

KEYSTONE PLACE at Four Mile Cove
 1701 Four Mile Cove
 Cape Coral, FL 33990
 239-677-3969

The Isles Calendar



September Calendar 2020



Key

Mainsail—Mainsail Theater on 2nd floor
 Sky Lounge—The outside lounge on the 3rd floor
 Shipyard—Shipyard Game room on 3rd floor
 Yoga/Gym—1st Floor
 Shore LEC Court yard—Court Yard on the Assisted Living through the Life Enrichment Center
 Shores LEC—Life Enrichment Center on the Assisted Living

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|---|
| | | 1 ** National Gyro Day 11 am Strength Training 1:30 pm Bingo (Shores LEC) 1:30 pm Aqua Aerobics 6:30 pm Game Night 3/13 ***9:30 am Lee Memorial Pain Management Class | 2 **Medical Appointments **National Bacon Day 10 am Shuffleboard (Shore LEC Court yard) 11 am Yoga/Stretching 1:30 pm Painting (Shores LEC) 4 pm Happy Hour 7 pm Movie Night | 3 10:30 am Activity Meeting 11:30 am Strength Training 1:30 pm Aqua Aerobics 1:30 pm Dominoes (Shores LEC) 6:30 pm Game Night 3/13 | 4 11 am Yoga/Stretching 1:30 Movie (Shores) 7 pm Movie Night | 5 **World Beard Day 11 am Scrabble 2 pm Bingo (IL Dining Room) ** 2:30 pm Kentucky Derby Party 3 pm Aqua Club (Pool Deck) |
| 6 11 am Billiard Club (Shipyard) 1:30 pm Aqua Club (Pool Deck) 3 pm Games (Shipyard) 7 pm Sun Set Cheers | 7 **Medical Appointments Labor Day **National Beer Lovers Day 11 am Yoga/Stretching 1 pm Dominoes 1:30 pm Craft (Shores LEC) 7 pm Movie Night | 8 11 am Strength Training 1:30 pm Bingo (Shores LEC) 1:30 pm Aqua Aerobics 6:30 pm Game Night 3/13 ***9:30 am Lee Memorial Pain Management Class | 9 **Medical Appointments **National I Love Food Day 10 am Shuffleboard (Shore LEC Court yard) 11 am Yoga/Stretching 1:30 pm Painting (Shores LEC) 4 pm Happy Hour 7 pm Movie Night | 10 10:30 am Food planning 11:30 am Strength Training 1:30 pm Aqua Aerobics 6:30 pm Game Night 3/13 | 11 11 am Yoga/Stretching 1:30 Movie (Shores) ** 2 pm Freaky Friday 7 pm Movie Night | 12 **National Chocolate Milkshake Day 11 am Scrabble 2 pm Bingo (IL Dining Room) 3 pm Aqua Club (Pool Deck) |
| 13 11 am Billiard Club (Shipyard) 1:30 pm Aqua Club (Pool Deck) 3 pm Games (Shipyard) 7 pm Sun Set Cheers | 14 **Medical Appointments **National Cream Filled Doughnut Day 11 am Yoga/Stretching 1 pm Dominoes 1:30 pm Craft (Shores LEC) 7 pm Movie Night | 15 11 am Strength Training 1:30 pm Bingo (Shores LEC) 1:30 pm Aqua Aerobics 6:30 pm Game Night 3/13 | 16 **Medical Appointments **National Mayflower Day **National Cinnamon Raisin Bread Day 10 am Shuffleboard (Shore LEC Court yard) 11 am Yoga/Stretching 1:30 pm Painting (Shores LEC) 4 pm Happy Hour 7 pm Movie Night | 17 10:30 am Resident Meeting 11:30 am Strength Training 1:30 pm Aqua Aerobics 1:30 pm Dominoes (Shores LEC) 6:30 pm Game Night 3/13 | 18 **National Cheeseburger Day 11 am Yoga/Stretching 1:30 Movie (Shores) **2 pm Air Force Birthday Party 7 pm Movie Night | 19**National Talk Like A Pirate Day 11 am Scrabble 2 pm Bingo (IL Dining Room) 3 pm Aqua Club (Pool Deck) |
| 20 **National Punch Day 11 am Billiard Club (Shipyard) 1:30 pm Aqua Club (Pool Deck) 3 pm Games (Shipyard) 7 pm Sun Set Cheers | 21 **Medical Appointment **National Pecan Cookie Day 11 am Yoga/Stretching 1 pm Dominoes 1:30 pm Craft (Shores LEC) 7 pm Movie Night | 22 11 am Strength Training 1:30 pm Bingo (Shores LEC) 1:30 pm Aqua Aerobics 2 pm National Ice Cream Cone Day 6:30 pm Game Night 3/13 | 23 **Medical Appointments **National White Chocolate Day 10 am Shuffleboard (Shore LEC Court yard) 11 am Yoga/Stretching 1:30 pm Painting (Shores LEC) 4 pm Happy Hour 7 pm Movie Night | 24 **National Cherries Jubilee Day 11:30 am Strength Training 1:30 pm Aqua Aerobics 1:30 pm Dominoes (Shores LEC) 6:30 pm Game Night 3/13 | 25 11 am Yoga/Stretching 1:30 Movie (Shores) 7 pm Movie Night | 26 **National Pancake Day 11 am Scrabble 2 pm Bingo (IL Dining Room) 3 pm Aqua Club (Pool Deck) |
| 27 **National Chocolate Milk Day 11 am Billiard Club (Shipyard) 1:30 pm Aqua Club (Pool Deck) 3 pm Games (Shipyard) 7 pm Sun Set Cheers | 28 **Medical Appointments 11 am Yoga/Stretching 1 pm Dominoes 2 pm National Strawberry Day 1:30 pm Craft (Shores LEC) 7 pm Movie Night | 29 11 am Strength Training 1:30 pm Aqua Aerobics 6:30 pm Game Night 3/13 | 30 **Medical Appointments **National Mulled Cider Day 10 am Shuffleboard (Shore LEC Court yard) 11 am Yoga/Stretching 1:30 pm Painting (Shores LEC) 4 pm Happy Hour 7 pm Movie Night | | | |

Calendar Subject to Change