


OCTOBER 2023



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>2</p> <p>8:45 & 9:30 Water Exercises (PL) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Exercises 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>3</p> <p>9:30 Lakeside Children Visit (2FL) 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 10:30 Chimers (HS) 1:30 QUARTER Bingo (2FL)</p>	<p>4</p> <p>8:45 & 9:30 Water Exercises (PL) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (2FLM) 10:00-3:00 Nellies Closet (2FL) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR) 2:30 Rummikub (HS) 6:30 Concert- 3PBTrio (P)</p>	<p>5</p> <p>10:00 Rosary (C) 10:30 Catholic Mass (C) 11:30 Cottage Ladies' Lunch (DR) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL)</p>	<p>6</p> <p>8:45 & 9:30 Water Exercises (PL) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Bob Row (2FL)</p>	<p>7</p> <p>11:30-2:30 Family Picnic  10:30 Choir Practice (C) 6:30 Mexican Train Dominoes (2FL)</p>
<p>8</p> <p>9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>9 COLUMBUS DAY</p> <p>8:45 & 9:30 Water Exercises (PL) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Exercises 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>10</p> <p>11:30 Fairmount Race Track 10:30 Chimers (HS) 1:30 NO QUARTER Bingo (2FL) 1:30 Ice Cream Social (2FL)</p>	<p>11</p> <p>8:45 & 9:30 Water Exercises (PL) 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) 2:30 Rummikub (HS) 6:00 Bunco (2FL)</p>	<p>12</p> <p>10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:00 A Time To Heal (C) 1:30 QUARTER Bingo (2FL) 3:30 Entertainment : The Sing Along Sisters (C)</p>	<p>13</p> <p>8:45 & 9:30 Water Exercises (PL) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Bill Row (2FL)</p>	<p>14</p> <p>10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>15</p> <p>9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>16</p> <p>8:45 & 9:30 Water Exercises (PL) 11:00 Diners' Club: Lunch at Wicked Chicken 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Exercises 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>17</p> <p>10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 10:30 Chimers (HS) 1:30 QUARTER Bingo (2FL)</p>	<p>18</p> <p>8:45 & 9:30 Water Exercises (PL) 9:00 Men's Coffee (PDR) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR) 2:30 Rummikub (HS) 6:00 Bunco (2FL)</p>	<p>19</p> <p>10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:00 A Time To Heal (C) 1:30 QUARTER Bingo (2FL)</p>	<p>20</p> <p>8:45 & 9:30 Water Exercises (PL) 10:00 Lakeside Children Visit (2FL) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with EJ Glaser (2FL)</p>	<p>21</p> <p>10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 NO Movie & Popcorn (2FL) 2:30 Piano Student Recital (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>22</p> <p>9:30 Catholic Service (C) 11:00-1:00 Brunch (DR) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>23</p> <p>8:45 & 9:30 Water Exercises (PL) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>24</p> <p>11:30 Fairmount Race Track 10:30 Chimers (HS) 1:30 QUARTER Bingo (2FL) 2:00 Book Club (PDR)</p>	<p>25</p> <p>8:45 & 9:30 Water Exercises (PL) 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) 6:00 Bunco (2FL)</p>	<p>26</p> <p>9:30 Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:00 A Time To Heal (C) 1:30 QUARTER Bingo (2FL)</p>	<p>27</p> <p>8:45 & 9:30 Water Exercises (PL) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Pat Joyce (2FL)</p>	<p>28 Full Moon</p> <p>10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)</p>
<p>29</p> <p>9:30 Catholic Service (C) 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)</p>	<p>30</p> <p>8:45 & 9:30 Water Exercises (PL) 11:00 Circle of Friends (C) 11:00 River City Casino (lunch optional) 1:30 Vitality In Motion: Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)</p>	<p>31 HAPPY HALLOWEEN</p> <p>9:30 Lakeside Halloween Parade (Outside on sidewalk) 10:30 Surprise Scenic Drive 10:30 Chimers (HS) 1:30 QUARTER Bingo (2FL) 3:00 Halloween Party (2FL)</p>		<p>Beautician Hours: Tuesday 9:00- 4:00 All appointments are made by calling Angie at 352-288-0264</p>	<p>Activity Locations: Beauty Salon (BS) Chapel (C) Conference Room, (CFR) Dining Room (DR) Hobby Studio (HS) Library (Li) Nurse's Office (N)</p>	<p>Private Dining Room (PDR) Patio (P) Pool (PL) 2nd Floor Lounge (2FL) 2nd Floor Media (2FLM) 3rd Floor Lounge (3FL) Sports Court (SC)</p>