







DECEMBER 2023



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:45 & 9:30 Water Exercises (PL) 10:30 Target Trip 2:15 Cubigo Training (CFR) 2:00 - 3:30 Trim Tree Party with Pat Joyce (Front Lobby)	2 10:00 Pickleball, Bocceball, & Shuffleboard 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
3 9:30 Catholic Service © 11:00 Sacred Heart Mass 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC) 1:30 Girl Scouts Sing (2FL)	4 8:45 & 9:30 Water Exercises (PL) 9:00 Pickleball (SC) 10:30 Jewelry Class: making winter bracelet's (HS) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)	5 9:30 Lakeside Children Visit (2FL) 10:00 One Day at a Time (PDR) 10:30 Chimers (HS) 1:30 QUARTER Bingo (2FL)	6 8:45 & 9:30 Water Exercises (PL) 9:00 Men's Coffee (PDR) 9:00 Pickleball (SC) 9:30 Bookmobile Visits (Li) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR) 1:30 Mexican Train Dominos (2FL) 4:00 Candlelight Service (DR)	7 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) 4:30 Anheuser Brewery Christmas Lights 6:00 Bunco (2FL)	8 8:45 & 9:30 Water Exercises (PL) 9:00 Pickleball (SC) 10:30 Diners' Club: TBD 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Lynn Wellman(2FL)	9 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
10 9:30 Catholic Service (C) 11:00 Sacred Heart Mass 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)	11 8:45 & 9:30 Water Exercises (PL) 9:00 Pickleball (SC) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Exercises (C) 5:00 Tilles Park Christmas Lights 6:30 Movie Night (2FL)	12 10:00 One Day At A Time (PDR) 10:30 Surprise Scenic Drive 10:30 Chimers (HS) 1:30 NO QUARTER Bingo (2FL) 1:30 Chimers Christmas Program	13 8:45 & 9:30 Water Exercises (PL) 9:00 Men's Coffee (PDR) 9:00 Pickleball (SC) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR)1 1:30 Mexican Train Dominos (2FL) 5:00 Tilles Park Christmas Lights	14 10:00 Rosary (C) 10:30 Communion Service (C) 10:30 Uthoff Elementary Sings (2FL) 11:30 Housefit Exercises (C) 1:30 QUARTER Bingo (2FL) 6:00 Bunco (2FL)	15 8:45 & 9:30 Water Exercises (PL) 9:00 Pickleball (SC) 10:00 Lakeside Children Visit (2FL) 10:30 Target Trip 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Dusty James & Abalone Pearl (2FL)	16 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
17 9:30 Catholic Service © 11:00 Sacred Heart Mass 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)	18 8:45 & 9:30 Water Exercises (PL) 9:00 Pickleball (SC) 11:00 Circle of Friends (C) 1:30 Vitality In Motion: Exercises (C) 3:00 Songbirds (2FL) 6:30 Movie Night (2FL)	19 9:45 St.Gerard Majella 4th graders sing/craft (2FL) 10:00 One Day at a Time (PDR) 10:30 Chimers (HS) 10:30 Surprise Scenic Drive 1:30 QUARTER Bingo (2FL) 2:00 Book Club (PDR) 2:00 Team Update Meeting (C)	20 8:45 & 9:30 Water Exercises (PL) 9:00 Men's Coffee (PDR) 9:00 Pickleball (SC) 9:30 Bookmobile Visits (Li) 10:00 Line Dancing (2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR) 1:30 Mexican Train Dominos (2FL) 4:00 Valley Park Girl Scouts Sing(2FL)	21 10:00 Rosary (C) 10:30 Communion Service (C) 11:30 Housefit Exercises (C) 1:30 No QUARTER Bingo (2FL) 2:00 Painting with Adrian (2FL) 4:00 Christmas Party (DR)	22 8:45 & 9:30 Water Exercises (PL) 9:00 Pickleball (SC) 10:30 Target Trip 2:15 Cubigo Training (CFR) 3:00 Happy Hour & Gift Exchange with Bryan Fogg (2FL)	23 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL)
24 9:30 Catholic Service © 11:00 Sacred Heart Mass 1:00 Christmas Service (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC)		26 10:30 Surprise Scenic Drive 10:30 Chimers (HS) 1:30 QUARTER Bingo (2FL)	27 8:45 & 9:30 Water Exercises (PL) 9:00 Men's Coffee (PDR) 9:00 Pickleball (SC) 10:00 Surprise Dance Class(2FLM) 10:30 Aldi's, Schnucks & Walgreen's 1:30 Pinochle (DR) 1:30 Mexican Train Dominos (2FL)	28 9:30 Coffee & Donuts (DR) 10:00 Rosary (C) 10:30 Communion Service (C) 1:30 QARTER Bingo (2FL) 6:00 Bunco (2FL)	29 8:45 & 9:30 Water Exercise s(PL) 10:30 Target Trip 9:00 Pickleball (SC) 2:15 Cubigo Training (CFR) 3:00 Happy Hour with Mike Vassel (2FL)	30 10:00 Pickleball, Bocceball & Shuffleboard (SC) 11:30 Choir Practice (C) 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
31 9:30 Catholic Service(C) 11:00 Sacred Heart Mass 1:00 Ecumenical Worship (C) 1:30 Pickleball, Bocceball & Shuffleboard (SC) 6:00 - New Years Party (2FL) HAPPY NEW YEAR					Activity Locations: Beauty Salon (BS) Chapel (C) Conference Room (CFR) Dining Room (DR) Hobby Studio (HS) Library (Li) Nurse's Office (N)	Private Dining Room (PDR) Patio (P) Pool (PL) 2nd Floor Lounge (2FL) 2nd Floor Media (2FLM) 3rd Floor Lounge (3FL) Sports Court (SC)