



MARCH 2020

Cape Albeon Village Vital Life Enrichment Calendar

*Activities are subject to change



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|---|--|---|--|
| 1 Week 1 Menu ☯ 9:00 Sacred Heart Church 🎮 1:00 Any Card Game (CR) 🎮 1:30 Rummikub (CR) 🍷 3:00 SNACKS (N) 🎮 3:30 Jackpot Bingo (L) | 2 🚶 9:30 Morning Walk (L) 🍷 10:00 Lakeside Academy Visits (L) 💡 1:00 Pictionary (CR) 🍷 2:00 Cook Me Up: Chex Mix (CR) 💡 3:30 Fill in the Blanks (CR) | 3 📰 9:00 News Review (L) 🍷 10:00 Coffee, Tea and Me (PDR) ☯ 11:30 Catholic Service (C) 🌳 1:30 Scenic Drive 💡 2:00 Puzzles (CR) 🍷 3:30 Craft Time (CR) 🎮 6:00 Bingo (L) | 4 🕒 9:30 Morning Walk (L) ☯ 10:00 Ecumenical Worship Service (C) 🌳 10:45 Schnucks 📰 10:45 Bookmobile Visits (L) 🍷 2:00 Happy Hour with E.J. Glaser (L) 🕒 3:30 Bull's Eye (L) 🎬 6:00 Movie (NR) | 5 🍷 9:00 Coffee Klatch (L) 🚶 10:30 Fusion Exercise (L) 🌳 10:30 WalMart 💡 1:00 Reminisce: Saving Time (CR) 💡 2:00 Word Search (CR) 🕒 3:00 Washers (L) 🎮 6:00 Bingo (L) | 6 🚶 9:30 Morning Walk (L) 🌳 9:30 STL Symphony "Bolero" Lunch to follow 🎮 10:30 Bingo (CR) 🎮 1:00 Sequence (NR) 🎬 2:00 Movie, Popcorn & Soda (NR) 🎮 3:30 Any Card Game (CR) | 7 🍷 9:00 Manicured Nails (CR) 🕒 10:30 Tone Up! (L) 🎬 1:30 M & M Dance Academy (L) 🎮 3:00 Kings in the Corner (CR) SET YOUR CLOCKS FORWARD ONE (1) HOUR BEFORE BEDTIME |
| 8 Week 2 Menu ☯ 9:00 Sacred Heart Church 🎮 1:00 Any Card Game (CR) 🎮 1:30 Rummikub (CR) 🍷 3:00 SNACKS (N) 🎮 3:30 Jackpot Bingo (L) Daylight Saving Time Begins | 9 🚶 9:30 Morning Walk (L) 🕒 10:30 Sit & Be Fit (L) 🍷 11:00 Diners' Club: Lunch at Tucker's Place 🎮 1:00 Monopoly (CR) 🍷 2:00 Cook Me Up: Shamrock Cookies (CR) 💡 3:30 Movie Trivia (CR) | 10 📰 9:00 News Review (L) 🍷 10:00 Coffee, Tea and Me (PDR) ☯ 11:30 Catholic Service (C) 🌳 1:30 Scenic Drive 💡 2:00 Puzzles (CR) 🍷 3:30 Let's Paint (CR) 🎮 6:00 Bingo (L) | 11 🚶 9:30 Morning Walk (L) ☯ 10:00 Ecumenical Worship Service (C) ☯ 10:30 Chat with the Chaplain (C) 🌳 10:45 Schnucks 🍷 2:00 Happy Hour with Anita Rosamond (L) 🕒 3:30 Balloon Volleyball (L) 🎬 6:00 Movie (NR) | 12 🍷 9:00 Coffee Klatch (L) 🚶 11:00 Fusion Exercise (L) 💡 1:00 Reminisce: Leprechauns (CR) 💡 2:00 Word Search (CR) 🕒 3:00 Tic Tac Toe Floor Game (L) 🎮 6:00 Bingo (L) | 13 🚶 9:30 Morning Walk (L) 🌳 10:00 Aldi's 🎮 10:30 Bingo (CR) 🎮 1:00 Flip It (NR) 💡 2:00 Art with Diana (NR) 🍷 3:30 Residents' Choice (CR) | 14 🍷 9:00 Manicured Nails (CR) 🕒 10:30 Tone Up! (L) 🎮 1:30 Dominoes (CR) 🎮 3:00 Kings in the Corner (CR) |
| 15 Week 3 Menu ☯ 9:00 Sacred Heart Church 🎮 1:00 Any Card Game (CR) 🎮 1:30 Rummikub (CR) 🍷 3:00 SNACKS (N) 🎮 3:30 Jackpot Bingo (L) | 16 🚶 9:30 Morning Walk (L) 🕒 10:30 Sit & Be Fit (L) 🎮 1:00 JunglingTower (CR) 🌳 2:00 Scenic Drive 🍷 3:00 Cook Me Up: Lucky Charm Treats (CR) | 17 St. Patrick's Day 📰 9:00 News Review (L) 🍷 10:00 Coffee, Tea and Me (PDR) ☯ 11:30 Catholic Service (C) 🍷 2:00 St. Patrick Day Party with Pat Treacy (CR) 💡 3:30 Craft Time (CR) 🎮 6:00 Bingo (L) | 18 🚶 9:30 Morning Walk (L) ☯ 10:00 Ecumenical Worship Service (C) 🌳 10:45 Schnucks 📰 10:45 Bookmobile Visits (L) 🎬 1:30 Alice, the Thinking Dog (L) 🕒 3:30 Toss Across (L) 🎬 6:00 Movie (NR) | 19 1st Day of Spring 🍷 9:00 Coffee Klatch (L) 🌳 10:00 MO. Botanical Gardens Orchid Show. Lunch there 🚶 11:00 Fusion Exercise (L) 💡 1:00 Reminisce: Spring (CR) 💡 2:00 Word Search (CR) 🕒 3:30 Parachute (L) 🎮 6:00 Bingo (L) | 20 🚶 9:30 Morning Walk (L) 🎮 10:30 Bingo (CR) 🎮 1:00 Qwirkle (NR) 🎬 2:00 Movie, Popcorn & Soda (NR) 🎮 3:30 Any Card Game (CR) | 21 🍷 9:00 Manicured Nails (CR) 🕒 10:30 Tone Up! (L) 🎮 1:30 Uno (CR) 🎮 3:00 Kings in the Corner (CR) |
| 22 Week 4 Menu ☯ 9:00 Sacred Heart Church 🎮 1:00 Any Card Game (CR) 🎮 1:30 Rummikub (CR) 🍷 3:00 SNACKS (N) 🎮 3:30 Jackpot Bingo (L) | 23 🚶 9:30 Morning Walk (L) 🕒 10:30 Sit & Be Fit (L) 🍷 11:00 Just Men Luncheon at Bobby's Place 🚶 1:00 Bananagrams (CR) 🍷 2:00 Cook Me Up: Cheesecakes (CR) 🎮 3:30 Words within a word (CR) | 24 📰 9:00 News Review (L) 🍷 10:00 Coffee, Tea and Me (PDR) ☯ 11:30 Catholic Service (C) 🌳 1:30 Scenic Drive 💡 2:00 Puzzles (CR) 🍷 3:30 Let's Paint (CR) 🎮 6:00 Bingo (L) | 25 🚶 9:30 Morning Walk (L) ☯ 10:00 Ecumenical Worship Service (C) 🌳 10:45 Schnucks 🍷 2:00 Happy Hour with Tim Laramore (L) 🕒 3:30 Dartball (L) 🎬 6:00 Movie (NR) | 26 🕒 9:00 Coffee Klatch (L) 🌳 10:00 Union Station. Lunch there 🚶 11:00 Fusion Exercise (L) 💡 1:00 Reminisce: Gardens (CR) 💡 2:00 Word Search (NR) 🕒 3:00 Bowling (L) 🎮 6:00 Bingo (L) | 27 🚶 9:30 Morning Walk (L) 🎮 10:30 Bingo (CR) 🎮 1:00 Hot Potato (NR) 🎬 2:00 Movie, Popcorn & Soda (NR) 🍷 3:30 Residents' Choice (CR) | 28 🍷 9:00 Manicured Nails (CR) 🕒 10:30 Tone Up! (L) 🎮 1:30 Dominoes (CR) 🎮 3:00 Kings in the Corner (CR) |
| 29 Week 1 Menu ☯ 9:00 Sacred Heart Church 🎮 1:00 Any Card Game (CR) 🎮 1:30 Rummikub (CR) 🍷 3:00 SNACKS (N) 🎮 3:30 Jackpot Bingo (L) | 30 🚶 9:30 Morning Walk (L) 🕒 10:30 Sit & Be Fit (L) 🌳 11:00 Fun and Lunch at Ameristar Casino 🎮 1:00 Hangman (CR) 🎮 1:30 Update with Carol (DR) 🍷 2:00 Cook Me Up: Jello Salad (CR) 💡 3:30 Name the Flowers (L) | 31 📰 9:00 News Review (L) 🍷 10:00 Residents' Coffee & Donuts (L) ☯ 11:30 Catholic Service (C) 🌳 1:30 Scenic Drive 💡 2:00 Puzzles (CR) 🍷 3:30 Craft Time (CR) 🎮 6:00 Bingo (L) | Vital Active Connected Vitality Nature Vitality Social Vitality Spiritual Vitality Vital Entertainment Vital Creativity | | Activity Locations: (C) Chapel (CC) Dining Room (CR) Chesapeake Room (L) Living Room (Li) Library (NR) Newport Room (N) Nurses' Station (P) Patio (PDR) Private Dining Room | BOOKMOBILE VISITS ON WEDNESDAY MARCH 4 & MARCH 18 10:45A.M. VILLAGE LIVING ROOM |