



MARCH 2023



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</i></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) 2nd Floor Media (2FLM) 3rd Floor Lounge (3FL)</p> | <p>1 8:45 & 9:30 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 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (2FL)</p> | <p>2 10:00 Rosary (C) 10:30 Catholic Mass (C) 11:30 Cottage Ladies' Luncheon (DR) 1:30 QUARTER Bingo (2FL)</p> | <p>3 8:45 & 9:30 Water Exercises (P) 10:00 Worship Service: Stations of the Cross (C) 1:30 Cubigo Training (CFR) 3:00 Happy Hour with EJ Glaser (2FL) CELEBRATING JUANITA WALLIS' 100th BIRTHDAY</p> | <p>4 6:30 Mexican Train Dominoes (2FL)</p> |
| <p>5 Week 4 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p> | <p>6 8:45 & 9:30 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 11:00 Circle of Friends (2FL) 11:00 Diners' Club: Lunch at CJ Muggs 1:30 Dancing Through the Decades (C) 6:30 Movie Night (2FL)</p> | <p>7 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)</p> | <p>8 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Dancing Through the Decades (3rd FL) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (2FL) 6:30 BINGO NIGHT (2FL)</p> | <p>9 10:00-2:00 Popcorn Day (1FL) 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 QUARTER Bingo (2FL) POPCORN LOVERS' DAY</p> | <p>10 8:45 & 9:30 Water Exercises (P) 10:00 Worship Service: Stations of the Cross (C) 1:30 Cubigo Training (CFR) 3:00 Happy Hour with Rob Callmeyer (2FL)</p> | <p>11 6:30 Mexican Train Dominoes (2FL) SET YOUR CLOCKS 1 HOUR FORWARD BEFORE GOING TO BED</p> |
| <p>12 Week 1 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) DAYLIGHT SAVING TIME BEGINS</p> | <p>13 8:45 & 9:30 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 10:30 Walmart 11:00 Circle of Friends (2FL) 1:30 Dancing Through the Decades (C) 6:30 Movie Night (2FL)</p> | <p>14 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)</p> | <p>15 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:00 Podiatrist visits (BS) 9:30 Bookmobile (Li) 10:00 Dancing Through the Decades (3rd FL) 10:00 Line Dancing (2FLM) 10:00 Nellies' Closet (2FL) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (2FL)</p> | <p>16 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 QUARTER Bingo (2FL) 6:30 Concert: Erma & The Fellas (C)</p> | <p>17 8:45 & 9:30 Water Exercises (P) 10:00 Worship Service: Stations of the Cross (C) 1:30 Cubigo Training (CFR) 3:00 St. Patrick's Day Party with Chad Evans (2FL) 4:30 St. Patrick's Day Dinner (DR) HAPPY ST. PATRICK'S DAY</p> | <p>18 6:30 Mexican Train Dominoes (2FL)</p> |
| <p>19 Week 2 Menu 9:30 Catholic Service (C) 11:00-1:30 Sunday Brunch (DR) 1:00 Ecumenical Worship (C)</p> | <p>20 8:45 & 9:30 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 11:00 Circle of Friends (2FL) 1:30 Dancing Through the Decades (C) 6:30 Movie Night (2FL) FIRST DAY OF SPRING</p> | <p>21 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL) 3:00 Update with Carol (C)</p> | <p>22 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Dancing Through the Decades (3rd FL) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:00 POKER TOURNAMENT (2FL) 1:30 Pinochle (DR)</p> | <p>23 10:00 Rosary (C) 10:30 Communion Service (C) 11:00 Trip: STL History Museum Lunch there (optional) 1:30 QUARTER Bingo (2FL)</p> | <p>24 8:45 & 9:30 Water Exercises (P) 10:00 Worship Service: Stations of the Cross (C) 1:30 Cubigo Training (CFR) 3:00 Happy Hour with The Rewind Band (2FL)</p> | <p>25 6:30 Mexican Train Dominoes (2FL)</p> |
| <p>26 Week 3 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C)</p> | <p>27 8:45 & 9:30 Water Exercises (P) 10:30 Arm Chair Exercises (3FL) 11:00 Circle of Friends (2FL) 11:00 River City Casino Lunch is optional 1:30 Dancing Through the Decades (C) 6:30 Movie Night (2FL)</p> | <p>28 10:30 Surprise Scenic Drive 1:30 NO Bingo (2 FL) 2:00 Book Club (PDR) 2:00 Wine Tasting with Stan Komen (2FL)</p> | <p>29 8:45 & 9:30 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 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (2FL) 3:00 History of STL Coliseum with Ed Golterman ©</p> | <p>30 9:30 Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 QUARTER Bingo (2FL)</p> | <p>31 8:45 & 9:30 Water Exercises (P) 10:00 Worship Service: Stations of the Cross (C) 1:30 Cubigo Training (CFR) 3:00 Birthday Party with Jack & Lynn (2FL)</p> | |