



SEPTEMBER 2022



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Week 2 Menu cont'd</p> <p>ACTIVITIES ARE SUBJECT TO CANCELLATION</p>	<p>Activity Locations:</p> <p>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) Patlo (P) Lakeside Pool (P) 2nd Floor Lounge (2FL) 3rd Floor Lounge (3FL) 2nd Floor Media (2FLM) Exercise Rm (ER) 1st Fl.</p>		<p>1 10:00 Rosary (C) 10:30 Catholic Mass (C) 10:30 Communion Service (C) 11:30 Cottage Ladies' Luncheon (DR) 1:30 Bingo (2FL)</p>	<p>2 8:30 & 9:15 Water Exercises (P) 10:00 Aldi's 3:00 Happy Hour with Lynn Wellman (2FL)</p>	<p>3 3:00 Concert: Rekha Dravina, pianist (2FL) 6:30 Mexican Train Dominoes (2 FL)</p>
<p>4 Week 3 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>5 Labor Day</p> <p>8:30 & 9:15 NO Water Exercises 11:00 NO Circle of Friends 1:30 NO Dancing Thru the Decades</p> <p>HAVE A HAPPY HOLIDAY!</p>	<p>6 10:30 Surprise Scenic Drive 1:30 Bingo (2FL)</p>	<p>7 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (2FL; TBD) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreens 11:00 Overview of Buddhism (C) 1:00 Bible Discussion (C) 1:30 Pinochle (DR) 6:30 Concert: Ken Roberts (C)</p>	<p>8 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL)</p>	<p>9 8:30 & 9:15 Water Exercises (P) 10:00 Walmart 3:00 Happy Hour with Luke Queen (2FL)</p>	<p>10 Full Moon</p> <p>6:30 Mexican Train Dominoes (2 FL)</p>
<p>11 Week 4 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL)</p>	<p>12 8:30 & 9:15 Water Exercises (P) 10:00 Tour: MO. Buddhist Med. Center Lunch to follow Chinese Restaurant 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM)</p>	<p>13 10:30 Surprise Scenic Drive Stop for ice cream at Ted Drew's 1:30 Bingo (2FL) 2:00 One day at a Time Group (C)</p>	<p>14 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Lobby) 10:30 Schnucks/Walgreens 10:00 Line Dancing (3FL) 10:45 World Religion Class (C) 1:30 Pinochle (DR) 6:30 Bingo Night (2FL)</p>	<p>15 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL)</p>	<p>16 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Dusty James & Abalone Pearl (2FL)</p>	<p>17 6:30 Mexican Train Dominoes (2FL)</p>
<p>18 Week 1 Menu</p> <p>9:30 Catholic Service (2FL) 11:00 -1:30 Brunch (DR) 1:00 Ecumenical Worship (2FL)</p>	<p>19 8:30 & 9:15 Water Exercises (P) 11:00 Circle of Friends (2FL) 11:00 Diner's Club: Lunch at C.J. Muggs in Webster Groves 1:30 Dancing Thru the Decades (2FLM)</p>	<p>20 10:30 Surprise Scenic Drive Picnic in the Park 1:30 Bingo (2FL) 3:00 Update with Carol (C)</p>	<p>21 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreens 1:00 Bible Discussion (C) 1:30 Pinochle (DR) 1:30 Ice Cream Social (2FL)</p>	<p>22 First Day of Fall</p> <p>10:00 Rosary (C) 10:30 Communion Service (C) 11:00 Kimmswick Lunch at The Blue Owl 1:30 Bingo (2FL)</p>	<p>23 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Vince Martin (2FL)</p>	<p>24 6:30 Mexican Train Dominoes (2FL)</p>
<p>25 Week 2 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL) 3:00 Entertainment: STL Strutters (C)</p>	<p>26 8:30 & 9:15 Water Exercises (P) 11:00 River City Casino (lunch optional) 11:00 Circle of Friends (2FL) 1:30 Dancing Thru the Decades (2FLM)</p>	<p>27 10:30 Surprise Scenic Drive 1:30 Bingo (2FL) 2:00 Book Club (PDR)</p>	<p>28 8:30 & 9:15 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Lobby) 10:00 Line Dancing (3FL) 10:30 Schnucks/Walgreens 1:00 Stages: "Chorus Line" 1:30 Pinochle (DR)</p>	<p>29 NAT'L COFFEE DAY</p> <p>9:30 Residents' Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 Bingo (2FL) 4:30 & 5:30 Seating Theme Dinner (DR)</p>	<p>30 8:30 & 9:15 Water Exercises (P) 3:00 Happy Hour with Bryan Foggs (2FL)</p>	<p>BOOKMOBILE VISITS ON WEDNESDAY SEP. 14 & 28 9:30 a.m. Harbor Lobby</p>