



# OCTOBER 2021



Cape Albeon Village Vital Life Enrichment Calendar

\*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Week 3 Menu con'd</i></p> <p><b>31 HALLOWEEN DAY</b></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:00 SNACKS (N)</p> <p>3:30 Jackpot Bingo (L)</p>	<p>Vital Active</p> <p>Nature Vitality</p> <p>Connected Vitality</p> <p>Social Vitality</p> <p>Spiritual Vitality</p> <p>Vital Creativity</p> <p>Vital Entertainment</p>	<p><b>Activity Locations:</b></p> <p>(C) Chapel</p> <p>(CC) Dining Room</p> <p>(CR) Chesapeake Room</p> <p>(L) Living Room</p> <p>(Li) Library</p> <p>(N) Nurses' Station</p> <p>(P) Patio</p> <p>(PDR) Private Dining Room</p> <p>(TL) T.V. Lounge</p>	<p><b>BOOKMOBILE VISITS ON WEDNESDAY</b></p> <p><b>OCT. 13</b></p> <p><b>OCT 27</b></p> <p>10:00 A.M.</p> <p><b>VILLAGE LIVING ROOM</b></p>		<p><b>1</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:00 Ring Toss (L)</p> <p>2:00 Movie, Popcorn &amp; Soda (L)</p> <p>3:30 Any Card Game (CR)</p>	<p><b>2</b></p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Kings in the Corner (CR)</p>
<p><b>3 Week 4 Menu</b></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:00 SNACKS (N)</p> <p>3:30 Jackpot Bingo (L)</p>	<p><b>4</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>1:00 Catholic Rosary (TV RM)</p> <p>1:30 Hangman (L)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 Tic Tac Toe floor game (L)</p>	<p><b>5</b></p> <p>9:30 News Review (L)</p> <p>10:00 Coffee, Tea and Me (L)</p> <p>1:30 Scenic Drive</p> <p>2:00 Puzzles (CR)</p> <p>3:30 Let's Paint (CR)</p> <p>6:00 Bingo (L)</p>	<p><b>6</b></p> <p>9:30 Morning Walk (L)</p> <p>10:00 Ecumenical Worship Service (L)</p> <p>2:00 Social Hour (L)</p> <p>3:30 Village Circle (L)</p> <p>6:00 Movie (L)</p>	<p><b>7</b></p> <p>9:00 Coffee Klatch (L)</p> <p>10:30 Fusion Exercise (L)</p> <p>1:00 Manicure Nails (CR)</p> <p>2:00 Word Search (L)</p> <p>3:00 Bowling (L)</p> <p>6:00 Bingo (L)</p>	<p><b>8</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:00 Washers (L)</p> <p>2:00 Movie, Popcorn &amp; Soda (L)</p> <p>3:30 Residents' Choice (CR)</p>	<p><b>9</b></p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Kings in the Corner (CR)</p>
<p><b>10 Week 1 Menu</b></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:00 SNACKS (N)</p> <p>3:30 Jackpot Bingo (L)</p>	<p><b>11</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>1:00 Catholic Rosary (TV RM)</p> <p>1:30 Word Define (CR)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 Joke of the Day (L)</p>	<p><b>12</b></p> <p>9:30 News Review (L)</p> <p>10:00 Coffee, Tea and Me (L)</p> <p>1:30 Scenic Drive</p> <p>2:00 Puzzles (CR)</p> <p>3:30 Let's Paint (CR)</p> <p>6:00 Concert: Amalia &amp; Connie (L)</p>	<p><b>13</b></p> <p>9:30 Morning Walk (L)</p> <p>10:00 Ecumenical Worship Service (L)</p> <p>2:00 Social Hour (L)</p> <p>3:30 Village Circle (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00 A.M.</p>	<p><b>14</b></p> <p>9:00 Coffee Klatch (L)</p> <p>10:30 Fusion Exercise (L)</p> <p>1:00 Manicure Nails (CR)</p> <p>2:00 Word Search (L)</p> <p>3:00 Hot Potato (L)</p> <p>6:00 Bingo (L)</p>	<p><b>15</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:00 Pictionary (CR)</p> <p>2:00 Movie, Popcorn &amp; Soda (L)</p> <p>3:30 Any Card Game (CR)</p>	<p><b>16</b></p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Kings in the Corner (CR)</p>
<p><b>17 Week 2 Menu</b></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:00 SNACKS (N)</p> <p>3:30 Jackpot Bingo (L)</p>	<p><b>18</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>1:00 Catholic Rosary (TV RM)</p> <p>1:30 Fill in the Blank (L)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 Kickball (L)</p>	<p><b>19</b></p> <p>9:30 News Review (L)</p> <p>10:00 Coffee, Tea and Me (L)</p> <p>11:30 Just Men's Lunch (PDR)</p> <p>1:30 Scenic Drive</p> <p>2:00 Puzzles (CR)</p> <p>3:30 Craft Time (CR)</p> <p>6:00 Bingo (L)</p>	<p><b>20</b></p> <p>9:30 Morning Walk (L)</p> <p>10:00 Ecumenical Worship Service (L)</p> <p>2:00 Social Hour (L)</p> <p>3:30 Village Circle (L)</p> <p>6:00 Movie (L)</p>	<p><b>21</b></p> <p>9:00 Coffee Klatch (L)</p> <p>10:30 Fusion Exercise (L)</p> <p>1:00 Manicure Nails (CR)</p> <p>2:00 Word Search (L)</p> <p>3:00 Bowling (L)</p> <p>6:00 Bingo (L)</p>	<p><b>22</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:00 Dart Ball (L)</p> <p>2:00 Movie, Popcorn &amp; Soda (L)</p> <p>3:30 Residents' Choice (CR)</p>	<p><b>23</b></p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Kings in the Corner (CR)</p>
<p><b>24 Week 3 Menu</b></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:00 SNACKS (N)</p> <p>3:30 Jackpot Bingo (L)</p>	<p><b>25</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>1:00 Catholic Rosary (TV RM)</p> <p>1:30 Uno (CR)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 Words That Rhyme (L)</p>	<p><b>26</b></p> <p>9:30 News Review (L)</p> <p>10:00 Residents' Coffee &amp; Donuts (L)</p> <p>1:30 Scenic Drive</p> <p>2:00 Puzzles (CR)</p> <p>3:30 Let's Paint (CR)</p> <p>6:00 Bingo (L)</p>	<p><b>27</b></p> <p>9:30 Morning Walk (L)</p> <p>10:00 Ecumenical Worship Service (L)</p> <p>2:00 Halloween Party (L)</p> <p>3:30 Village Circle (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00 A.M.</p>	<p><b>28</b></p> <p>9:00 Coffee Klatch (L)</p> <p>10:30 Fusion Exercise (L)</p> <p>1:00 Manicure Nails (CR)</p> <p>2:00 Word Search (L)</p> <p>3:00 Bull's Eye (L)</p> <p>6:00 Bingo (L)</p>	<p><b>29</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:00 Can Throw (L)</p> <p>2:00 Movie, Popcorn &amp; Soda (L)</p> <p>3:30 Any Card Game (CR)</p>	<p><b>30</b></p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Kings in the Corner (CR)</p>
<p><b>October 31</b></p> <p>top of page</p>						