



JUNE 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>FRIENDLY REMINDER: <i>The Schnucks/Shop 'n Save Trip on June 16 will be at 10:15 A.M</i></p>	<p>1 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>2 8:45 Water Exercises 9:00 National City Bank Visits (CFR) Men's Coffee (PDR) 9:30 Bookmobile (L) 10:15 Schnucks; Shop n Save 1:00 Watercolor Class (2FL) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)</p>	<p>3 10:00 Beginner's Line Dancing (C) 1:30 Fenton Super Wal-Mart 1:00 YMCA Exercises (C) 3:00 Quarter Bingo (2FL) 7:00 Movie: "A Walk to Remember" (3FL)</p>	<p>4 8:45 Water Exercises (P) 9:00 Dierberg's 1:00 Bible Study (PDR) 2:00 Blood Pressure Screening (CFR) 3:00 Happy Hour with Bob Jinkerson (2FL)</p>	<p>5 FAMILY PICNIC HARBOR & VILLAGE PARKING LOTS 11:30 A.M.-3:00 P.M.</p>
<p>6 <i>Week 1 Menu</i> 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)</p>	<p>7 8:45 Water Exercises (P) 9:30 Computer Training (2CR) 10:00 St. Louis Zoo 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 10:30 Lakeside Childcare Visits (2FL) 2:30 Songbirds (2FL)</p>	<p>8 10:00 Surprise Scenic Drive Stop for ice cream at Ted Drewe's 12:00 Harbor & Cottage Luncheon (DR) 1:00 YMCA Exercises (C) 2:00 Bingo (2 FL) 3:00 Walgreen's</p>	<p>9 8:45 Water Exercises 9:00 national City Bank Visits (CFR) Men's Coffee (PDR) 10:15 Schnucks; Shop n Save 3:30 Catholic Communion (C) 6:30 Shakespeare in the Park: "Hamlet" 7:00 Bingo (2FL)</p>	<p>10 8:30 Trip: Jeff City-Gov.'s Mansion 10:00 Beginner's Line Dancing (C) 1:00 YMCA Exercises (C) 3:00 Quarter Bingo (2FL) 7:00 Movie: "The First Wives Club" (3FL)</p>	<p>11 8:45 Water Exercises (P) 9:00 Dierberg's 1:00 Bible Study (PDR) 2:00 Blood Pressure Screening (CFR) 3:00 Happy Hour with Lynn Wellman (2FL)</p>	<p>12 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: "The Perfect Storm" (3 FL)</p>
<p>13 <i>Week 2 Menu</i> 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)</p>	<p>14 FLAG DAY 8:45 Water Exercises (P) 9:30 Computer Training (2CR) 10:00 Surprise Scenic Drive 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 3:00 Walgreen's</p>	<p>15 10:30 Fairmount Park Racetracks 1:00 YMCA Exercises (C) 2:00 Bingo (2 FL) 7:00 Pinochle Social (2FL)</p>	<p>16 8:45 Water Exercises 9:00 National City Bank Visits (CFR) Men's Coffee (PDR) 9:30 Bookmobile (L) 10:15 Schnucks; Shop n Save 10:30 Ladies of the Cape Program (C) 1:00 Stages: "Big River" 3:30 Catholic Communion (C) 7:00 Bingo (2FL)</p>	<p>17 10:00 Beginner's Line Dancing (C) 9:30 Grafton, IL.: Lunch at Finn Inn 1:00 YMCA Exercises (C) 3:00 Quarter Bingo (2FL) 7:00 Movie: "The Long, Long Trailer" (3FL)</p>	<p>18 8:45 Water Exercises (P) 9:00 Dierberg's 10:00 Designer Direct Jewelry (2FL) 1:00 Bible Study (PDR) 2:00 Blood Pressure Screening (CFR) 3:00 Happy Hour with Charlie Block (2FL)</p>	<p>19 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: "Raising Helen" (3 FL)</p>
<p>20 <i>Week 3 Menu</i> HAPPY FATHER'S DAY <i>BRUNCH: Seating at 11:00 A.M. & 12:30 P.M. (DR)</i> 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)</p>	<p>21 8:45 Water Exercises (P) 9:00 Chair Exercises (3 FL) 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>22 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (C) 2:00 Ice Cream Social with Pianist, Dave Shea (2 FL) 3:00 Walgreen's 3:00 Wii Tennis (3FL) 6:00 Circus Flora</p>	<p>23 8:45 Water Exercises 9:00 National City 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>24 9:30 New Resident Coffee (2FL) 10:00 Beginner's Line Dancing (C) 10:00 Grant's Farm 1:00 YMCA Exercises (C) 3:00 Quarter Bingo (2FL) 7:00 Movie: "It's Complicated" (3FL)</p>	<p>25 8:45 Water Exercises (P) 9:00 Dierberg's 9:30 Speaker: "Healthy Living" (C) 11:00 Yarn Spinners (2FL) 1:00 Bible Study (PDR) 2:00 Blood Pressure Screening (CFR) 7:00 Evening on the Patio with George Portz. Bluegrass Band</p>	<p>26 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: "Mall Cop" (3FL)</p>
<p>27 <i>Week 4 Menu</i> 1:30 Quarter Bingo (2 FL) 3:30 Ecumenical Worship (C)</p>	<p>28 8:45 Water Exercises (P) 9:00 Chair Exercises (3 FL) 9:30 Computer Training (2CR) 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 11:00 Lunch & Fun @ River City Casino</p>	<p>29 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (C) 2:00 Bingo (2 FL) 3:00 Walgreen's 7:00 Musical Bingo with Yvonne Sullivan (2FL)</p>	<p>30 8:45 Water Exercises 9:00 National City 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><u>Activity Locations:</u> Chapel (C) Computer Room (2CR) Conference Room, (CFR) Dining Room (DR) Library (L)</p>	<p><i>Private Dining Room (PDR) Patio (P) Pool (P) 2nd Floor Lounge (2FL) 3rd Floor Lounge (3FL)</i></p>	<p>29 10:30 Chair Exercises (3FL) 3:00 Bingo (2 FL) 7:00 Movie: "Big Business" (3FL)</p>