



# AUGUST 2022



Cape Albeon Village Vital Life Enrichment Calendar

\*Activities are subject to change

**SUN**                      **MON**                      **TUE**                      **WED**                      **THU**                      **FRI**                      **SAT**

<p><u><i>Week 3 Menu</i></u></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>↔ <b>10:30</b> Sit &amp; Be Fit (L)</li> <li>☪ <b>1:00</b> Catholic Rosary (TL)</li> <li><b>1:30</b> Summer in the City (L)</li> <li><b>2:00</b> iN2L (TL)</li> <li><b>3:00</b> Cook Me Up (CR)</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> News Review (L)</li> <li><b>10:00</b> Coffee, Tea and Me (L)</li> <li><b>1:30</b> Surprise Scenic Drive</li> <li><b>2:00</b> Puzzles (CR)</li> <li><b>3:30</b> Let's Paint (CR)</li> <li><b>6:00</b> Bingo (L)</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:00</b> Ecumenical Worship Service (L)</li> <li>☪ <b>2:00</b> Watermelon Social (Patio)</li> <li>☪ <b>3:30</b> iN2L (TL)</li> <li>☪ <b>6:00</b> Movie (L)</li> </ul> <p><b>10:00</b> BOOKMOBILE VISITS</p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:00</b> Coffee Klatch (L)</li> <li>↔ <b>10:30</b> Fusion Exercise (L)</li> <li>☪ <b>1:00</b> Manicure Nails (CR)</li> <li>☪ <b>2:00</b> Word Search (L)</li> <li>↔ <b>3:00</b> Three in a Row (L)</li> <li>☪ <b>6:00</b> Bingo (L)</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:30</b> Bingo (L)</li> <li>☪ <b>1:30</b> Any Card Game (CR)</li> <li>☪ <b>2:00</b> Movie, Popcorn &amp; Soda (L)</li> <li>☪ <b>3:30</b> iN2L (TL)</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> Reminiscence (L)</li> <li>↔ <b>10:30</b> Tone Up! (L)</li> <li>☪ <b>1:30</b> Dominoes (CR)</li> <li>☪ <b>3:00</b> Kings in the Corner (CR)</li> </ul>
<p><b>7</b> <i>Week 4 Menu</i></p> <ul style="list-style-type: none"> <li>☪ <b>9:00</b> Catholic Communion</li> <li>☪ <b>1:00</b> Any Card Game (CR)</li> <li>☪ <b>1:30</b> Rummikub (CR)</li> <li>☪ <b>3:30</b> Jackpot Bingo (L)</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li><b>9:30</b> Morning Walk (L)</li> <li><b>10:30</b> Sit &amp; Be Fit (L)</li> <li><b>1:00</b> Catholic Rosary (TL)</li> <li><b>1:30</b> What's My Line (L)</li> <li><b>2:00</b> iN2L (TL)</li> <li><b>3:00</b> Cook Me Up (CR)</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> News Review (L)</li> <li>☪ <b>10:00</b> Coffee, Tea and Me (L)</li> <li><b>1:30</b> Surprise Scenic Drive</li> <li><b>2:00</b> Puzzles (CR)</li> <li><b>3:30</b> Let's Paint (CR)</li> <li><b>6:00</b> Bingo (L)</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:00</b> Ecumenical Worship Service (L)</li> <li>☪ <b>2:00</b> Ice Cream Truck (Outdoors)</li> <li>☪ <b>3:30</b> iN2L (TL)</li> <li>☪ <b>6:00</b> Movie (L)</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:00</b> Coffee Klatch (L)</li> <li>↔ <b>10:30</b> Fusion Exercise (L)</li> <li>☪ <b>1:00</b> Manicure Nails (CR)</li> <li>☪ <b>2:00</b> Word Search (L)</li> <li>↔ <b>3:00</b> Cornhole (L)</li> <li>☪ <b>6:00</b> Bingo (L)</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:30</b> Bingo (L)</li> <li><b>1:30</b> Residents' Choice (CR)</li> <li>☪ <b>2:00</b> Movie, Popcorn &amp; Soda (L)</li> <li>☪ <b>3:30</b> iN2L (TL)</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> Reminiscence (L)</li> <li>↔ <b>10:30</b> Tone Up! (L)</li> <li>☪ <b>1:30</b> Uno (CR)</li> <li>☪ <b>3:00</b> Kings in the Corner (CR)</li> </ul>
<p><b>14</b> <i>Week 1 Menu</i></p> <ul style="list-style-type: none"> <li>☪ <b>9:00</b> Catholic Communion</li> <li>☪ <b>1:00</b> Any Card Game (CR)</li> <li>☪ <b>1:30</b> Rummikub (CR)</li> <li>☪ <b>3:30</b> Jackpot Bingo (L)</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>↔ <b>10:30</b> Sit &amp; Be Fit (L)</li> <li>☪ <b>1:00</b> Catholic Rosary (TL)</li> <li>☪ <b>1:30</b> Pictionary (L)</li> <li>☪ <b>2:00</b> iN2L (TL)</li> <li>☪ <b>3:00</b> Cook Me Up (CR)</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> News Review (L)</li> <li>☪ <b>10:00</b> Coffee, Tea and Me (L)</li> <li><b>1:30</b> Surprise Scenic Drive</li> <li><b>2:00</b> Puzzles (CR)</li> <li><b>3:30</b> Let's Paint (CR)</li> <li><b>6:00</b> Bingo (L)</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:00</b> Ecumenical Worship Service (L)</li> <li>☪ <b>11:30</b> Just Men Luncheon (Patio)</li> <li>☪ <b>2:00</b> Social Hour (L)</li> <li>☪ <b>3:30</b> iN2L (TL)</li> <li>☪ <b>6:00</b> Movie (L)</li> </ul> <p><b>10:00</b> BOOKMOBILE VISITS</p>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:00</b> Coffee Klatch (L)</li> <li>☪ <b>10:00</b> Catholic Mass (L)</li> <li>↔ <b>11:00</b> Fusion Exercise (L)</li> <li>☪ <b>1:00</b> Manicure Nails (CR)</li> <li>☪ <b>2:00</b> Word Search (L)</li> <li>↔ <b>3:00</b> Bowling (L)</li> <li>☪ <b>6:00</b> Bingo (L)</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:30</b> Bingo (L)</li> <li><b>1:30</b> Any Card Game (CR)</li> <li>☪ <b>2:00</b> Movie, Popcorn &amp; Soda (L)</li> <li>☪ <b>3:30</b> iN2L (TL)</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> Reminiscence (L)</li> <li>↔ <b>10:30</b> Tone Up! (L)</li> <li>☪ <b>1:30</b> Dominoes (CR)</li> <li>☪ <b>3:00</b> Kings in the Corner (CR)</li> </ul>
<p><b>21</b> <i>Week 2 Menu</i></p> <ul style="list-style-type: none"> <li>☪ <b>9:00</b> Catholic Communion</li> <li>☪ <b>1:00</b> Any Card Game (CR)</li> <li>☪ <b>1:30</b> Rummikub (CR)</li> <li>☪ <b>3:30</b> Jackpot Bingo (L)</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>↔ <b>10:30</b> Sit &amp; Be Fit (L)</li> <li>☪ <b>1:00</b> Catholic Rosary (TL)</li> <li>☪ <b>1:30</b> School Days (L)</li> <li>☪ <b>2:00</b> iN2L (TL)</li> <li>☪ <b>3:00</b> Cook Me Up (CR)</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> News Review (L)</li> <li>☪ <b>10:00</b> Sing a long Tunes (L)</li> <li><b>1:30</b> Surprise Scenic Drive Stop for ice cream at Ted Drewe's</li> <li><b>2:00</b> Puzzles (CR)</li> <li><b>3:30</b> Craft Time (CR)</li> <li><b>6:00</b> Bingo (L)</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:00</b> Ecumenical Worship Service (L)</li> <li>☪ <b>2:00</b> Social Hour (L)</li> <li>☪ <b>3:30</b> iN2L (L)</li> <li>☪ <b>6:00</b> Movie (L)</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:00</b> Coffee Klatch (L)</li> <li>↔ <b>10:30</b> Fusion Exercise (L)</li> <li>☪ <b>1:00</b> Manicure Nails (CR)</li> <li>☪ <b>2:00</b> Word Search (L)</li> <li>↔ <b>3:00</b> Parachute Throw (L)</li> <li>☪ <b>6:00</b> Bingo (L)</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>↔ <b>9:30</b> Morning Walk (L)</li> <li>☪ <b>10:30</b> Bingo (L)</li> <li><b>1:30</b> Residents' Choice (CR)</li> <li>☪ <b>2:00</b> Movie, Popcorn &amp; Soda (L)</li> <li>☪ <b>3:30</b> iN2L (TL)</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>☪ <b>9:30</b> Reminiscence (L)</li> <li>↔ <b>10:30</b> Tone Up! (L)</li> <li>☪ <b>1:30</b> Uno (CR)</li> <li>☪ <b>3:00</b> Kings in the Corner (CR)</li> </ul>

**28** *Week 3 Menu*

- ☪ **9:00** Catholic Communion
- ☪ **1:00** Any Card Game (CR)
- ☪ **1:30** Concert: Connie & Amalia (L)
- ☪ **3:30** Rummikub (Li)

**29**

- ↔ **9:30** Morning Walk (L)
- ↔ **10:30** Sit & Be Fit (L)
- ☪ **1:00** Catholic Rosary (TL)
- ☪ **1:30** Hangman (L)
- ☪ **2:00** iN2L (TL)
- ☪ **3:00** Cook Me Up (CR)

**30**

- ☪ **9:30** News Review (L)
- ☪ **10:00** Coffee & Donuts (L)
- 1:30** Surprise Scenic Drive
- 2:00** Puzzles (CR)
- 3:30** Let's Paint (CR)
- 6:00** Bingo (L)

**31**

- ↔ **9:30** Morning Walk (L)
- ☪ **10:00** Ecumenical Worship Service (L)
- ☪ **2:00** Social Hour (L)
- ☪ **3:30** iN2L (L)
- ☪ **6:00** Movie (L)

**10:00** BOOKMOBILE VISITS

**BOOKMOBILE VISITS ON WEDNESDAY**  
**AUGUST 3**  
**AUGUST 17**  
**AUGUST 31**  
**10:00 A.M.**  
**VILLAGE LIVING ROOM**



**Activity Locations:**

(C) Chapel  
(CC) Dining Room  
(CR) Chesapeake Room  
(L) Living Room  
(Li) Library  
(N) Nurses' Station  
(P) Patio  
(PDR) Private Dining Room  
(TL) TV Lounge (next to nurses' station)

- Vital Active
- Nature Vitality
- Connected Vitality
- Social Vitality
- Spiritual Vitality
- Vital Creativity
- Vital Entertainment