

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

**The Harbor Calendar**  
 AL#13360



**October 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
<p><b>4 **National Taco Day</b>            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</p>	<p><b>5**Medical Appointments</b>  <b>**National Get Funky Day</b>            9 am Morning Exercise (Yoga)            10 am Crafts (Harbor LEC)            11 am Music Therapy            1 pm Aromatherapy (Namaste)  <b>2 pm Happy Hour/ Cooking – Mad Hatter Day Tea Party</b>            3 pm Coloring            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>6</b>            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</p>	<p><b>7 **Medical Appointments</b>            9 am Morning Exercise (Yoga)            10 am Games (Court Yard)            11 am Music Therapy            1 pm Aromatherapy (Namaste)  <b>2 pm Happy Hour – Sip and Paint</b>            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>1 **Homemade Cookie Day</b>            9 am Morning Exercise (Strength training)            10 am Making Cookies            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</p>	<p><b>2 **World Smile Day</b>            9 am Morning Exercise (Yoga)            10 am Gardening (Grounds)            11 am Music Therapy            1 pm Aromatherapy (Namaste)            2 pm Happy Hour/ Cooking            3 pm Touch Theraphy            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>3</b>            9 am Morning Exercise            10 am Brain Fit Games (Harbor LEC)            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</p>
<p><b>11</b>            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</p>	<p><b>12**Medical Appointments</b>            9 am Morning Exercise (Yoga)            10 am Crafts (Harbor LEC)            11 am Music Therapy            1 pm Aromatherapy (Namaste)  <b>2 pm Happy Hour/ Cooking – Navy’s Birthday Celebration</b>            3 pm Coloring            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>13 **Navy’s Birthday</b>            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</p>	<p><b>14 **Medical Appointments</b>            9 am Morning Exercise (Yoga)            10 am Games (Court Yard)            11 am Music Therapy            1 pm Aromatherapy (Namaste)  <b>2 pm Happy Hour - National Bring Your Teddy Bear to Work Day</b>            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>15 **I Love Lucy Day</b>            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</p>	<p><b>16</b>            9 am Morning Exercise (Yoga)            10 am Gardening (Grounds)            11 am Music Therapy            1 pm Aromatherapy (Namaste)            2 pm Happy Hour/ Cooking            3 pm Touch Theraphy            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>17 **National Pasta Day</b>            9 am Morning Exercise            10 am Brain Fit Games (Harbor LEC)            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</p>
<p><b>18</b>            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</p>	<p><b>19**Medical Appointments</b>            9 am Morning Exercise (Yoga)            10 am Crafts (Harbor LEC)            11 am Music Therapy            1 pm Aromatherapy (Namaste)            2 pm Happy Hour/ Cooking – Mystery Monday            3 pm Coloring            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>20</b>            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</p>	<p><b>21 **Medical Appointments</b>            9 am Morning Exercise (Yoga)            10 am Games (Court Yard)            11 am Music Therapy            1 pm Aromatherapy (Namaste)  <b>2 pm Happy Hour – Halloween Party</b>            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>22</b>            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</p>	<p><b>23</b>            9 am Morning Exercise (Yoga)            10 am Gardening (Grounds)            11 pm Music Therapy            1 am Aromatherapy (Namaste)            2 pm Happy Hour/ Cooking            3 pm Touch Theraphy            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>24</b>            9 am Morning Exercise            10 am Brain Fit Games (Harbor LEC)            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</p>
<p><b>25</b>            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</p>	<p><b>26**Medical Appointments</b>            9 am Morning Exercise (Yoga)            10 am Crafts (Harbor LEC)            11 am Music Therapy            1 pm Aromatherapy (Namaste)            2 pm Happy Hour/ Cooking – National Pumpkin Day            3 pm Coloring            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>27</b>            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</p>	<p><b>28 **Medical Appointments</b>  <b>**National Chocolate Day</b>            9 am Morning Exercise (Yoga)            10 am Games (Court Yard)            11 am Music Therapy            1 pm Aromatherapy (Namaste)  <b>2 pm Happy Hour – Water balloon Wednesday</b>            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>29 **World Stroke Day</b>            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</p>	<p><b>30 **National Candy Corn Day</b>            9 am Morning Exercise (Yoga)            10 am Gardening (Grounds)            11 pm Music Therapy            1 am Aromatherapy (Namaste)            2 pm Happy Hour/ Cooking            3 pm Touch Theraphy            6 pm Sunset Walk (Grounds)            7 pm Educational Documentary</p>	<p><b>31 ** Halloween</b>            9 am Morning Exercise            10 am Brain Fit Games (Harbor LEC)            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</p>

\*\*Subject to Change