



# OCTOBER 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 3 Menu cont'd</i>  <b>Activity Locations:</b>            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><b>PLEASE SIGN UP FOR ALL TRIPS ON CUBIGO</b>  <b>See receptionist for assistance</b></p>			<p><b>1</b>            8:30 &amp; 9:15 Water Exercises (P)            3:00 Happy Hour with Don Stevenson (2FL)</p>	<p><b>2</b>            6:30 Mexican Train Dominoes (2FL)</p>
<p><b>3</b> <i>Week 4 Menu</i>            9:30 Catholic Service (C)            1:00 World Communion Day (C)</p>	<p><b>4</b>            8:30 &amp; 9:15 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><b>5</b>            10:00-12:00 Flu Clinic (2FL)            10:00 Grief Support (3FL)            10:30 Surprise Scenic Drive            1:30 Bingo (2 FL)</p>	<p><b>6</b>            8:30 &amp; 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 &amp; Walgreen's            1:30 Pinochle (2FL)            6:30 BINGO NIGHT (2FL)</p>	<p><b>7</b>            10:00 Rosary (C)            10:30 Catholic Mass (C)            1:30 Bingo (2FL)</p>	<p><b>8</b>            8:30 &amp; 9:15 Water Exercises (P)            10:30 Aldi's            3:00 Happy Hour with Bob Jinkerson (2FL)</p>	<p><b>9</b>            6:30 Mexican Train Dominoes (2FL)</p>
<p><b>10</b> <i>Week 1 Menu</i>            9:30 Catholic Service (C)            1:00 Ecumenical Worship (C)</p>	<p><b>11</b>            8:30 &amp; 9:15 Water Exercises (P)            10:30 Arm Chair Exercises (3FL)            11:00 Circle of Friends (2FL))            1:30 Dancing Through the Decades (3rd Fl)            6:30 Bunco (2FL)   <b>COLUMBUS DAY</b></p>	<p><b>12</b>            10:00 Grief Support (3FL)            10:30 Surprise Scenic Drive            1:30 Bingo (2 FL)</p>	<p><b>13</b>            8:30 &amp; 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 &amp; Walgreen's            1:00 Stages: "Jersey Boys"            1:30 Pinochle (2FL)</p>	<p><b>14</b>            10:00 Rosary (C)            10:00 Kimmswick/Anheuser-Busch Thursday Lunch at The Blue Owl            10:30 Communion Service (C)            1:30 Bingo (2FL)</p>	<p><b>15</b>            8:30 &amp; 9:15 Water Exercises (P)            3:00 Happy Hour with Pat Joyce (2FL)</p>	<p><b>16</b>            6:30 Mexican Train Dominoes (2FL)</p>
<p><b>17</b> <i>Week 2 Menu</i>            9:30 Catholic Service (C)            1:00 Ecumenical Worship (C)</p>	<p><b>18</b>            8:30 &amp; 9:15 Water Exercises (P)            10:00 Dollar Tree, Hobby Lobby &amp; Lunch at Walnut Grill            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><b>19</b>            10:00 Grief Support (3FL)            10:30 Surprise Scenic Drive            1:30 Bingo (2 FL)</p>	<p><b>20</b>            8:30 &amp; 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 &amp; Walgreen's            1:30 Pinochle (2FL)</p>	<p><b>21</b>            10:00 Rosary (C)            10:30 Communion Service (C)            1:30 Bingo (2FL)   <b>THEME DINNER: German SEATING AT: 4:30 P.M. &amp; 5:30 P.M. DINING ROOM</b></p>	<p><b>22</b>            8:30 &amp; 9:15 Water Exercises (P)            3:00 Birthday Party with Bryan Foggs (2FL)</p>	<p><b>23</b>            6:30 Mexican Train Dominoes (2FL)</p>
<p><b>24</b> <i>Week 3 Menu</i>            9:30 Catholic Service (C)            1:00 Ecumenical Worship (C)</p> <p><b>31</b> <i>Week 4 Menu</i>            9:30 Catholic Service (C)            1:00 Remembrance Day (C)   <b>HAPPY HALLOWEEN</b></p>	<p><b>25</b>            8:30 &amp; 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><b>26</b>            10:00 Grief Support (3FL)            10:30 Surprise Scenic Drive            1:30 Bingo (2 FL)            2:00 Book Club (PDR)</p>	<p><b>27</b>            8:30 &amp; 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 &amp; Walgreen's            1:30 Pinochle (2FL)</p>	<p><b>28</b>            9:30 Residents' Coffee &amp; Donuts (DR)            10:00 Rosary (C)            10:30 Communion Service (C)</p>	<p><b>29</b>            8:30 &amp; 9:15 Water Exercises (P)            3:00 Halloween Party with Boyd Kasten Duo</p>	<p><b>30</b>            6:30 Mexican Train Dominoes (2FL)</p>