

July 2025 CAPE ALBEON Harbor & Cottages Lakeside Retirement Living *Activities are subject to change.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 🕮	5 🖴
		 9:30 Lakeside Kids Visit (2FL) 10:15 Cape Albeon Chimers Practice (HS) 10:30 Surprise Scenic Drive 11:30 Tai Chi with Gary (C) 1:30 Quarters Bingo (2FL) 3:00 Chair Yoga Stretch (C) 6:30 Tuesday Night Flick - On Golden Pond (2FL) 	 8:45 Water Fitness (PP) 9:00 Men's Coffee: All Men are Welcome (PDR) 9:00 Pickleball (SC) 10:30 Aldi, Schnucks, Walgreens 1:30 Pinochle (DR) 1:30 Mexican Train Dominoes (2FL) 7:00 July Concert Series- Broken Hipsters (P) 	 10:00 Rosary & Communion (C) 11:00 One Day at a Time (PDR) 11:30 Cottage Ladies' Lunch (DR) 11:30 Housefit Exercise (C) 1:30 Quarters Bingo (2FL) 3:00 Mah Jongg for beginners (2FL) 3:00 Fourth of July Celebration with Rewind Band (2FL) 6:30 Bunco Night (2FL) 	8:45 Water Fitness (PP) 9:00 Pickleball (SC) 6:30 Left Center Right (2FL)	1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
6	7 🚔	8	9 🕮	10	11	12
 9:30 Catholic Service (2FL) 11:00 Bus leaves for Sacred Heart Mass 11:30 Trip to Defiance Ridge Winery 1:00 Ecumenical Worship (C) 2:00 Rummikub (2FL) 2:00 Euchre-Fun to learn card game, all are welcome. (2FL) 	 8:45 Water Fitness (PP) 9:00 Pickleball (SC) 10:30 Weekly Shopping Trip 11:00 Circle of Friends (C) 1:30 Left Center Right (2FL) 1:30 Vitality in Motion (C) 2:30 Ceramics Painting Class 3:00 SONGBIRDS (2FL) 3:00 Informational talk : Keeping safe from Scams! Given by St. Louis County Police officer. (C) 6:30 Rummikub (2FL) 6:30 Euchre-Fun to learn card game, all are welcome. (2FL) 	 10:15 Cape Albeon Chimers Practice (HS) 10:30 Surprise Scenic Drive 11:30 Tai Chi with Gary (C) 1:30 Quarters Bingo (2FL) 2:00 Library Visits (Li) 3:00 Chair Yoga Stretch (C) 6:30 Tuesday Night Flick - Music & Lyrics (2FL) 	8:45 Water Fitness (PP) 9:00 Men's Coffee: All Men are Welcome (PDR) 9:00 Pickleball (SC) 9:00 World Religion trip to Principia College, Christian Science campus and Lunch at Josephine's Tea Room 1:30 Pinochle (DR) 1:30 Mexican Train Dominoes (2FL) 7:00 July Concert Series- Pretty Weeds (P)		 8:45 Water Fitness (PP) 9:00 Pickleball (SC) 10:30 Diners Club: The Fountain on Locust 3:00 HAPPY HOUR with Bryan Foggs (2FL) 6:30 Left Center Right (2FL) 	1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
13	14	15	16	17	18 🖴	19 🗳
 9:30 Catholic Service (2FL) 11:00 Bus leaves for Sacred Heart Mass 1:00 Ecumenical Worship (C) 2:00 Rummikub (2FL) 2:00 Euchre-Fun to learn card game, all are welcome. (2FL) 	 8:45 Water Fitness (PP) 9:00 Pickleball (SC) 10:30 Weekly Shopping Trip 11:00 Circle of Friends (C) 1:30 Left Center Right (2FL) 1:30 Vitality in Motion (C) 6:30 Rummikub (2FL) 6:30 Euchre-Fun to learn card game, all are welcome. (2FL) 	 10:15 Cape Albeon Chimers Practice (HS) 10:30 Surprise Scenic Drive 11:30 Tai Chi with Gary (C) 12:00 Resident Council Meeting 1:30 Quarters Bingo (2FL) 3:00 Team Update Meeting (C) 6:30 Tuesday Night Flick - Space Cowboy (2FL) 	 8:45 Water Fitness (PP) 9:00 Men's Coffee: All Men are Welcome (PDR) 9:00 Pickleball (SC) 1:30 Pinochle (DR) 1:30 Mexican Train Dominoes (2FL) 1:30 Trip to Tour Central Library 7:00 July Concert Series: Ole Geezers (P) 	 10:00 Rosary & Communion (C) 11:00 One Day at a Time (PDR) 11:30 Housefit Exercise (C) 1:30 Quarters Bingo (2FL) 3:00 Mah Jongg for beginners (2FL) 6:30 Bunco Night (2FL) 	 8:45 Water Fitness (PP) 9:00 Pickleball (SC) 9:30 Lakeside Kids Visit (2FL) 3:00 HAPPY HOUR St. Louis Strutters~ patriotic show! (2FL) 6:30 Left Center Right (2FL) 	 11:30 Trip to Cedar Lake Cellar 1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
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 9:30 Catholic Service on Zoom (2FL) 1:00 Ecumenical Worship (C) 2:00 Rummikub (2FL) 2:00 Euchre-Fun to learn card game, all are welcome. (2FL) 	 8:45 Water Fitness (PP) 9:00 Pickleball (SC) 11:00 Circle of Friends (C) 1:30 Left Center Right (2FL) 1:30 Vitality in Motion (C) 3:00 SONGBIRDS (2FL) 6:30 Rummikub (2FL) 6:30 Euchre-Fun to learn card game, all are welcome. (2FL) 	 10:15 Cape Albeon Chimers Practice (HS) 10:30 Surprise Scenic Drive 11:30 Tai Chi with Gary (C) 1:30 Quarters Bingo (2FL) 2:00 Library Visits (Li) 3:00 Chair Yoga Stretch (C) 6:30 Tuesday Night Flick - A League of Our Own (2FL) 	 8:45 Water Fitness (PP) 9:00 Men's Coffee: All Men are Welcome (PDR) 9:00 Pickleball (SC) 10:30 Aldi, Schnucks, Walgreens 1:30 Pinochle (DR) 1:30 Mexican Train Dominoes (2FL) 7:00 July Concert Series: Erma & The Fellas 	(2FL)	8:45 Water Fitness (PP) 9:00 Pickleball (SC) 3:00 HAPPY HOUR with Bob Row (2FL) 6:30 Left Center Right (2FL)	1:00 Movie & Popcorn (2FL) 6:30 Mexican Train Dominoes (2FL)
27	28 🚔	29	30 🞬	31 苗	Happy Birthday 🖺	
9:30 Catholic Service on Zoom (2FL) 11:00 Bus leaves for Sacred Heart Mass 1:00 Ecumenical Worship (C) 2:00 Rummikub (2FL) 2:00 Euchre-Fun to learn card game, all are welcome. (2FL)	 8:45 Water Fitness (PP) 9:00 Pickleball (SC) 11:00 Circle of Friends (C) 1:30 Left Center Right (2FL) 1:30 Vitality in Motion (C) 6:30 Rummikub (2FL) 6:30 Euchre-Fun to learn card game, all are welcome. (2FL) 	 10:15 Cape Albeon Chimers Practice (HS) 10:30 Surprise Scenic Drive 11:30 Tai Chi with Gary (C) 12:30 Root Beer Floats (2FL) 1:30 Quarters Bingo (2FL) 3:00 Chair Yoga Stretch (C) 6:30 Tuesday Night Flick - Brian's Song (2FL) 	 8:45 Water Fitness (PP) 9:00 Men's Coffee: All Men are Welcome (PDR) 9:00 Pickleball (SC) 10:30 Aldi, Schnucks, Walgreens 1:30 Pinochle (DR) 1:30 Mexican Train Dominoes (2FL) 7:00 July Concert Series: Luke Queen Duo (P) 	 9:30 New Resident Meet & Greet Over Coffee & Donuts (DR) 10:00 Rosary & Communion (C) 11:00 One Day at a Time (PDR) 11:30 Housefit Exercise (C) 1:30 Quarters Bingo (2FL) 2:30 Jewelry Making Class 3:00 Mah Jongg for beginners (2FL) 6:30 Bunco Night (2FL) 	Jul 04 Carol Usher Jul 05 Ann McGarry Jul 07 Patricia Rutkowski Jul 09 Dottie Comerio Jul 18 Mary Ruh Jul 19 Dee Shelton & Dianne Parker Jul 20 Jo Ann Alves & Phyllis Westin	Jul 22 Jo Ann Rudroff Jul 24 Jane Lettich, Louise Albers & Maurice Hill Jul 25 Nancy Hasenstab Jul 28 Darlene Skidis Jul 30 Marion Pleis Jul 31 Donna Wehrman, Judie Farrow & Loretta Armstead