



# NOVEMBER 2022



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><b>PLEASE SIGN UP FOR ALL TRIPS ON CUBIGO</b></p> <p><b>See receptionist for assistance</b></p>	<p><b>FYI:</b></p> <p><b>LAKESIDE ACADEMY VISITS</b></p> <p><b>2 TIMES PER MONTH</b></p>	<p><b>1</b></p> <p>10:00 One Day At A Time (PDR)</p> <p>10:30 Surprise Scenic Drive</p> <p>1:30 NO Bingo (2 FL)</p> <p>2:30 Lakeside Academy visits (2FL)</p>	<p><b>2</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>9:00 Men's Coffee (PDR)</p> <p>10:00 Dancing Through the Decades (3rd Fl)</p> <p>10:00 Line Dancing (2FLM)</p> <p>10:30 Aldi's, Schnucks &amp; Walgreen's</p> <p>1:30 Pinochle (2FL)</p>	<p><b>3</b></p> <p>10:00 Rosary (C)</p> <p>10:30 Catholic Mass (C)</p> <p>11:30 Cottage Ladies' Luncheon (DR)</p> <p>1:30 QUARTER Bingo (2FL)</p>	<p><b>4</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>3:00 Happy Hour with Lamar Pilsing (2FL)</p>	<p><b>5</b></p> <p>6:30 Mexican Train Dominoes (2FL)</p> <p><b>SET YOUR CLOCKS BACK "1 HOUR" BEFORE GOING TO BED</b></p>
<p><b>6 Week 4 Menu</b></p> <p>9:30 Catholic Service (C)</p> <p>1:30 Cape Albeon Remembrance Service (C)</p> <p>DAYLIGHT SAVINGS TIME ENDS</p>	<p><b>7</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>10:30 Arm Chair Exercises (3FL)</p> <p>10:00 Diners Club: Lunch at Pere Marquette Lodge</p> <p>11:00 Circle of Friends (2FL))</p> <p>1:30 Dancing Through the Decades (C)</p>	<p><b>8 FULL MOON</b></p> <p>10:30 Surprise Scenic Drive</p> <p>1:30 Bingo (2 FL)</p> <p>3:00 Election Polls</p> <p><b>GENERAL ELECTIONS DAY</b></p>	<p><b>9</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>9:00 Men's Coffee (PDR)</p> <p>9:30 Bookmobile (Li)</p> <p>10:00 Dancing Through the Decades (3rd Fl)</p> <p>10:00 Line Dancing (2FLM)</p> <p>10:30 Aldi's, Schnucks &amp; Walgreen's</p> <p>1:30 Pinochle (2FL)</p> <p>6:30 BINGO NIGHT (2FL)</p>	<p><b>10</b></p> <p>10:00 Rosary (C)</p> <p>10:30 Catholic Mass (C)</p> <p>1:30 QUARTER Bingo (2FL)</p>	<p><b>11</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>10:30 Veterans' Day Tribute (C)</p> <p>3:00 NO Happy Hour</p> <p><b>HAPPY VETERANS DAY "THANK YOU FOR YOUR SERVICE"</b></p>	<p><b>12</b></p> <p>6:30 Mexican Train Dominoes (2FL)</p> <p>6:30 SEASONS KICKOFF PARTY With "Fanfare Band" (2FL)</p>
<p><b>13 Week 1 Menu</b></p> <p>9:30 Catholic Service (C)</p> <p>1:00 Ecumenical Worship: The Story of Jehoshaphat with Georgy Rock (C)</p>	<p><b>14</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>10:30 Arm Chair Exercises (3FL)</p> <p>10:00 Trip: Lunch at Josephine's Tea Room</p> <p>11:00 Circle of Friends (2FL))</p> <p>1:30 Dancing Through the Decades (C)</p>	<p><b>15</b></p> <p>10:00 One Day At A Time (PDR)</p> <p>10:30 Surprise Scenic Drive</p> <p>1:30 Bingo (2 FL)</p> <p>3:00 Update with Carol (C)</p> <p>6:30 Concert: Ken Roberts (C)</p>	<p><b>16</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>9:00 Men's Coffee (PDR)</p> <p>10:00 Dancing Through the Decades (3rd Fl)</p> <p>10:00 Line Dancing (2FLM)</p> <p>10:30 Aldi's, Schnucks &amp; Walgreen's</p> <p>1:00 Bible Theatre (C)</p> <p>1:30 Pinochle (2FL)</p>	<p><b>17</b></p> <p>10:00 Rosary (C)</p> <p>10:30 Communion Service (C)</p> <p>1:30 QUARTER Bingo (2FL)</p>	<p><b>18</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>3:00 Happy Hour with Vince Martin (2FL)</p>	<p><b>19</b></p> <p>6:30 Mexican Train Dominoes (2FL)</p>
<p><b>20 Week 2 Menu</b></p> <p>9:30 Catholic Service (C)</p> <p>1:00 Ecumenical Worship (C)</p> <p>3:00 Concert: "Double Play" (C)</p>	<p><b>21</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>10:30 Arm Chair Exercises (3FL)</p> <p>11:00 River City Casino Lunch is optional</p> <p>11:00 Circle of Friends (2FL))</p> <p>1:30 Dancing Through the Decades (C)</p>	<p><b>22</b></p> <p>10:30 Surprise Scenic Drive</p> <p>1:30 Bingo (2 FL)</p> <p>2:00 Book Club (PDR)</p>	<p><b>23</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>9:00 Men's Coffee (PDR)</p> <p>9:30 Bookmobile (Li)</p> <p>10:00 Dancing Through the Decades (3rd Fl)</p> <p>10:00 Line Dancing (2FLM)</p> <p>10:30 Lakeside Academy visits (2FL)</p> <p>10:30 Aldi's, Schnucks &amp; Walgreen's</p> <p>1:30 Pinochle (2FL)</p>	<p><b>24</b></p> <p>3:30-6:00 Thanksgiving Dinner (DR)</p>	<p><b>25</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>3:00 Birthday Party with Cherry &amp; Jerry (2FL)</p>	<p><b>26</b></p> <p>6:30 Mexican Train Dominoes (2FL)</p>
<p><b>27 Week 3 Menu</b></p> <p>9:30 Catholic Service (C)</p> <p>1:00 Ecumenical Worship (C)</p>	<p><b>28</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>10:30 Arm Chair Exercises (3FL)</p> <p>11:00 Circle of Friends (C))</p> <p>1:00 Shopping at Gravois Bluffs</p> <p>1:30 Dancing Through the Decades (C)</p>	<p><b>29</b></p> <p>10:30 Surprise Scenic Drive</p> <p>1:30 Bingo (2 FL)</p> <p>6:00 Christmas Lights at Tilles Park</p>	<p><b>30</b></p> <p>8:30 &amp; 9:15 Water Exercises (P)</p> <p>9:00 Men's Coffee (PDR)</p> <p>10:00 Dancing Through the Decades (3rd Fl)</p> <p>10:00 Line Dancing (2FLM)</p> <p>10:30 Aldi's, Schnucks &amp; Walgreen's</p> <p>1:30 Pinochle (2FL)</p>	<p><b>Activity Locations:</b></p> <p>Beauty Salon (BS)</p> <p>Conference Room, (CFR)</p> <p>Dining Room (DR)</p> <p>Library (Li)</p> <p>Chapel (C )</p> <p>Nurse's Office (N)</p>	<p>Private Dining Room (PDR)</p> <p>Patio (P)</p> <p>Pool (P)</p> <p>2nd Floor Lounge (2FL)</p> <p>2nd Floor Media (2FLM)</p> <p>3rd Floor Lounge (3FL)</p>	