




JANUARY 2021



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Week 4 Menu</p> <p>ALL ACTIVITIES ARE SUBJECT TO CANCELLATION</p>	<p>BOOKMOBILE VISITS ON WEDNESDAY JAN. 6 & 20 9:30 a.m. Harbor Lobby</p> 	<p>Activity Locations: 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) Floor Lounge (3FL) 2nd Floor Media (2FLM) Exercise Rm (ER) 1st Fl.</p>		<p>1 HAPPY NEW YEAR</p> <p>1:00 Bingo (2FL)</p>	<p>2</p> <p>6:30 Mexican Train Dominoes (2 FL)</p>
<p>3 Week 1 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>4</p> <p>8:15 & 9:00 Water Exercises (P) 10:00 Arm Chair Exercises (3FL) 11:00 NO Circle of Friends (2FL) 1:30 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>5</p> <p>9:30; 11:30; 1:30 Surprise Scenic Drive 8:45 Water Exercises (P) 11:00 Rosary (2FL) 11:30 Communion Service (2FL) 1:30 Bingo (2FL)</p>	<p>6</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL; TBD) 9:30 Bookmobile (Lobby) 10:00 Arm Chair Exercises (3FL) 1:30 Bingo (2FL)</p>	<p>7</p> <p>8:45 Water Exercises (P) 1:30 Bingo (2FL)</p>	<p>8</p> <p>8:15 & 9:00 Water Exercises (P) 10:30 am; 1:00 pm Schnucks/Walgreen's 3:00 Happy Hour with Ken Roberts (2FL; TBD)</p>	<p>9</p> <p>6:30 Mexican Train Dominoes (2 FL)</p>
<p>10 Week 2 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>11</p> <p>8:15 & 9:00 Water Exercises (P) 10:00 Arm Chair Exercises (3FL) 11:00 NO Circle of Friends (2FL) 1:30 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>12</p> <p>9:30; 11:30; 1:30 Surprise Scenic Drive 8:45 Water Exercises (P) 11:00 Rosary (2FL) 11:30 Communion Service (2FL) 1:30 Bingo (2FL)</p>	<p>13</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL; TBD) 10:00 Arm Chair Exercises (3FL) 1:30 Bingo (2FL)</p>	<p>14</p> <p>8:45 Water Exercises (P) 1:30 Bingo (2FL)</p>	<p>15</p> <p>8:15 & 9:00 Water Exercises (P) 10:30 am; 1:00 pm Schnucks/Walgreen's 3:00 Happy Hour with Bill Row Duo (2FL; TBD)</p>	<p>16</p> <p>6:30 Mexican Train Dominoes (2FL)</p>
<p>17 Week 3 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>18</p> <p>8:15 & 9:00 Water Exercises (P) 10:00 Arm Chair Exercises (3FL) 11:00 NO Circle of Friends (2FL) 1:30 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>19</p> <p>9:30; 11:30; 1:30 Surprise Scenic Drive 8:45 Water Exercises (P) 11:00 Rosary (2FL) 11:30 Communion Service (2FL) 1:30 Bingo (2FL)</p>	<p>20</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL; TBD) 9:30 Bookmobile (Lobby) 10:00 Arm Chair Exercises (3FL) 1:30 Bingo (2FL)</p>	<p>21</p> <p>8:45 Water Exercises (P) 1:30 Bingo (2FL)</p>	<p>22</p> <p>8:15 & 9:00 Water Exercises (P) 10:30 am; 1:00 pm Schnucks/Walgreen's 3:00 Happy Hour with Boyd Kasten Duo (2FL; TBD)</p>	<p>23</p> <p>6:30 Mexican Train Dominoes (2FL)</p>
<p>24 Week 4 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p> <p>31 Week 1 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>25</p> <p>8:15 & 9:00 Water Exercises (P) 10:00 Arm Chair Exercises (3FL) 11:00 NO Circle of Friends (2FL) 1:30 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>26</p> <p>9:30; 11:30; 1:30 Surprise Scenic Drive 8:45 Water Exercises (P) 11:00 Rosary (2FL) 11:30 Communion Service (2FL) 1:30 Bingo (2FL)</p>	<p>27</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL; TBD) 10:00 Arm Chair Exercises (3FL) 1:30 Bingo (2FL)</p>	<p>28</p> <p>8:45 Water Exercises (P) 9:30 Coffee & Donuts (DR; TBD) 1:30 Bingo (2FL)</p>	<p>29</p> <p>8:15 & 9:00 Water Exercises (P) 10:30 am; 1:00 pm Schnucks/Walgreen's 3:00 Happy Hour with Lamar Pilsing (2FL; TBD)</p>	<p>30</p> <p>6:30 Mexican Train Dominoes (2FL)</p>