


AUGUST 2022



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Week 2 Menu cont'd</p> <p>ACTIVITIES ARE SUBJECT TO CANCELLATION</p>	<p>1</p> <p>8:30 & 9:15 Water Exercises (P) 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM)</p>	<p>2</p> <p>10:30 Surprise Scenic Drive 1:30 Bingo (2FL) 3:00 Schnucks/Walgreens</p>	<p>3</p> <p>8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Lobby) 9:30 Tour of the Hill 10:00 Line Dancing (3FL) 1:30 Pinochle (DR) 2:00 Watermelon Social (2FL)</p>	<p>4</p> <p>10:00 Rosary (C) 10:30 Catholic Mass (C) 10:30 Communion Service (C) 11:30 Cottage Ladies' Luncheon (DR) 1:30 Bingo (2FL)</p>	<p>5</p> <p>8:30 & 9:15 Water Exercises (P) 10:00 Aldi's 3:00 Happy Hour with Boyd Kasten Duo (2FL)</p>	<p>6</p> <p>3:00 Piano Recital (2FL) 6:30 Mexican Train Dominoes (2 FL)</p>
<p>7 Week 3 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>8</p> <p>8:30 & 9:15 Water Exercises (P) 11:00 Diner's Club: Lunch at Circle 7 Ranch 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM)</p>	<p>9</p> <p>10:30 Surprise Scenic Drive 1:30 NO Bingo (2FL) 3:00 Jeopardy Joe Trivia (2FL)</p>	<p>10</p> <p>8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (2FL; TBD) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreens 1:00 Stages: "In the Heights" 1:00 Bible Discussion (C) 1:30 Pinochle (DR)</p>	<p>11</p> <p>10:00 Rosary (C) 1:30 NO Bingo (2FL) 3:00 Happy Hour with Vince Martin (2FL)</p>	<p>12 Full Moon</p> <p>8:30 & 9:15 Water Exercises (P) 10:00 Walmart 5:00 Cottage Residents' Block Party</p>	<p>13</p> <p>6:30 Mexican Train Dominoes (2 FL)</p>
<p>14 Week 4 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>15</p> <p>8:30 & 9:15 Water Exercises (P) 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM)</p>	<p>16</p> <p>10:30 Surprise Scenic Drive Stop for ice cream at Ted Drew's 1:30 Bingo (2FL) 2:00 One day at a Time Group (C)</p>	<p>17</p> <p>8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Lobby) 10:30 Schnucks/Walgreens 10:00 Line Dancing (3FL) 10:45 World Religion Class (C) 1:30 Pinochle (DR) 2:00 Stan Komen, "Wine Tasting" (2FL)</p>	<p>18</p> <p>10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL)</p>	<p>19</p> <p>8:30 & 9:15 Water Exercises (P) 3:00 Patio Party with The Rewind Band (Patio)</p> 	<p>20</p> <p>6:30 Mexican Train Dominoes (2FL)</p>
<p>21 Week 1 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>22</p> <p>8:30 & 9:15 Water Exercises (P) 10:00 STL Arch Museum. Lunch at Hodak's 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM)</p>	<p>23</p> <p>10:30 Surprise Scenic Drive Picnic in the Park 1:30 Bingo (2FL) 2:00 Book Club (PDR)</p>	<p>24</p> <p>8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreens 1:00 Bible Discussion (C) 1:30 Pinochle (DR) 4:30 Theme Dinner: "Tropical Nights" (DR)</p>	<p>25</p> <p>9:30 Residents' Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL)</p>	<p>26</p> <p>8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Bill Row Duo (2FL)</p>	<p>27</p> <p>6:30 Mexican Train Dominoes (2FL)</p>
<p>28 Week 2 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL) 3:00 Concert: Amalia & Connie (C)</p>	<p>29</p> <p>8:30 & 9:15 Water Exercises (P) 11:00 Hollywood Casino (lunch optional) 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM)</p>	<p>30</p> <p>10:30 Surprise Scenic Drive 1:30 Bingo (2FL)</p>	<p>31</p> <p>8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Lobby) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreens 1:30 Pinochle (DR) 1:30 Ice Cream Social (2FL)</p>	<p>Activity Locations:</p> <p>Chapel (C) 3rd Fl. Conference Rm, (CFR) 1st Fl. Dining Rm (DR) 1st Fl. Library (L) 1st Fl. Beauty Salon (BS) 2nd Fl</p>	<p>Private Dining Room (PDR) Patio (P) Lakeside Pool (P) 2nd Floor Lounge (2FL) 3rd Floor Lounge (3FL) 2nd Floor Media (2FLM) Exercise Rm (ER) 1st Fl.</p>	<p>BOOKMOBILE VISITS ON WEDNESDAY AUG. 3, 17 & 31 9:30 a.m. Harbor Lobby</p>