



# NOVEMBER 2021



Cape Albeon Village Vital Life Enrichment Calendar

\*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Week 4 Menu con'd</i></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Sit &amp; Be Fit (L)</li> <li>1:00 Catholic Rosary (TV RM)</li> <li>1:30 Pictionary (L)</li> <li>2:00 Cook Me Up (CR)</li> <li>3:30 Can Throw (L)</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>9:30 News Review (L)</li> <li>10:00 Coffee, Tea and Me (L)</li> <li>1:30 Scenic Drive</li> <li>2:00 Puzzles (CR)</li> <li>3:30 Let's Paint (CR)</li> <li>6:00 Bingo (L)</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:00 Ecumenical Worship Service (L)</li> <li>2:00 Social Hour (L)</li> <li>3:30 Village Circle (L)</li> <li>6:00 Movie (L)</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>9:00 Coffee Klatch (L)</li> <li>10:30 Fusion Exercise (L)</li> <li>1:00 Manicure Nails (CR)</li> <li>2:00 Word Search (L)</li> <li>3:00 Bowling (L)</li> <li>6:00 Bingo (L)</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Bingo (L)</li> <li>1:00 Hot Potato (L)</li> <li>2:00 Movie, Popcorn &amp; Soda (L)</li> <li>3:30 Any Card Game (CR)</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>9:30 Reminisce (L)</li> <li>10:30 Tone Up! (L)</li> <li>1:30 Concert: Rekha Dravina (L)</li> <li>3:00 Kings in the Corner (CR)</li> </ul> <p style="text-align: center;"><i><b>DON'T FORGET: SET YOUR CLOCKS BACK 1 HOUR BEFORE BEDTIME</b></i></p>
<p><b>7 Week 1 Menu</b></p> <ul style="list-style-type: none"> <li>9:00 Catholic Communion Visits</li> <li>1:00 Any Card Game (CR)</li> <li>1:30 Rummikub (CR)</li> <li>3:00 SNACKS (N)</li> <li>3:30 Jackpot Bingo (L)</li> </ul> <p><b>DAYLIGHT SAVING TIME ENDS</b></p>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Sit &amp; Be Fit (L)</li> <li>1:00 Catholic Rosary (TV RM)</li> <li>1:30 Hangman (L)</li> <li>2:00 Cook Me Up (CR)</li> <li>3:30 Words That Rhyme (L)</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>9:30 News Review (L)</li> <li>10:00 Coffee, Tea and Me (L)</li> <li>1:30 Scenic Drive</li> <li>2:00 Puzzles (CR)</li> <li>3:30 Let's Paint (CR)</li> <li>6:00 Bingo (L)</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:00 Ecumenical Worship Service (L)</li> <li>2:00 Social Hour (L)</li> <li>3:30 Village Circle (L)</li> <li>6:00 Movie (L)</li> </ul> <p style="text-align: center;">BOOKMOBILE VISITS 10:00 A.M.</p>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>9:00 Coffee Klatch (L)</li> <li>10:30 Fusion Exercise (L)</li> <li>1:00 NO Manicure Nails (CR)</li> <li>1:30 Veteran's Day Program (L)</li> <li>3:30 Dartball (L)</li> <li>6:00 Bingo (L)</li> </ul> <p style="text-align: center;"></p>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Bingo (L)</li> <li>1:00 Price is Right (L)</li> <li>2:00 Movie, Popcorn &amp; Soda (L)</li> <li>3:30 Residents' Choice (CR)</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>9:30 Reminisce (L)</li> <li>10:30 Tone Up! (L)</li> <li>1:30 Dominoes (CR)</li> <li>3:00 Kings in the Corner (CR)</li> </ul>
<p><b>14 2 Menu</b></p> <ul style="list-style-type: none"> <li>9:00 Catholic Communion Visits</li> <li>1:00 Any Card Game (CR)</li> <li>1:30 Rummikub (CR)</li> <li>3:00 SNACKS (N)</li> <li>3:30 Jackpot Bingo (L)</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Sit &amp; Be Fit (L)</li> <li>1:00 Catholic Rosary (TV RM)</li> <li>1:30 Word Define (CR)</li> <li>2:00 Cook Me Up (CR)</li> <li>3:30 Washers (L)</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:30 News Review (L)</li> <li>10:00 Coffee, Tea and Me (L)</li> <li>1:30 Scenic Drive</li> <li>2:00 Puzzles (CR)</li> <li>3:30 Let's Paint (CR)</li> <li>6:00 Bingo (L)</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:00 Remembrance Service (L)</li> <li>2:00 Social Hour (L)</li> <li>3:30 Village Circle (L)</li> <li>6:00 Movie (L)</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>9:00 Coffee Klatch (L)</li> <li>10:30 Fusion Exercise (L)</li> <li>1:00 Manicure Nails (CR)</li> <li>2:00 Word Search (L)</li> <li>3:00 Bowling (L)</li> <li>6:00 Bingo (L)</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Bingo (L)</li> <li>1:00 Toss Across (L)</li> <li>2:00 Movie, Popcorn &amp; Soda (L)</li> <li>3:30 Any Card Game (CR)</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>9:30 Reminisce (L)</li> <li>10:30 Tone Up! (L)</li> <li>1:30 Dominoes (CR)</li> <li>3:00 Kings in the Corner (CR)</li> </ul>
<p><b>21 Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>9:00 Catholic Communion Visits</li> <li>1:00 Any Card Game (CR)</li> <li>1:30 Rummikub (CR)</li> <li>3:00 SNACKS (N)</li> <li>3:00 Concert: Julia &amp; Daniel, Accordionists (L)</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Sit &amp; Be Fit (L)</li> <li>1:00 Catholic Rosary (TV RM)</li> <li>1:30 Fill in the Blank (L)</li> <li>2:00 Cook Me Up (CR)</li> <li>3:30 Song Titles with Color (L)</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:30 News Review (L)</li> <li>10:00 Coffee, Tea and Me (L)</li> <li>11:30 Just Men's Lunch (PDR)</li> <li>1:30 Scenic Drive</li> <li>2:00 Puzzles (CR)</li> <li>3:30 Craft Time (CR)</li> <li>6:00 Bingo (L)</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:00 Ecumenical Worship Service (L)</li> <li>2:00 Social Hour (L)</li> <li>3:30 Village Circle (L)</li> <li>6:00 Movie (L)</li> </ul>	<p><b>25</b></p> <p style="text-align: center;"> Happy Thanksgiving</p>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Bingo (L)</li> <li>1:00 Bottle Throw (L)</li> <li>2:00 Movie, Popcorn &amp; Soda (L)</li> <li>3:30 Residents' Choice (CR)</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>9:30 Reminisce (L)</li> <li>10:30 Tone Up! (L)</li> <li>1:30 Dominoes (CR)</li> <li>3:00 Kings in the Corner (CR)</li> </ul>
<p><b>28 Week 4 Menu</b></p> <ul style="list-style-type: none"> <li>9:00 Catholic Communion Visits</li> <li>1:00 Any Card Game (CR)</li> <li>1:30 Rummikub (CR)</li> <li>3:00 SNACKS (N)</li> <li>3:30 Jackpot Bingo (L)</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>9:30 Morning Walk (L)</li> <li>10:30 Sit &amp; Be Fit (L)</li> <li>1:00 Catholic Rosary (TV RM)</li> <li>1:30 Uno (CR)</li> <li>2:00 Cook Me Up (CR)</li> <li>3:30 Bull's Eye (L)</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>9:30 News Review (L)</li> <li>10:00 Residents' Coffee &amp; Donuts (L)</li> <li>1:30 Scenic Drive</li> <li>2:00 Puzzles (CR)</li> <li>3:30 Let's Paint (CR)</li> <li>6:00 Bingo (L)</li> </ul>		<p><b>Activity Locations:</b></p> <ul style="list-style-type: none"> <li>(C) Chapel</li> <li>(CC) Dining Room</li> <li>(CR) Chesapeake Room</li> <li>(L) Living Room</li> <li>(Li) Library</li> <li>(N) Nurses' Station</li> <li>(P) Patio</li> <li>(PDR) Private Dining Room</li> <li>(TL) T.V. Lounge</li> </ul>	<ul style="list-style-type: none"> <li> Vital Active</li> <li> Nature Vitality</li> <li> Connected Vitality</li> <li> Social Vitality</li> <li> Spiritual Vitality</li> <li> Vital Creativity</li> <li> Vital Entertainment</li> </ul>	<p style="text-align: center;"><b>BOOKMOBILE VISITS ON</b></p> <p style="text-align: center;"> <b>WEDNESDAY NOV. 10 10:00 A.M. VILLAGE LIVING ROOM</b></p>