



JUNE 2023



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Activity Locations:</p> <p>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) Sports Court (SC)</p>		<p>1 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Cottage Ladies' Lunch (DR) 1:30 QUARTER Bingo (2FL)</p>	<p>2 8:45 & 9:30 Water Exercises (P) 10:00 Kirkwood Farmer's Market 2:00 Cubigo Training (CFR) 3:00 Happy Hour with Boyd Kasten (2FL)</p>	<p>3 10:00 Pickleball, Bocceball & Shuffleboard (SC) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>4 Week 1 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>5 8:45 & 9:30 Water Exercises (P) 11:00 Circle of Friends (2FL) 11:00 Diners' Club: Lunch at Mimi's Cafe 1:30 Vitality Ballet: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>6 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)</p>	<p>7 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 6:30 Concert: Garden Party (Patio)</p>	<p>8 10:00 Trip: Cahokia Mounds. Lunch at a nearby restaurant.. 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 QUARTER Bingo (2FL)</p>	<p>9 8:45 & 9:30 Water Exercises (P) 2:00 Cubigo Training (CFR) 3:00 Happy Hour with Tim Laramore (SC)</p>	<p>13 10:00 Pickleball, Bocceball & Shuffleboard (SC) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>11 Week 2 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>12 8:45 & 9:30 Water Exercises (P) 10:30 TRIP: Ballpark Village 11:00 Circle of Friends (2FL) 1:30 Vitality Ballet: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>13 10:30 Surprise Scenic Drive 11:30 NEW! Housefit Exercises (C) 1:30 Ice Cream Social (2FL) 1:30 NO Bingo (2 FL) 6:30 Dance Performance: STL Strutters (C)</p>	<p>14 FLAG DAY 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Flag Tribute (Flagpole) 10:00 Dancing Through the Decades (3rd FL) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 6:30 Poker Tournament (2FL)</p>	<p>15 8:00-3:00 Community Garage Sale 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL)</p>	<p>16 8:45 & 9:30 Water Exercises (P) 2:00 Cubigo Training (CFR) 3:00 NO Happy Hour</p>	<p>17 10:00 Pickleball, Bocceball & Shuffleboard (SC) 12:00-2:00 Cottage & Harbor Men's Father's Day Celebration (SC) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>18 Week 3 Menu 9:30 Catholic Service (C) 11:00-1:00 Brunch (DR) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p> <p>HAPPY FATHER'S DAY</p> <p>NO DINNER SERVED ON THIS DAY</p>	<p>19 8:45 & 9:30 Water Exercises (P) 11:00 Circle of Friends (2FL) 1:30 Vitality Ballet: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>20 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 11:30 Housefit Exercises (C) 1:30 Bingo (2 FL)</p>	<p>21 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 1:00 STAGES: "Aida" 1:30 Pinochle (DR) 6:30 Concert: Broken Hipsters (Patio)</p>	<p>22 10:00 Rosary (C) 10:00 TRIP: Corn Cob Pipe Museum in Fulton, MO. Lunch at a nearby restaurant. 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL)</p>	<p>23 8:45 & 9:30 Water Exercises (P) 2:00 Cubigo Training (CFR) 3:00 Happy Hour with Matt Davis (2FL)</p>	<p>24 10:00 Pickleball, Bocceball & Shuffleboard (SC) 1:00 Movie & Popcorn (2FL) 3:00 Concert: Rekha Dravina (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>25 Week 4 Menu 9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>26 8:45 & 9:30 Water Exercises (P) 11:00 Circle of Friends (2FL) 11:00 River City Casino 1:30 Vitality Ballet: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>27 10:30 Surprise Scenic Drive 11:30 Housefit Exercises (C) 1:30 Bingo (2 FL) 2:00 Book Club (PDR)</p>	<p>28 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 (DR)</p>	<p>29 9:30 Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL)</p>	<p>30 8:45 & 9:30 Water Exercises (P) 1:30 Cubigo Training (CFR) 3:00 Happy Hour with Pat Joyce (2FL)</p>	