



# MAY 2022



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 Week 2 Menu</b> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)  <b>MAY DAY</b>	<b>2</b> 8:30 & 9:15 Water Exercises (P) 10:30 Walmart 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM) 2:00 Songbirds (2FL)	<b>3</b> 9:30 Butterfly House Lunch at Fridays 10:30 NO Surprise Scenic Drive 1:30 Bingo (2FL)	<b>4</b> 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreen's 1:30 Pinochle (2FL) 6:30 Presentation: "St. Louis Coliseum" (C)	<b>5 Cinco DeMayo</b> 10:00 Rosary (C) 10:30 Catholic Mass (C) 11:30 Taco Buffet (DR) 1:30 Bingo (2FL)	<b>6</b> 8:30 & 9:15 Water Exercises (P) 10:00 Aldi's 3:00 NO Happy Hour	<b>7</b> 1:30 Mothers' Day Celebration with Lynn Wellman (2FL) 6:30 Mexican Train Dominoes (2 FL)
<b>8 Week 3 Menu</b> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)  <b>Happy Mother's Day</b>	<b>9</b> 8:30 & 9:15 Water Exercises (P) 11:00 Diner's Club: Lunch at Mimi's Cafe 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM) 2:00 Songbirds (2FL)	<b>10</b> 10:30 Surprise Scenic Drive 1:30 Bingo (2FL)	<b>11</b> 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (2FL; TBD) 9:30 Bookmobile (Lobby) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreen's 1:30 Pinochle (2FL) 6:30 Bingo Night (2FL)	<b>12</b> 10:00 Rosary (C) 10:30 Communion Service (C) 10:30 Ballpark Village. Lunch there. 11:30 Cottage Ladies' Luncheon (DR) 1:30 Bingo (2FL)	<b>13</b> 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Bill Row Duo (2FL)	<b>14</b> 6:30 Mexican Train Dominoes (2 FL)
<b>15 Week 4 Menu</b> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)	<b>16</b> 8:30 & 9:15 Water Exercises (P) 10:30 Lunch at Pere Marquette 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM) 2:00 Songbirds (2FL)	<b>17</b> 10:30 Surprise Scenic Drive 1:30 Bingo (2FL) 3:00 Update with Carol (C)	<b>18</b> 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreen's 1:30 NO Pinochle (2FL) 1:30 Ice Cream Social (2FL)	<b>19</b> 10:00 Rosary (2FL) 10:30 Communion Service (C) 1:30 Bingo (2FL) 4:30 & 5:30 Seating Theme Dinner "TASTE of ITALY"	<b>20</b> 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Rob Callmeyer (2FL)	<b>21</b> 6:30 Mexican Train Dominoes (2FL)
<b>22 Week 1 Menu</b> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)	<b>23</b> 8:30 & 9:15 Water Exercises (P) 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM) 2:00 Songbirds (2FL)	<b>24</b> 10:30 Surprise Scenic Drive Picnic in the Park 1:30 Bingo (2FL) 2:00 Book Club (PDR)	<b>25</b> 8:30 & 9:15 Water Exercises (P) 9:00 NO Men's Coffee (PDR) 9:30 Residents' Coffee & Donuts (DR) 9:30 Bookmobile (Lobby) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreen's 1:30 Pinochle (2FL) 3:00 Concert: Rekha Dravina, pianist (2FL)	<b>26</b> 9:30 Botanical Gardens Lunch at The Boathouse 10:00 Rosary (2FL) 10:30 Communion Service (C) 1:30 Bingo (2FL)	<b>27</b> 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Pat Joyce (2FL)	<b>28</b> 6:30 Mexican Train Dominoes (2FL)
<b>29 Week 2 Menu</b> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)	<b>30</b> 1:00 BINGO (2FL)  	<b>31</b> 10:30 Surprise Scenic Drive Stop for ice cream at Ted Drewes 1:30 Bingo (2FL)	<b>Activity Locations:</b> Chapel (C) 3rd Fl. Conference Rm, (CFR) 1st Fl Dining Rm (DR) 1st Fl. Library (L) 1st Fl. Beauty Salon (BS) 2nd Fl	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.	<b>ALL ACTIVITIES ARE SUBJECT TO CANCELLATION</b>	<b>BOOKMOBILE VISITS ON WEDNESDAY MAY 11 &amp; 25 9:30 a.m. Harbor Lobby</b>  