





# SEPTEMBER 2018



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 Week 3 Menu</b> <b>9:00</b> V.P Sacred Heart Church <b>1:00</b> Ecumenical Worship (C) <b>2:00</b> Quarter Bingo (2 FL) <b>6:30</b> Left, Center, Right (2FL)	<b>2 LABOR DAY</b> <b>1:00</b> Bingo (2FL) <b>6:30</b> Bunco (2FL)	<b>3</b> <b>10:00</b> Surprise Scenic Drive <b>11:30</b> Catholic Communion (C) <b>1:00</b> Zumba Exercises (C) <b>2:00</b> Bingo (2FL) <b>3:30</b> Walgreen's	<b>4</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>9:00</b> Men's Coffee (PDR) <b>9:30</b> Bookmobile (L) <b>10:00</b> Gentle Exercises (3FL) <b>10:30</b> Schnucks <b>10:30</b> Arm Chair Exercises (3FL) <b>1:00</b> Vitality Ballet (C)	<b>5</b> <b>10:00</b> Blood Pressure Screenings (N) <b>10:00</b> Bellefontaine Neighbors Cemetery <b>Lunch nearby</b> <b>1:00</b> Zumba Exercises (C) <b>3:00</b> Po Ke No (2FL)	<b>6</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>10:30</b> Manchester WalMart <b>3:00</b> Happy Hour with Lynn Wellman (2FL)	<b>7</b> <b>10:30</b> Arm Chair Exercises (3FL) <b>12:00</b> Neeborns in Need (LC) <b>3:00</b> Bingo (2FL) <b>6:30</b> Mexican Train Dominoes (2 FL)
<b>8 Week 4 Menu</b> <b>9:00</b> V.P Sacred Heart Church <b>1:00</b> Ecumenical Worship (C) <b>2:00</b> Quarter Bingo (2 FL) <b>6:30</b> Left, Center, Right (2FL)  <b>HAPPY GRANDPARENTS' DAY!</b>	<b>9</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>10:00</b> Surprise Scenic Drive <b>10:00</b> Gentle Exercises (3FL) <b>10:15</b> Chimes Practice (C) <b>10:30</b> Arm Chair Exercises (3FL) <b>3:00</b> Songbirds (2FL) <b>6:30</b> Bunco (2FL)	<b>10</b> <b>9:00</b> Tour: Principia College <b>Lunch at Josephine's Tea Room</b> <b>11:30</b> Catholic Communion (C) <b>1:00</b> Zumba Exercises (C) <b>2:00</b> Bingo (2FL) <b>3:30</b> Walgreen's	<b>11</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>9:00</b> Men's Coffee (PDR) <b>10:00</b> Gentle Exercises (3FL) <b>10:30</b> Schnucks <b>10:30</b> Arm Chair Exercises (3FL) <b>1:00</b> Vitality Ballet (C) <b>7:00</b> Bingo (2FL)	<b>12</b> <b>10:00</b> Blood Pressure Screenings (N) <b>11:00</b> Diners' Club: Lunch at <b>Circle 7 Ranch in Des Peres</b> <b>1:00</b> Zumba Exercises (C) <b>3:00</b> Bingo (2FL) <b>6:30</b> Keith Brown hosts video "The Blues Stanley Cup Championship" (C)	<b>13</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>10:00</b> Aldi's <b>11:00</b> Meet with Jennifer, (ICFR) <b>2:30</b> Aloha Happy Hour (Village)	<b>14</b> <b>10:30</b> Arm Chair Exercises (3FL)  <b>11:30-2:30</b> Family Picnic  <b>6:30</b> Mexican Train Dominoes (2FL)
<b>15 Week 1 Menu</b> <b>9:00</b> V.P Sacred Heart Church <b>1:00</b> Ecumenical Worship (C) <b>2:00</b> Quarter Bingo (2 FL) <b>6:30</b> Left, Center, Right (2FL)	<b>16</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>10:00</b> Gentle Exercises (3FL) <b>10:15</b> Chimes Practice (C) <b>10:30</b> Arm Chair Exercises (3FL) <b>10:30</b> Trader Joe's <b>3:00</b> Songbirds (2FL) <b>6:30</b> Bunco (2FL)	<b>17</b> <b>10:00</b> Surprise Scenic Drive <b>&amp; Ted Drewe's Ice Cream</b> <b>11:30</b> Catholic Communion (C) <b>1:00</b> Zumba Exercises (C) <b>2:00</b> Bingo (2FL) <b>3:30</b> Walgreen's	<b>18 8:15 &amp; 9:00</b> Water Exercises (P) <b>9:00</b> Men's Coffee (PDR) <b>9:30</b> Bookmobile (L) <b>10:00</b> Gentle Exercises (3FL) <b>10:30</b> Schnucks <b>10:30</b> Arm Chair Exercises (3FL) <b>1:00</b> Vitality Ballet (C) <b>2:00</b> Ice Cream Social (2FL) <b>7:00</b> Bingo (2FL)	<b>19</b> <b>10:00</b> Tour: Central Library <b>Lunch nearby.</b> <b>10:00</b> Blood Pressure Screenings (N) <b>1:00</b> Zumba Exercises (C) <b>3:00</b> Po Ke No (2FL)	<b>20</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>12:00</b> Move In Anniversary Lunch (DR) <b>3:00</b> Happy Hour with Dan Balsamo (2FL)	<b>21</b> <b>10:30</b> Arm Chair Exercises (3FL) <b>3:00</b> Bingo (2FL) <b>6:30</b> Mexican Train Dominoes (2FL)
<b>22 Week 2 Menu</b> <b>9:00</b> V.P Sacred Heart Church <b>11:00 &amp; 1:00</b> Brunch (DR) <b>1:00</b> Ecumenical Worship (C) <b>2:00</b> Quarter Bingo (2 FL) <b>6:30</b> Left, Center, Right (2FL)	<b>23 FIRST DAY of FALL</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>10:00</b> Dollar Tree & Steak 'n Shake <b>10:00</b> Gentle Exercises (3FL) <b>10:15</b> Chimes Practice (C) <b>10:30</b> Arm Chair Exercises (3FL) <b>3:00</b> Songbirds (2FL) <b>6:30</b> Bunco (2FL)	<b>24</b> <b>10:00</b> Surprise Scenic Drive & <b>Picnic in the Park</b> <b>11:30</b> Catholic Communion (C) <b>1:00</b> Zumba Exercises (C) <b>2:00</b> Bingo (2FL) <b>2:00</b> Book Club (PDR) <b>3:30</b> Walgreen's	<b>25 8:15 &amp; 9:00</b> Water Exercises (P) <b>9:00</b> Men's Coffee (PDR) <b>10:00</b> Gentle Exercises (3FL) <b>10:30</b> Schnucks <b>10:30</b> Arm Chair Exercises (3FL) <b>1:00</b> Stages: "Man of LaMancha" <b>1:00</b> Vitality Ballet (C) <b>2:00</b> Update with Carol (C) <b>7:00</b> Cover all Bingo (2 FL)	<b>26</b> <b>9:30</b> Residents' Coffee & Donuts (2FL) <b>10:00</b> Blood Pressure Screenings (N) <b>10:30</b> Anheuser Busch Thursday at <b>Kimmswick . Lunch at Blue Owl</b> <b>1:00</b> Zumba Exercises (C) <b>3:00</b> Bingo (2FL)	<b>27</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>12:00</b> September Birthday Lunch (DR) <b>3:00</b> Birthday Party with Pat Joyce (2FL)	<b>28</b> <b>10:30</b> Arm Chair Exercises (3FL) <b>3:00</b> Concert: Elizabeth Hrebec (C) <b>6:30</b> Mexican Train Dominoes (2FL)
<b>29 Week 3 Menu</b> <b>9:00</b> V.P Sacred Heart Church <b>1:00</b> Ecumenical Worship (C) <b>2:00</b> Quarter Bingo (2 FL) <b>6:30</b> Left, Center, Right (2FL)	<b>30</b> <b>8:15 &amp; 9:00</b> Water Exercises (P) <b>10:00</b> Gentle Exercises (3FL) <b>10:15</b> Chimes Practice (C) <b>10:30</b> Arm Chair Exercises (3FL) <b>11:00</b> Ameristar Casino <b>Lunch optional</b> <b>3:00</b> Songbirds (2FL) <b>6:30</b> Bunco (2FL)			<b>BOOKMOBILE VISITS ON</b> <b>WEDNESDAY</b> <b>SEP. 4 &amp; 18</b> <b>9:30 A.M.</b>  <b>Harbor Library</b>	<b>Activity Locations:</b> <b>Chapel (C)</b> <b>Computer Room (2CR)</b> <b>Conference Room, (CFR)</b> <b>Dining Room (DR)</b> <b>Library (L)</b> <b>Beauty Salon (BS)</b>	<b>Private Dining Room (PDR)</b> <b>Patio (P)</b> <b>Pool (P)</b> <b>2nd Floor Lounge (2FL)</b> <b>Floor Lounge (3FL)</b> <b>2nd Floor Media (2FLM)</b> <b>Hobby Room (HR)</b> <b>Exercise Room (ER)</b>