



AUGUST 2023



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Week 1 menu cont'd</i>		1 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)	2 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile Visits (Li) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR)	3 10:00 Rosary (C) 10:30 Catholic Mass (C) 11:30 Housefit Exercises (C) 11:30 Cottage Ladies' Luncheon (DR) 1:30 QUARTER Bingo (2FL)	4 8:45 & 9:30 Water Exercises (P) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Bob Row (2FL)	5 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
6 <i>Week 2 Menu</i> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)	7 8:45 & 9:30 Water Exercises (P) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)	8 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)	9 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:00 Stages, "Clue" 1:30 Pinochle (DR)	10 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL)	11 8:45 & 9:30 Water Exercises (P) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Rob Callmeyer (2FL)	12 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
13 <i>Week 3 Menu</i> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)	14 8:45 & 9:30 Water Exercises (P) 11:00 Diners' Club: Lunch at Walnut Grill 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)	15 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive and Picnic in the Park 1:30 Bingo (2 FL)	16 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile Visits (Li) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR)	17 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL) 6:30 Concert: Erma & The Fellas (Patio)	18 8:45 & 9:30 Water Exercises (P) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Boyd Kasten Duo (2FL)	19 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
20 <i>Week 4 Menu</i> 9:30 Catholic Service (2FL) 11:00-1:00 Brunch (DR) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)	21 8:45 & 9:30 Water Exercises (P) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)	22 10:30 Surprise Scenic Drive 1:30 NO Bingo (2 FL) 1:30 Ice Cream Social (2FL) 2:00 Book Club (PDR)	23 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR) 6:30 Concert: Broken Hipsters (Patio)	24 10:00 TRIP: Eckert's Farms 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL)	25 8:45 & 9:30 Water Exercises (P) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Chad Evans (2FL)	26 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
27 <i>Week 1 Menu</i> 9:30 Catholic Service (2FL) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)	28 8:45 & 9:30 Water Exercises (P) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Chair Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)	29 10:30 Surprise Scenic Drive 1:30 Bingo (2 FL)	30 8:45 & 9:30 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile Visits (Li) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 11:00 World Religion Service (C) 1:30 Pinochle (DR)	31 9:30 Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL)	Activity Locations: Beauty Salon (BS) Conference Room, (CFR) Dining Room (DR) Library (Li) Chapel (C) Nurse's Office (N)	Private Dining Room (PDR) Patio (P) Pool (P) 2nd Floor Lounge (2FL) 2nd Floor Media (2FLM) 3rd Floor Lounge (3FL) Sports Court (SC)