





NOVEMBER 2021



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<p><i>Week 4 Menu cont'd</i></p>	<p>1 8:30 & 9:15 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 11:00 Circle of Friends (C) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>2 10:00 Grief Support (3FL) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)</p>	<p>3 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Dancing Through the Decades (3rd Fl) 10:00 Line Dancing (2FLM) 10:30 Schnucks & Walgreen's 1:30 Pinochle (2FL)</p>	<p>4 10:00 Rosary (C) 10:30 Communion Service (C) 11:00 Lunch at Hawthorne Inn 1:30 Bingo (2FL)</p>	<p>5 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Bill Row Duo (2FL)</p>	<p>6 3:00 Pianist, Rekha Dravina (C) 6:30 Mexican Train Dominoes (2FL)</p> <p style="text-align: center;">DON'T FORGET: SET CLOCKS BACK 1 HOUR BEFORE BEDTIME</p>
<p>7 Week 1 Menu 9:30 Catholic Service (C) 1:00 World Communion Day (C)</p> <p style="text-align: center;">DAYLIGHT SAVING TIME ENDS</p>	<p>8 8:30 & 9:15 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 10:30 WalMart 11:00 Circle of Friends (C) 1:30 Dancing Through the Decades (3rd Fl) 2:30 Shirley Strohmeier 20 year Celebration (2FL) 6:30 Bunco (2FL)</p>	<p>9 10:00 Grief Support (3FL) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)</p>	<p>10 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:00 Dancing Through the Decades (3rd Fl) 10:00 Line Dancing (2FLM) 10:30 Schnucks & Walgreen's 1:00 Bible Theater (C) 1:30 Pinochle (2FL)</p>	<p>11 10:00 Rosary (C) 10:30 Catholic Mass (C) 1:30 Veteran's Day Program (C)</p> 	<p>12 8:30 & 9:15 Water Exercises (P) 10:30 Aldi's 3:00 Happy Hour with Boyd Kasten (2FL)</p>	<p>13 6:30 Mexican Train Dominoes (2FL)</p>
<p>14 Week 2 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p>	<p>15 8:30 & 9:15 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 11:00 Circle of Friends (C) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>16 10:00 Grief Support (3FL) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)</p>	<p>17 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Dancing Through the Decades (3rd Fl) 10:00 Line Dancing (2FLM) 10:30 Schnucks & Walgreen's 1:30 Pinochle (2FL)</p>	<p>18 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL)</p>	<p>19 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Jack & Lynn (2FL)</p>	<p>20 6:30 Mexican Train Dominoes (2FL)</p>
<p>21 Week 3 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p>	<p>22 8:30 & 9:15 Water Exercises (P) 10:00 Dollar Tree, Hobby Lobby & Lunch at IHOP 10:30 Arm Chair Exercises (C) 11:00 Circle of Friends (2FL)) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>23 10:00 Grief Support (3FL) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL) 2:00 Book Club (PDR)</p>	<p>24 8:30 & 9:15 Water Exercises (P) 9:00 NO Men's Coffee (PDR) 9:30 Residents' Coffee & Donuts (2FL) 10:00 Dancing Through the Decades (3rd Fl) 10:00 Line Dancing (2FLM) 10:30 Schnucks & Walgreen's 1:30 Pinochle (2FL)</p>	<p>25</p> 	<p>26 8:30 & 9:15 Water Exercises (P) 3:00 Birthday Party with Lynn Wellman (2FL)</p> <p style="text-align: center;">DECK THE HALLS CONTEST BEGINS</p>	<p>27 6:30 Mexican Train Dominoes (2FL)</p>
<p>28 Week 4 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p>	<p>29 8:30 & 9:15 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 11:00 River City Casino Lunch is optional 11:00 Circle of Friends (C)) 1:30 Dancing Through the Decades (3rd Fl) 6:30 Bunco (2FL)</p>	<p>30 10:00 Grief Support (3FL) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL) 6:00 Tilles Park Winter Wonderland</p>	<p>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 style="text-align: center;">PLEASE SIGN UP FOR ALL TRIPS ON CUBIGO See receptionist for assistance</p>	