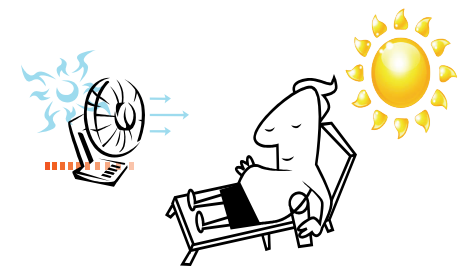



JULY 2010



Cape Albeon: HARBOR and COTTAGES Activity Calendar

*Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Cont'd Week 4 Menu</i></p>	<p><u>Activity Locations:</u> Chapel (C) Computer Room (2CR) Conference Room, (CFR) Dining Room (DR) Library (L)</p>	<p>Private Dining Room (PDR) Patio (P) Pool (P) 2nd Floor Lounge (2FL) 3rd Floor Lounge (3FL)</p>		<p>1 10:00 Beginner's Line Dancing (C) 1:00 YMCA Exercises (C) 1:00 Fifth Third Bank Visits (CFR) 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>"The Evening Star"</i> (3FL)</p>	<p>2 8:45 Water Exercises (P) 9:00 Dierberg's 1:00 Bible Study (PDR) 2:00 Blood Pressure Screening (CFR) 7:00 Evening on the Patio 4th of July Celebration with The Gateway Jazz Band (Patio)</p>	<p>3 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: <i>"Maid in Manhattan"</i> (3 FL)</p>
<p>4 <i>Week 1 Menu</i> Independence Day </p> <p>1:00 Quarter Bingo (2 FL) 2:00 Movie: <i>Primary Colors</i> (3FL) 3:30 Ecumenical Worship (C)</p>	<p>5 8:45 Water Exercises (P) 9:30 Computer Training (2CR) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 10:30 Lakeside Childcare Visits (2FL) 1:30 Fenton Super Wal-Mart 2:30 Songbirds (2FL) 6:30 Concert in the Park @ Tower Grove</p>	<p>6 10:00 Surprise Scenic Drive Stop for ice cream at Ted Drewe's 1:00 YMCA Exercises (C) 2:00 Bingo (2 FL) 3:00 Walgreen's</p>	<p>7 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) Men's Coffee (PDR) 10:15 Schnucks; Shop n Save 1:30 Kohl's 3:30 Catholic Communion (C) 7:00 Bingo (2FL)</p>	<p>8 10:00 Beginner's Line Dancing (C) 10:00 Trip: St. Louis Art Museum 1:00 YMCA Exercises (C) 1:00 Fifth Third Bank Visits (CFR) 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>"The Shawshank Redemption"</i> (3FL)</p>	<p>9 8:45 Water Exercises (P) 9:00 Dierberg's 11:15 Lunch at Young's Restaurant 1:00 Bible Study (PDR) 1:00 Fifth Third Bank Visits (CFR) 2:00 Blood Pressure Screening (CFR) 3:00 HAPPY HOUR Brent Binkley (2FL)</p>	<p>10 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: <i>"Field of Dreams"</i> (3 FL)</p>
<p>11 <i>Week 2 Menu</i></p> <p>1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)</p>	<p>12 8:45 Water Exercises (P) 9:30 Computer Training (2CR) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 11:00 Lunch & Movie (to be announced)</p>	<p>13 10:00 Surprise Scenic Drive 12:00 Harbor & Cottage Luncheon (DR) 1:00 YMCA Exercises (C) 2:00 Bingo (2 FL) 3:00 Walgreen's 7:00 Pinochle Social (2FL)</p>	<p>14 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) Men's Coffee (PDR) 9:30 Bookmobile (L) 10:15 Schnucks; Shop n Save 3:30 Catholic Communion (C) 7:00 Bingo (2FL)</p>	<p>15 10:00 Beginner's Line Dancing (C) 1:00 YMCA Exercises (C) 1:00 Fifth Third Bank Visits (CFR) 2:00 Musical Trio (C) 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>"Anger Management"</i>(3FL)</p>	<p>16 8:45 Water Exercises (P) 9:00 Dierberg's 1:00 Bible Study (PDR) 1:00 Fifth Third Bank Visits (CFR) 2:00 Blood Pressure Screening (CFR) 7:00 Evening on the Patio with The Goldennaires (Patio)</p>	<p>17 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: <i>"Two Weeks Notice"</i> (3 FL)</p>
<p>18 <i>Week 3 Menu</i></p> <p>BRUNCH: Seating at 11:00 A.M. & 12:30 P.M. (DR) 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)</p>	<p>19 8:45 Water Exercises (P) 9:30 Computer Training (2CR) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 1:00 Mo. Resources for the Blind (C)</p>	<p>20 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (C) 2:00 Ice Cream Social (2 FL) 3:00 Walgreen's 3:00 Wii Bowling (3FL) 7:15 Entertainment: <i>The Melody Men</i> (C)</p>	<p>21 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) Men's Coffee (PDR) 10:15 Schnucks; Shop n Save 3:30 Catholic Communion (C) 7:00 Bingo (2FL)</p>	<p>22 10:00 Beginner's Line Dancing (C) 1:00 YMCA Exercises © 1:00 Fifth Third Bank Visits (CFR) 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>"The Last Samurai"</i> (3FL)</p>	<p>23 8:45 Water Exercises (P) 9:00 Dierberg's 11:00 Yarn Spinners (2FL) 1:00 Bible Study (PDR) 1:00 Fifth Third Bank Visits (CFR) 2:00 Blood Pressure Screening (CFR) 3:00 Christmas in July with Herb Eberle (2FL)</p>	<p>24 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: <i>"The Haunted Mansion"</i> (3FL)</p>
<p>25 <i>Week 4 Menu</i></p> <p>1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)</p>	<p>26 8:45 Water Exercises (P) 9:30 Computer Training (2CR) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 11:00 Lunch & Fun @ Harrah's Casino</p>	<p>27 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (C) 2:00 Bingo (2 FL) 3:00 Walgreen's 7:00 Pinochle Social (2FL)</p>	<p>28 8:45 Water Exercises 9:00 PNC Bank Visits (CFR) Men's Coffee (PDR) 9:30 Bookmobile (L) 10:15 Schnucks; Shop n Save 1:30 Update with Carol (C) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)</p>	<p>29 10:00 Beginner's Line Dancing (C) 10:30 St. Louis History Museum: The Vatican Spondors; Lunch at The Boathouse 1:00 YMCA Exercises © 1:00 Fifth Third Bank Visits (CFR) 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>"Runaway Bride"</i> (3FL)</p>	<p>30 8:45 Water Exercises (P) 9:00 Dierberg's 9:30 New Residents Coffee (2FL) 1:00 Bible Study (PDR) 1:00 Fifth Third Bank Visits (CFR) 2:00 Blood Pressure Screening (CFR) 3:00 Birthday Party with Pat Joyce (2FL)</p>	<p>31 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: <i>"Curly Sue"</i> (3FL)</p>