


September 2021

Cap Sante Court Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p> AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support </p>			8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 11:00 LL Lunch on the town 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:30 CE Rick Steves Travel 6:00 LL Movie	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 CC Morning Stroll 10:30 PE Chair Yoga 12:00 LL Lunch 2:00 AE Happy Hour/Jim Smith playing guitar	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 PE Morning Stroll 11:15 CE TED Talk 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:00 LL Thrift Shop Shopping Trip 6:00 LL Movie	8:00 LL Breakfast 11:15 LL Lunch 2:00 LL Card and Board Games
8:00 LL Breakfast 10:30 SS Bible Study 11:15 LL Lunch	Labor Day 8:00 LL Breakfast 12:00 LL Lunch	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 12:00 LL Lunch 2:00 CC Resident Forum w/ Executive Director	Take me to the movies! 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 CC Morning Stroll 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:30 CE Rick Steves Travel 6:00 LL Movie	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 CC Morning Stroll 10:30 PE Chair Yoga 12:00 LL Lunch 2:00 CC Happy Hour/ Linda piano	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 PE Morning Stroll 10:30 CE TED Talk 12:00 LL Lunch 11:00 LL Shopping trip Bellingham 6:00 LL Movie	Farmers Market 8:00 LL Breakfast 11:15 LL Lunch 2:00 LL Card and Board Games
8:00 LL Breakfast 10:30 SS Bible Study 11:15 LL Lunch	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 PE Morning Stroll 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:00 CC Resident Forum - Maintenance Director 6:00 LL Movie	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 PE Morning Stroll 10:30 PE Chair Yoga 11:00 CE Ted Talk 12:00 LL Lunch 1:40 PE Senior Center Yoga (@2)	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 9:45 CE La Conner Museum Tour 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:30 CE Rick Steves Travel 6:00 LL Movie	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 CC Morning Stroll 10:30 PE Chair Yoga 12:00 LL Lunch 2:00 AE Happy Hour/ Trish (Swinging Jazz)	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 12:00 LL Lunch 2:30 PE Afternoon Stroll 3:30 LL Whidbey Makers Market 6:00 LL Movie	Whidbey Island Kite Festival 8:00 LL Breakfast 11:15 LL Lunch 2:00 LL Card and Board Games
8:00 LL Breakfast 10:30 SS Bible Study 11:15 LL Lunch	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 9:45 PE Morning Stroll 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:00 CC Resident Forum - Dining Director 3:00 AE Steve Ellis Performance 6:00 LL Movie	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 PE Morning Stroll 10:30 PE Chair Yoga 11:00 CE Ted Talk 12:00 LL Lunch 1:40 PE Senior Center Yoga (@2)	Take me to the movies! 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 CC Morning Stroll 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:30 CE Rick Steves Travel 6:00 LL Movie	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 CC Morning Stroll 10:30 PE Chair Yoga 12:00 LL Lunch 2:00 AE Happy Hour 5:15 Paint n' Sip	8:00 LL Breakfast 12:00 LL Lunch 6:00 LL Movie	8:00 LL Breakfast 11:15 LL Lunch 2:00 LL Card and Board Games
8:00 LL Breakfast 10:30 SS Bible Study 11:15 LL Lunch	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 9:45 PE Morning Stroll 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:00 CC Resident Forum - Activities Director 3:15 CE Schuh Farm Visit 6:00 LL Movie	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 PE Morning Stroll 10:30 PE Chair Yoga 11:00 CE Ted Talk 12:00 LL Lunch 1:40 PE Senior Center Yoga (@2)	8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:15 CE Pacific Northwest Naval Air Museum 12:00 LL Lunch 1:30 PE Afternoon Stroll 2:30 LL Bellingham Farmers Market 2:30 CE Rick Steves Travel 6:00 LL Movie	Transportation 10AM- 3PM 8:00 LL Breakfast 9:30 SS Meditation (10 minutes) 10:00 CC Morning Stroll 10:30 PE Chair Yoga 12:00 LL Lunch 12:00 LL September Birthday Celebration 2:00 AE Happy Hour/ Linda piano		