → → 9:30 Morning Walk (L) 10:30 Bingo (CR) 4:00 Rollers (CR) 2:00 Movie, Popcorn & Soda (NR) 3:30 Residents' Choice (CR)	