



MARCH 2010



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 (P) 9:30 Computer Training (2CR) 10:15 Chimes Choir Practice (C) 10:30 Lakeside Childcare visits (2FL) 10:30 Chair Exercises (3FL) 2:30 Songbirds (2FL)	2 10:00 Surprise Scenic Drive 2:00 Bingo (2 FL) 3:00 Walgreen's	3 8:45 Water Exercises 9:00 Nat'l City Bank Visits (CFR) Men's Coffee (PDR) 10:15 Schnucks; Shop n Save 1:00 Water Color Class (2FL) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	4 10:15 Beginner's Line Dancing (C) 2:00 Chair Exercises (3 FL) 1:30 Manchester Super-Wal-Mart 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>Speed</i> (3FL)	5 8:45 Water Exercises (P) 9:00 Dierberg's 11:15 Lunch at Pizza Hut 1:00 Bible Study (PDR) 3:00 Happy Hour with Bob Jinkerson (2FL)	6 3:00 Bingo (2 FL) 7:00 Movie: "Last Chance Harvey" (3FL)
7 <i>Week 4 Menu</i> BRUNCH: Seating at 11:00 A.M. & 12:30 P.M. (DR) 1:30 Quarter Bingo (2 FL) 2:30 Bunco Group (2 FL) 3:30 Ecumenical Worship (C)	8 8:45 Water Exercises (P) 9:30 Computer Training (2CR) 10:00 Botanical Gardens Orchid Show 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 2:30 Songbirds (2FL)	9 10:00 Surprise Scenic Drive 12:00 Harbor & Cottage Luncheon (DR) 2:00 Bingo (2 FL) 3:00 Walgreen's 7:00 Musical Bingo (2FL)	10 8:45 Water Exercises 9:00 Nati'l City Bank Visits (CFR) Men's Coffee (PDR) 9:30 Bookmobile (L) 10:15 Schnucks; Shop n Save 1:00 Ceramics (2FL) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	11 10:15 Beginner's Line Dancing (C) 2:00 Chair Exercises (3 FL) 3:00 Quarter Bingo (2FL) 6:30 Westport Playhouse: "Menopause the Musical" 7:00 Movie: <i>Paris When it Sizzles</i> (3FL)	12 8:45 Water Exercises (P) 9:00 Dierberg's 1:00 Bible Study (PDR) 3:00 Happy Hour with Herb Eberle (2FL)	13 3:00 Bingo (2 FL) 7:00 Movie: "Ray" (3 FL)
14 <i>Week 1 Menu</i> 1:30 Quarter Bingo (2 FL) 2:30 Pinochle Group (2 FL) 3:30 Ecumenical Worship (C) Daylight Saving Time Begins	15 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) 2:30 Songbirds (2FL) 7:15 Entertainment: Mara Joyce (C)	16 10:00 Surprise Scenic Drive **12:00 Walgreen's 1:00 Bingo (2 FL) 3:00 St. Pat's Party with Bill & Bob (2 FL) Pot of Gold Winner to be Announced 7:00 Pinochle Social (2FL)	17 8:45 Water Exercises 9:00 National City Bank Visits (CFR) Men's Coffee (PDR) 10:30 Ladies of the Cape Program (C) 1:00 Schnucks; Shop n Save 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	18 9:30 Tour :Daniel Boone House 10:15 Beginner's Line Dancing (C) 2:00 Chair Exercises (3 FL) 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>The Bridges of Madison County</i> (3FL)	19 8:45 Water Exercises (P) 9:00 Dierberg's 11:00 Yarn Spinners (2FL) 1:00 Bible Study (PDR) 3:00 NO Happy Hour	20 <i>Spring Begins</i> 3:00 Bingo (2 FL) 7:00 Movie: "Julie & Julia" (3 FL)
21 <i>Week 2 Menu</i> 1:30 Quarter Bingo (2 FL) 2:30 Bunco Group (2 FL) 3:30 Ecumenical Worship (C)	22 8:45 Water Exercises (P) 9:00 Chair Exercises (3 FL) 9:30 Computer Training (2CR) 10:00 Shopping at St. Louis Mills 10:15 Chimes Choir Practice (C) 10:30 Chair Exercises (3FL) 2:30 Songbirds (2FL)	23 10:00 Surprise Scenic Drive 2:00 Bingo (2 FL) 3:00 Walgreen's 3:00 Wii Golf (3FL)	24 8:45 Water Exercises 9:00 Nat'l City Bank Visits (CFR) Men's Coffee (PDR) 9:30 Bookmobile (L) 10:15 Schnucks; Shop n Save 1:45 Update with Carol (C) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	25 10:15 Beginner's Line Dancing (C) 10:00 Old Cathedral; Gateway Arch & Lunch 2:00 Chair Exercises (3 FL) 3:00 Quarter Bingo (2FL) 7:00 Movie: <i>Flicka</i> (3FL)	26 8:45 Water Exercises (P) 9:00 Dierberg's 9:30 New Residents' Coffee (2FL) 10:00 Designers Direct Jewelry (2FL) 1:00 Bible Study (PDR) 3:00 Birthday Party with Pat Joyce (2FL)	27 2:00 Optimist Club Oratorical Contest (C) 3:00 Bingo (2 FL) 7:00 Movie: "For Love or Money"(3FL)
28 <i>Week 3 Menu</i> 1:30 Quarter Bingo (2 FL) 2:30 Pinochle Group (2 FL) 3:30 Ecumenical Worship (C)	29 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 2:30 Songbirds (2FL)	30 10:00 Surprise Scenic Drive 2:00 Bingo (2 FL) 3:00 Walgreen's	31 8:45 Water Exercises 9:00 Nati'l City Bank Visits (CFR) Men's Coffee (PDR) 10:15 Schnucks; Shop n Save 2:00 Arts & Crafts (2FL) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)		<u>Activity Locations:</u> Chapel (C) Computer Room (2CR) Conference Room, (CFR) Dining Room (DR) Library (L) Lobby (L)	Private Dining Room (PDR) Patio (P) Pool (P) 2nd Floor Lounge (2FL) 3rdFloor Lounge (3FL)