



FEBRUARY 2018



Cape Albeon: HARBOR and COTTAGES Recreation and Wellness Calendar *Activities are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 2 Menu				1 10:00 Beginner's Line Dancing (LC) 10:00 Blood Pressure Screening (N) 1:00 YMCA Exercises (LC) 3:00 Bingo (2FL)	2 Groundhog Day 8:15 & 9:00 Water Exercises (P) 10:30 Aldi's 3:00 Happy Hour with Bob Jinkerson (2FL)	3 10:30 Arm Chair Exercises (3FL) 12:00 Newborns in Need (LC) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
4 Week 3 Menu 9:30 V.P Sacred Heart Church 11:00 A.M. & 12:30 P.M. Super Bowl Brunch (DR) 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL)	5 8:15 & 9:00 Water Exercises (P) 10:00 Lakeside Academy Visits (2FL) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (LC) 11:00 Diners' Club: Lunch at Tucker's Place 10:30 Arm Chair Exercises (3FL) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	6 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (LC) 2:00 Bingo (2 FL) 3:30 Walgreen's	7 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Gentle Exercises (3FL) 10:30 Schnucks 10:30 Arm Chair Exercises (3FL) 11:00 Bible Study (LC) 2:00 Yoga (LC) 3:30 Catholic Communion (LC) 5:00 Tech Connect (Li) 7:00 Bingo (2FL)	8 9:00 -1:00 Biscuit & Gravy Breakfast (DR) 10:00 Beginner's Line Dancing (LC) 10:00 Blood Pressure Screening (N) 1:00 YMCA Exercises (LC) 1:30 Manchester WalMart 3:00 Bingo (2FL)	9 8:15 & 9:00 Water Exercises (P) 11:00 Meet with Jennifer, Business Office Director (CFR) 3:00 Happy Hour with Luke Queen (2FL) MAMMOGRAPHY VAN VISITS 9:00 A.M.-2:00 P.M.	10 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
11 Week 4 Menu 9:30 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2FL) 6:30 New! Left, Center, Right (2FL)	12 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (LC) 10:30 Arm Chair Exercises (3FL) 10:00 Science Center & Planetarium Lunch at nearby restaurant 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	13 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (LC) 2: 00 NO Bingo (2 FL) 3:00 Mardi Gras Party with The Goldennaires (2FL)	14 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 10:00 Gentle Exercises (3FL) 10:30 Schnucks & Walgreen's 1:00 Ash Wednesday Service (LC) 2:00 Valentine Day Party with Jack Koetting (2FL) 3:30 Catholic Communion (C) 7:00 Bingo (2FL)	15 9:45 Bridge Group (DR) 10:00 Beginner's Line Dancing (LC) 10:00 Blood Pressure Screening (N) 10:30 Butterfly House. Lunch at Applebee's 1:00 YMCA Exercises (LC) 3:00 Bingo (2FL)	16 8:15 & 9:00 Water Exercises (P) 12:00 Feb. Birthday Luncheon (DR) 2:00 Passport to Chocolate (DR) 3:00 Birthday Party with Pat Joyce (2FL)	17 10:30 Arm Chair Exercises (3FL) 3:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
18 Week 5 Menu 9:30 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL)	19 Presidents' Day 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:00 Dollar Tree & Lunch at Steak 'n Shake 10:15 Chimes Choir Practice (LC) 10:30 Arm Chair Exercises (3FL) 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	20 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (CL) 2:00 Bingo (2FL) 3:30 Walgreen's	21 8:15 & 9:00 Water Exercises (P) 9:00 Men's Coffee (PDR) 9:30 Bookmobile (Li) 10:00 Gifts & More (2FL) 10:00 Gentle Exercises (3FL) 10:30 Arm Chair Exercises (3FL) 10:30 Schnucks 11:00 Bible study (LC) 2:00 Yoga (LC) 3:30 Catholic Communion (LC) 5:00 Tech Connect (Li) 7:00 Bingo (2FL)	22 10:00 Beginner's Line Dancing (LC) 10:00 Blood Pressure Screening (N) 11:30 Chili Cook-off (2FL) 1:00 YMCA Exercises (2FLM) 3:00 Bingo (2FL)	23 8:15 & 9:00 Water Exercises (P) 12:00 Feb. Move-in Anniversary Lunch (DR) 3:00 Happy Hour with Tim Laramore (2FL)	24 10:30 Arm Chair Exercises (3FL) 1:00 Bingo (2FL) 6:30 Mexican Train Dominoes (2FL)
25 Week 6 Menu 9:30 V.P Sacred Heart Church 1:00 Ecumenical Worship (C) 2:00 Quarter Bingo (2 FL)	26 8:15 & 9:00 Water Exercises (P) 10:00 Gentle Exercises (3FL) 10:15 Chimes Choir Practice (C) 10:30 Arm Chair Exercises (3FL) 11:00 Ameristar Casino 3:00 Songbirds (2FL) 6:30 Bunco (2FL)	27 10:00 Surprise Scenic Drive 1:00 YMCA Exercises (LC) 2: 00 Bingo (2 FL) 2:00 Book Club (PDR) 3:30 Walgreen's	28 8:15 & 9:00 Water Exercises (P) 9:30 Residents' Coffee & Donuts (2FL) 10:00 Gentle Exercises (3FL) 10:30 Schnucks 10:30 Arm Chair Exercises (3FL) 1:00 Update with Carol (LC) 2:00 Yoga (LC) 3:30 Catholic Communion (LC) 7:00 Cover-all Bingo (2FL)	MAMMOGRAPHY VAN: PLEASE SEE BELINDA RANDALL FOR APPOINTMENT. FAMILY MEMBERS MAY UTILIZE THE VAN BUT MUST MAKE APPOINTMENT WITH SITEMENT.	Activity Locations: Computer Room (2CR) Conference Room, (CFR) Dining Room (DR) Library (L) Lighthouse Chapel (LC) Nurse's Office (N)	Private Dining Room (PDR) Patio (P) Pool (P) 2nd Floor Lounge (2FL) Floor Lounge (3FL) 2nd Floor Media (2FLM)