

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

**The Harbor
Calendar
AL#13360**



**September
Calendar
2020**



Key

Harbor LEC = 1st Floor The Harbor Life Enrichment Center in Memory Care
Harbor Din— 1st Floor The Harbor Coordinator in Memory Care—Dinning
Namaste—1st Floor The Harbor Coordinator in Memory Care - Room on the East Side
Harbor Med—1st Floor The Harbor Coordinator in Memory Care—Media Area
Bistro—Bar Area by Front Lobby
Landing—Landing on 2nd Floor—Memory Care
Courtyard—Courtyard in Memory Care
Grounds—Outside

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 9 am Morning Exercise 10 am Worship Services 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Movie (Harbor Media) 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	7**Medical Appointments **Labor Day 9 am Morning Exercise (Yoga) 10 am Crafts (Harbor LEC) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Wii Bowling 3 pm Coloring 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	8 9 am Morning Exercise (Strength training) 10 am Domestic Fun 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Balloon Volleyball 3 pm Building Blocks 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	9 **Medical Appointments **National I Love Food Day 9 am Morning Exercise (Yoga) 10 am Games (Court Yard) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Happy Hour 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	10 9 am Morning Exercise (Strength training) 10 am Puzzles 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Reading Corner 3 pm Brain Fit Games 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	11 9 am Morning Exercise (Yoga) 10 am Gardening (Grounds) 11 am Music Therapy 12:30 am Freaky Friday 1 pm Aromatherapy (Namaste) 2 pm Sing –a long (Harbor Din) 3 pm Touch Theraphy 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	12 **National Chocolate Milk Shake Day 9 am Morning Exercise 10 am Brain Fit Games (Harbor LEC) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Wii Bowling 3 pm Building Blocks 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary
13 9 am Morning Exercise 10 am Worship Services 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Movie (Harbor Media) 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	14 **Medical Appointments **National Cream Filled Doughnuts Day 9 am Morning Exercise (Yoga) 10 am Crafts (Harbor LEC) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Wii Bowling 3 pm Coloring 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	15 9 am Morning Exercise (Strength training) 10 am Domestic Fun 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Balloon Volleyball 3 pm Building Blocks 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	16 **Medical Appointments **National Mayflower Day **National Cinnamon Raisin Bread Day 9 am Morning Exercise (Yoga) 10 am Games (Court Yard) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Happy Hour - 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	17 9 am Morning Exercise (Strength training) 10 am Puzzles 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Reading Corner 3 pm Brain Fit Games 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	18 **National Cheeseburger Day 9 am Morning Exercise (Yoga) 10 am Gardening (Grounds) 11 am Music Therapy 12:30 pm Air Force Birthday Party 1 pm Aromatherapy (Namaste) 2 pm Sing –a long (Harbor Din) 3 pm Touch Theraphy 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	19 **National Talk Like A Pirate Day 9 am Morning Exercise 10 am Brain Fit Games (Harbor LEC) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Wii Bowling 3 pm Building Blocks 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary
20 **National Punch Day 9 am Morning Exercise 10 am Worship Services 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Movie (Harbor Media) 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	21**Medical Appointments 9 am Morning Exercise (Yoga) 10 am Crafts (Harbor LEC) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Wii Bowling 3 pm Coloring 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	22 9 am Morning Exercise (Strength training) 10 am Domestic Fun 11 am Music Therapy 12:30 pm – National Ice Cream Cone Day 1 pm Aromatherapy (Namaste) 2 pm Balloon Volleyball 3 pm Building Blocks 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	23 **Medical Appointments **National White Chocolate Day 9 am Morning Exercise (Yoga) 10 am Games (Court Yard) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Happy Hour 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	24 **National Cherries Jubilee Day 9 am Morning Exercise (Strength training) 10 am Puzzles 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Reading Corner 3 pm Brain Fit Games 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	25 9 am Morning Exercise (Yoga) 10 am Gardening (Grounds) 11 pm Music Therapy 1 am Aromatherapy (Namaste) 2 pm Sing –a long (Harbor Din) 3 pm Touch Theraphy 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	26 ** National Pancake Day 9 am Morning Exercise 10 am Brain Fit Games (Harbor LEC) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Wii Bowling 3 pm Building Blocks 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary
27 **National Chocolate Milk Day 9 am Morning Exercise 10 am Worship Services 1 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Movie (Harbor Media) 6 pm Sunset Walk 7 pm Educational Documentary	28**Medical Appointments 9 am Morning Exercise (Yoga) 10 am Crafts (Harbor LEC) 11 am Music Therapy 12:30 pm National Strawberry Day 1 pm Aromatherapy (Namaste) 2 pm Wii Bowling 3 pm Coloring 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	29 9 am Morning Exercise (Strength training) 10 am Domestic Fun 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Balloon Volleyball 3 pm Building Blocks 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary	30 **Medical Appointments **National Mulled Cider Day 9 am Morning Exercise (Yoga) 10 am Games (Court Yard) 11 am Music Therapy 1 pm Aromatherapy (Namaste) 2 pm Happy Hour 6 pm Sunset Walk (Grounds) 7 pm Educational Documentary			

**Subject to Change