

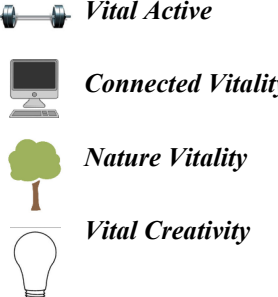



SEPTEMBER 2019



Cape Albeon Village Vital Life Enrichment Calendar

*Activities are subject to change

MON	TUE	WED	THU	FRI	SAT	
1 Week 3 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)	2 Labor Day 10:30 Bingo (L) 1:00 UNO (CR) 2:00 Movie (NR)	3 9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Bible Study (NR) 11:30 Catholic Service (C) 1:30 Scenic Drive 2:00 Puzzles (CR) 3:30 Bull's Eye (L) 6:00 Bingo (L)	4 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (C) 10:45 Bookmobile Visits (L) 10:45 Schnucks 2:00 Social Hour with Lamar Pilsing (L) 3:30 Words Search (CR) 6:00 Movie Night (NR)	5 9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 10:30 Fusion Exercise (L) 1:00 Reminiscence: Occupations (CR) 2:00 Yoga (C) 3:00 Dartball(L) 6:00 Bingo (L)	6 9:30 Morning Walk (L) 10:30 Bingo (CR) 10:30 Manchester WalMart 1:00 Rollers (CR) 2:00 Movie, Popcorn & Soda (CR) 3:30 Any Card Game (CR)	7 9:00 Pretty Nails (CR) 10:30 Tone Up! (L) 1:30 Qwirkle (CR) 2:00 Po Ke No (CR) 3:30 Kings in the Corner (CR)
8 Week 4 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L) HAPPY GRANDPARENTS' DAY	9 9:30 Morning Walk (L) 10:30 Lakeside Academy Visits (L) 1:30 Scenic Drive 3:30 Scrabble (CR)	10 9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Coffee, Tea and Me (PDR) 11:30 Catholic Service (C) 2:00 Puzzles (CR) 3:30 Beanbag Toss (L) 6:00 Bingo (L)	11 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (C) 10:45 Schnucks 2:00 Social Hour with Bill & Bob (L) 3:30 Words Search (CR) 6:00 Movie Night (NR)	12 9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 10:30 Fusion Exercise (L) 11:00 Diners' Club: Lunch at Circle 7 Ranch 1:00 Reminiscence: Family Days (CR) 2:00 Yoga (C) 3:00 Washers (L) 6:00 Bingo (L)	13 9:30 Morning Walk (L) 10:00 Aldi's 10:30 Bingo (CR) 1:00 Rollers (CR) 2:30 ALOHA HOUR (PATIO) 3:30 Residents' Choice (CR)	14 9:00 NO Pretty Nails (CR) 10:30 NO Tone Up! (L) 11:30-2:30 Family Picnic under tents at the Harbor 
15 Week 1 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)	16 9:30 Morning Walk (L) 10:30 Sit & Be fit (L) 11:00 Men's Lunch at Bobby's Place 2:00 Cook Me Up (CR) 3:30 Aggravation (CR)	17 9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Bible Study (NR) 11:30 Catholic Service (C) 1:30 Scenic Drive & Ted Drewe's 2:00 Puzzles (CR) 3:00 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) 2:00 Birthday Party with Bryan Foggs (L) 3:30 Name That Tune (CR) 6:00 Movie Night (NR)	19 9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 10:00 Trip: Central Library Lunch nearby. 10:30 Fusion Exercise (L) 1:30 Reminiscence: Apple Picking (NR) 2:00 Yoga (C) 3:00 Bowling (L) 6:00 Bingo (L)	20 9:30 Morning Walk (L) 10:30 Bingo (CR) 1:00 Dice Chasers (NR) 2:00 Movie, Popcorn & Soda (NR) 3:30 Any Card Game (CR)	21 9:00 Pretty Nails (CR) 10:30 Tone Up! (L) 1:30 Feelings (CR) 2:00 Po Ke No (CR) 3:30 Kings in the Corner (CR)
22 Week 2 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)	23 First Day of Fall 9:30 Morning Walk (L) 10:00 Shopping at Dollar Tree and Lunch at Steak 'n Shake 10:30 Sit & Be Fit (L) 2:00 Cook Me Up (CR) 3:30 Bananagrams (CR)	24 9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Coffee & Donuts (L) 11:30 Catholic Service (C) 1:30 Scenic Drive 2:00 Puzzles (CR) 3:30 Noodle Ball (L) 6:00 Bingo (L)	25 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service © 10:00 Flu Shots (NS) 10:45 Schnucks 1:00 Stages: "Man of LaMancha" 1:30 T.V. Trivia (CR) 2:00 Ice Cream Social Hour with Jim McClaren (L) 3:30 Word in a Name (CR)	26 9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 10:30 Fusion Exercise (L) 10:30 Anheuser Busch Thursday in Kimmswick. Lunch at Blue Owl 1:00 Reminiscence: Autumn Leaves (CR) 2:00 Yoga (C) 3:00 Balloon Volleyball (L) 6:00 Bingo (L)	27 9:30 Morning Walk (L) 10:30 Bingo (CR) 1:00 Hangman (CR) 2:00 Movie, Popcorn & Soda (NR) 3:30 Residents' Choice (CR)	28 9:00 Pretty Nails (CR) 10:30 Tone Up! (L) 1:30 Feelings (CR) 2:00 Po Ke No (CR) 3:30 Kings in the Corner (CR)
29 Week 3 Menu 9:00 Sacred Heart Church 1:00 Any Card Game (CR) 1:30 Board Game (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 1:30 Update with Carol meeting (DR) 2:00 Cook Me Up (CR) 3:30 Pictionary (CR)	PLEASE NOTE: NO UPDATE WITH CAROL THIS MONTH FLU SHOTS WEDNESDAY, SEP. 25 10:00 A.M.-12:00 P.M. NURSES'S STATION	BOOKMOBILE VISITS ON WEDNESDAY September 4 September 18 10:45 A.M. VILLAGE LIVING ROOM 	Vital Active Connected Vitality Nature Vitality Vital Creativity 	Vital Entertainment Spiritual Vitality Social Vitality 	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