



JULY 2021



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Week 2 Menu cont'd</i> Activity Locations: Beauty Salon (BS) Conference Room, (CFR) Dining Room (DR) Library (Li) Chapel (C) Nurse's Office (N)</p>	<p>Private Dining Room (PDR) Patio (P) Pool (P) 2nd Floor Lounge (2FL) Floor Lounge (3FL) 2nd Floor Media (2FLM)</p>		<p>PLEASE SIGN UP FOR ALL TRIPS ON CUBIGO See receptionist for assistance</p>	<p>1 10:00 Rosary (C) 10:30 Catholic Mass (C) 1:30 Bingo (2FL)</p>	<p>2 8:15 & 9:00 Water Exercises (P)</p>	<p>3 4:30 & 5:30 Seating BBQ Dinner (DR) 6:30 July 4 Celebration with Bill Row Duo (Patio) Seating at 4:30 & 5:30 P.M. July Theme Dinner, "BBQ" Please sign up at Reception desk</p>
<p>4 Week 3 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) "HAPPY BIRTHDAY AMERICA"</p>	<p>5 8:15 & 9:00 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 10:30 WalMart 11:00 Circle of Friends (2FL)) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>6 10:30 Surprise Scenic Drive & Andy's Ice Cream 1:30 Bingo (2 FL)</p>	<p>7 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:00 Arm Chair Exercises (3FL) 10:30 Schnucks & Walgreen's 10:30 Cubigo Training (2FL) 1:30 Pinochle (2FL)</p>	<p>8 10:00 Rosary (C) 10:30 Cmmunion Service (C) 1:30 Bingo (2FL)</p>	<p>9 8:15 & 9:00 Water Exercises (P) 3:00 Happy Hour with Luke Queen (2FL)</p>	<p>10 6:30 Mexican Train Dominoes (2FL)</p>
<p>11 Week 4 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p>	<p>12 8:15 & 9:00 Water Exercises (P) 10:00 Chimes Choir Practice (C) 10:30 Arm Chair Exercises (3FL) 10:30 Aldi's 11:00 Circle of Friends (2FL)) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>13 10:30 Surprise Scenic Drive & Picnic in the Park 1:30 Bingo (2 FL)</p>	<p>14 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Arm Chair Exercises (3FL) 10:30 Schnucks & Walgreen's 10:30 NO Cubigo Training (2FL) 1:30 Pinochle (2FL)</p>	<p>15 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL)</p>	<p>16 8:15 & 9:00 Water Exercises (P) 6:30 Evening on the Patio with Mike Brooks and The Driveway Brass Band (TBD)</p>	<p>17 6:30 Mexican Train Dominoes (2FL)</p>
<p>18 Week 1 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p>	<p>19 8:15 & 9:00 Water Exercises (P) 10:00 Dollar Tree, Hobby Lobby & Lunch at Helen Fritzgerald's 10:30 Arm Chair Exercises (3FL) 11:00 Circle of Friends (2FL)) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>20 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL) 2:00 Book Club (PDR)</p>	<p>21 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:30 Arm Chair Exercises (3FL) 10:30 Schnucks & Walgreen's 10:30 Cubigo Training (2FL) 1:30 Pinochle (2FL)</p>	<p>22 9:30 Residents' Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL)</p>	<p>23 8:15 & 9:00 Water Exercises (P) 10:30 Union Station. (Lunch optional) 3:00 Happy Hour with The Queens of Swing (2FL)</p>	<p>24 6:30 Mexican Train Dominoes (2FL)</p>
<p>25 Week 2 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p>	<p>26 8:15 & 9:00 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 11:00 Ameristar Casino Lunch is optional 11:00 Circle of Friends (C)) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>27 10:30 Surprise Scenic Drive 11:00 World Religion (C) 1:30 Bingo (2 FL)</p>	<p>28 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Arm Chair Exercises (3FL) 10:30 Schnucks & Walgreen's 10:30 Cubigo Training (2FL) 1:30 Pinochle (2FL)</p>	<p>29 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Ice Cream Social (2FL)</p>	<p>30 8:15 & 9:00 Water Exercises (P) 3:00 July Birthday Party with Pat Joyce (2FL)</p>	<p>31 6:30 Mexican Train Dominoes (2FL)</p>