



SEPTEMBER 2020



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></p> <p>NOTICE: TUESDAYS SCENIC DRIVE ONLY 4 RESIDENTS PER TRIP. PLEASE SIGN UP ON CUBIGO</p>		<p>1</p> <p>8:45 Water Exercises (P) 9:30 Scenic Drive 11:00 Rosary (C) 11:30 Scenic Drive 1:00 Zumba (Patio) 1:30 Scenic Drive 2:00 Bingo (2 FL)</p>	<p>2</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL) 9:30 Bookmobile (Lobby) 10:00 Arm Chair Exercises (3FL) 2:00 Bingo (2FL)</p>	<p>3</p> <p>8:45 Water Exercises (P) 1:00 Zumba (Patio) 2:00 Bingo (2FL)</p>	<p>4</p> <p>8:15 & 9:00 Water Exercises (P) 3:00 Happy Hour with Tim Laramore (Patio)</p>	<p>5</p> <p>10:00 Arm Chair Exercises (3FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>6 Week 4 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL) 1:45 Ecumenical Worship (2 FL)</p>	<p>7 Labor Day</p> <p>10:00 Arm Chair Exercises (3FL) 1:00 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>8</p> <p>8:45 Water Exercises (P) 9:30 Scenic Drive 11:00 Rosary (C) 11:30 Scenic Drive 1:00 Zumba (Patio) 1:30 Scenic Drive 2:00 Bingo (2 FL)</p>	<p>9</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL) 10:00 Arm Chair Exercises (3FL) 2:00 Bingo (2FL) 6:30 Concert: Ken Roberts (Patio)</p>	<p>10</p> <p>8:45 Water Exercises (P) 1:00 Zumba (Patio) 2:00 Bingo (2FL)</p>	<p>11</p> <p>8:15 & 9:00 Water Exercises (P) 3:00 Happy Hour with The Banjo Club (P)</p>	<p>12</p> <p>10:00 Arm Chair Exercises (3FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>13 Week 1 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL) 1:45 Ecumenical Worship (2FL)</p>	<p>14</p> <p>8:15 & 9:00 Water Exercises (P) 10:00 Arm Chair Exercises (3FL) 11:00 A Time to Share (2FL) 2:00 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>15</p> <p>8:45 Water Exercises (P) 9:30 Scenic Drive 11:00 Rosary (C) 11:30 Scenic Drive 1:00 Zumba (Patio) 1:30 Scenic Drive 2:00 Bingo (2 FL)</p>	<p>16</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL) 9:30 Bookmobile (Lobby) 10:00 Arm Chair Exercises (3FL) 2:00 Ice Cream Social (Patio)</p>	<p>17</p> <p>8:45 Water Exercises (P) 1:00 Zumba (Patio) 2:00 Bingo (2FL) 6:30 Concert: Broadway Bill (Patio)</p>	<p>18</p> <p>8:15 & 9:00 Water Exercises (P)</p>	<p>19</p> <p>10:00 Arm Chair Exercises (3FL) 6:30 Mexican Train Dominoes (2FL) 6:30 Evening on the Patio with Fanfare</p>
<p>20 Week 2 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (2FL) 1:45 Ecumenical Worship (2 FL)</p>	<p>21</p> <p>8:15 & 9:00 Water Exercises (P) 10:00 Arm Chair Exercises (3FL) 11:00 A Time to Share (2FL) 2:00 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>22</p> <p>8:45 Water Exercises (P) 9:30 Scenic Drive 11:00 Rosary (C) 11:30 Scenic Drive 1:00 Zumba (Patio) 1:30 Scenic Drive 2:00 NO Bingo (2 FL) 2:00 Book Club (2FL)</p>	<p>23</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL) 10:00 Arm Chair Exercises (3FL) 7:00 Bingo Night (Dining Room)</p>	<p>24</p> <p>8:45 Water Exercises (P) 9:30 Residents' Coffee & Donuts (DR) 1:00 Zumba (Patio) 2:00 Bingo (2FL) 6:30 Concert: Connie & Amalia (Patio)</p>	<p>25</p> <p>8:15 & 9:00 Water Exercises (P) 3:00 Happy Hour with Bryan Foggs (Patio)</p>	<p>26</p> <p>10:00 Arm Chair Exercises (3FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>27 Week 3 Menu</p> <p>9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (C) 1:45 Ecumenical Worship (2 FL)</p>	<p>28</p> <p>8:15 & 9:00 Water Exercises (P) 10:00 Arm Chair Exercises (3FL) 11:00 A Time to Share (2FL) 2:00 Bingo (2FL) 6:30 Bunco (2FL)</p>	<p>29</p> <p>8:45 Water Exercises (P) 9:30 Scenic Drive 11:00 Rosary (C) 11:30 Scenic Drive 1:00 Zumba (Patio) 1:30 Scenic Drive 2:00 Bingo (2 FL)</p>	<p>30</p> <p>8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (2FL) 9:30 Bookmobile (Lobby) 10:00 Arm Chair Exercises (3FL) 2:00 Bingo (2FL)</p>	<p><u>Activity Locations:</u> Chapel (C) Computer Room (2CR) Conference Room, (CFR) Dining Room (DR) Library (L) 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) Prayer Room (PR) Beauty Salon (BS)</p>	