




LEAP YEAR!

FEBRUARY 2012



Cape Albeon: HARBOR and COTTAGES Activity Calendar

**Activities are subject to change*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Week 3 Menu</i>			1 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:15 Schnucks; Shop n Save 2:00 Valentine Craft (2FL) 2:00 Blood Pressure Screening (CFR) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	2 8:45 Tai Chi (C) 10:00 Beginner Line Dancing (C) 11:00 Diners' Club: Lunch at Lazy River Grill 1:00 YMCA Chair Exercises (3 FL) 2:00 Great Courses II (C) 3:00 Quarter Bingo (2FL)	3 8:45 Water Exercises (P) 9:00 Dierberg's 1:00 Biographies (PDR) 3:00 Happy Hour with Charlie Block (2FL)	4 10:30 Chair Exercises (3 FL) 3:00 Bingo (2 FL)
5 Week 4 Menu SUPER BOWL SUNDAY BRUNCH: Seating at 11:00 A.M. and 12:30 P.M. (DR) 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C) 5:30 Super Bowl Party (C)	6 8:45 Water Exercises (P) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3 FL) 10:30 Lakeside Childcare Visits (2FL) 1:00 J.C. Penney at West County 3:00 Songbirds (2FL)	7 10:00 Surprise Scenic Drive 1:00 YMCA Chair Exercises (C) 2:00 Bingo (2 FL) 3:00 Walgreen's 3:00 Great Courses I (C) 7:00 Pinochle Group (2 FL)	8 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) 9:00 Men's Coffee (PDR) 9:30 St. Louis League of Women Voters Presentation: "China (C) 10:15 Schnucks; Shop 'n Save 1:00 Sew 'n Sew (2FL) 2:00 Blood Pressure Screening (CFR) 3:30 Catholic Communion (C)	9 8:45 Tai chi (C) 10:00 Beginner Line Dancing (C) 1:00 YMCA Chair Exercises (3 FL) 1:00 Fenton Wal-Mart 2:00 Great Courses II (C) 3:00 Quarter Bingo (2FL) 6:30 Musical Bingo (2FL)	10 8:45 Water Exercises (P) 9:00 Dierberg's 1:00 Biographies (PDR) 3:00 Happy Hour with Pat Joyce (2FL)	11 10:30 Chair Exercises (3 FL) 3:00 Bingo (2 FL)
12 Week 1 Menu 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)	13 8:45 Water Exercises (P) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3 FL) 1:00 Trader Joe's 3:00 Songbirds (2FL)	14 VALENTINE'S DAY 10:00 Surprise Scenic Drive 12:00 Sacred Heart children sing (DR) 12:00 Harbor & Cottage Luncheon (DR) 1:00 YMCA Chair Exercises (C) 3:00 Valentine Day Party with Lynn Wellman (2FL)	15 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:30 Ladies of the Cape Program (C) 2:00 Blood Pressure Screening (CFR) 1:00 Schnucks; Shop 'n Save; Walgreens 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	16 8:45 Tai Chi (C) 10:00 Beginner Line Dancing (C) 11:00 Chili Cook-Off (2FL) 1:00 YMCA Chair Exercises (3 FL) 1:30 ABC Trading Co. Jewelry 2:00 Great Courses II (C) 3:00 Quarter Bingo (2FL)	17 8:45 Water Exercises (P) 9:00 Dierberg's 11:15 Lunch at Steak 'n Shake Shop at Dollar Tree 1:00 Biographies (PDR) 3:00 Happy Hour with Joseph Garnier (2FL)	18 10:30 Chair Exercises (3 FL) 3:00 Bingo (2 FL)
19 Week 2 Menu 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)	20 8:45 Water Exercises (P) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3 FL) 11:00 Lunch & Movie (to be announced) 3:00 Songbirds (2FL)	21 10:00 Surprise Scenic Drive 1:00 YMCA Chair Exercises (C) 2:00 Bingo (2 FL) 3:00 Mardi Gras Party with The Goldennaires (2FL) 7:00 Pinochle Group (2 FL)	22 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) 9:00 Men's Coffee (PDR) 10:15 Schnucks; Shop n Save; Walgreens 1:30 Update with Carol (C) 2:00 Blood Pressure Screening (CFR) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	23 8:45 Tai Chi (C) 10:00 Beginner Line Dancing (C) 1:00 YMCA Chair Exercises (3 FL) 10:30 Butterfly House Lunch at T.G. Friday 2:00 Great Courses II (C) 3:00 Quarter Bingo (2FL)	24 8:45 Water Exercises (P) 9:00 Dierberg's 9:30 New Residents' Coffee (2FL) 11:00 Yarn Spinners (2FL) 12:00 Birthday Luncheon (DR) 1:00 Biographies (PDR) 3:00 Birthday Party with Margrit Eagan (2FL)	25 10:30 Chair Exercises (3 FL) 3:00 Bingo (2 FL)
26 Week 3 Menu 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)	27 8:45 Water Exercises (P) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3 FL) 11:00 Lunch & Fun at Ameristar Casino 3:00 Songbirds (2FL)	28 10:00 Surprise Scenic Drive 1:00 YMCA Chair Exercises (C) 2:00 Bingo (2 FL) 3:00 Walgreen's 2:00 Great Courses II (C) 7:00 Il Cuaretto con uno Italian Band (C)	29 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:15 Schnucks; Shop n Save 1:00 Sew 'n Sew 2:00 Blood Pressure Screening (CFR) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	PLEASE SIGN UP FOR CHILI COOK-OFF 	Activity Locations: Chapel (C) Computer Room (2CR) Conference Room, (CFR) Dining Room (DR) Library (Li) Lobby (L)	<i>Private Dining Room (PDR)</i> <i>Patio (P)</i> <i>Pool (P)</i> <i>2nd Floor Lounge (2FL)</i> <i>3rdFloor Lounge (3FL)</i>