



# SEPTEMBER 2022



Cape Albeon Village Vital Life Enrichment Calendar

\*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>Week 3 Menu</u></p>	<p><b>BOOKMOBILE VISITS ON WEDNESDAY SEPTEMBER 14 SEPTEMBER 28 10:00 A.M. VILLAGE LIVING ROOM</b></p>	<p><b>Activity Locations:</b></p> <p>(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)</p>	<p>Vital Active  Nature Vitality  Connected Vitality  Social Vitality  Spiritual Vitality  Vital Creativity  Vital Entertainment </p>	<p><b>1</b></p> <p> 9:00 Coffee Klatch (L)  10:30 Fusion Exercise (L)  1:00 Manicure Nails (CR)  2:00 Word Search (L)  3:00 Dartball (L)  6:00 Bingo (L)</p>	<p><b>2</b></p> <p> 9:30 Morning Walk (L)  10:30 Bingo (L)  1:30 Any Card Game (CR)  2:00 Movie, Popcorn &amp; Soda (L)  3:30 iN2L (TL)</p>	<p><b>3</b></p> <p> 9:30 Reminiscence (L)  10:30 Tone Up! (L)  1:30 Concert: Rekha Dravina, pianist (L)  3:00 Kings in the Corner (CR)</p>
<p><b>4 Week 4 Menu</b></p> <p> 9:00 Catholic Communion  1:00 Any Card Game (CR)  1:30 Rummikub (CR)  3:30 Jackpot Bingo (L)</p>	<p><b>5 Labor Day</b></p> <p> 10:30 Sit &amp; Be Fit (L)  1:00 Who's Who? (L)</p>	<p><b>6</b></p> <p> 9:30 News Review (L)  10:00 Coffee, Tea and Me (L)  1:30 Surprise Scenic Drive  2:00 Puzzles (CR)  3:30 Let's Paint (CR)  6:00 Bingo (L)</p>	<p><b>7</b></p> <p> 9:30 Morning Walk (L)  10:00 Ecumenical Worship Service (L)  2:00 Social Hour (L)  3:30 iN2L (TL)  6:00 Movie (L)</p>	<p><b>8</b></p> <p> 9:00 Coffee Klatch (L)  10:30 Fusion Exercise (L)  1:00 Manicure Nails (CR)  2:00 Word Search (L)  3:00 Tic Tac Toe Floor Game (L)  6:00 Bingo (L)</p>	<p><b>9</b></p> <p> 9:30 Morning Walk (L)  10:30 Bingo (L)  1:30 Residents' Choice (CR)  2:00 Movie, Popcorn &amp; Soda (L)  3:30 iN2L (TL)</p>	<p><b>10</b></p> <p> 9:30 Reminiscence (L)  10:00 Tone Up! (L)  1:30 Uno (CR)  3:00 Kings in the Corner (CR)</p>
<p><b>11 Week 1 Menu</b></p> <p> 9:00 Catholic Communion  1:00 Any Card Game (CR)  1:30 Rummikub (CR)  3:30 Jackpot Bingo (L)</p>	<p><b>12</b></p> <p> 9:30 Morning Walk (L)  10:30 Sit &amp; Be Fit (L)  1:00 Catholic Rosary (TL)  1:30 Hangman (L)  2:00 Concert: Bill Forness (L)  3:00 Cook Me Up (CR)</p>	<p><b>13</b></p> <p> 9:30 News Review (L)  10:00 Coffee, Tea and Me (L)  1:30 Surprise Scenic Drive  2:00 Puzzles (CR)  3:30 Let's Paint (CR)  6:00 Bingo (L)</p>	<p><b>14</b></p> <p> 9:30 Morning Walk (L)  10:00 Ecumenical Worship Service (L)  2:00 Ice Cream Social (L)  3:30 iN2L (TL)  6:00 Movie (L)</p> <p>10:00 BOOKMOBILE VISITS</p>	<p><b>15</b></p> <p> 9:00 Coffee Klatch (L)  10:00 Catholic Mass (L)  11:00 Fusion Exercise (L)  1:00 Manicure Nails (CR)  2:00 Word Search (L)  3:00 Bowling (L)  6:00 Cover-all Bingo (L)</p>	<p><b>16</b></p> <p> 9:30 Morning Walk (L)  10:30 Bingo (L)  1:30 Any Card Game (CR)  2:00 Movie, Popcorn &amp; Soda (L)  3:30 iN2L (TL)</p>	<p><b>17</b></p> <p> 9:30 Reminiscence (L)  10:30 Tone Up! (L)  1:30 Dominoes (CR)  3:00 Kings in the Corner (CR)</p>
<p><b>18 Week 2 Menu</b></p> <p> 9:00 Catholic Communion  1:00 Any Card Game (CR)  1:30 Rummikub (CR)  3:30 Jackpot Bingo (L)</p>	<p><b>19</b></p> <p> 9:30 Morning Walk (L)  10:30 Sit &amp; Be Fit (L)  1:00 Catholic Rosary (TL)  1:30 Autumn Leaves (L)  2:00 iN2L (TL)  3:00 Cook Me Up (CR)</p>	<p><b>20</b></p> <p> 9:30 News Review (L)  10:00 Sing a long Tunes (L)  1:30 Surprise Scenic Drive Stop for ice cream at Fritz's  2:00 Puzzles (CR)  3:30 Craft Time (CR)  6:00 Bingo (L)</p>	<p><b>21</b></p> <p> 9:30 Morning Walk (L)  10:00 Ecumenical Worship Service (L)  2:00 Social Hour (L)  3:30 iN2L (L)  6:00 Movie (L)</p>	<p><b>22 FIRST DAY OF FALL</b></p> <p> 9:00 Coffee Klatch (L)  10:30 Fusion Exercise (L)  11:30 Just Men Luncheon (Patio)  1:00 Manicure Nails (CR)  2:00 Word Search (L)  3:00 Bull's Eye (L)  6:00 Bingo (L)</p>	<p><b>23</b></p> <p> 9:30 Morning Walk (L)  10:30 Bingo (L)  1:30 Residents' Choice (CR)  2:00 Movie, Popcorn &amp; Soda (L)  3:30 iN2L (TL)</p>	<p><b>24</b></p> <p> 9:30 Reminiscence (L)  10:30 Tone Up! (L)  1:30 Uno (CR)  3:00 Kings in the Corner (CR)</p>
<p><b>25 Week 3 Menu</b></p> <p> 9:00 Catholic Communion  1:00 Any Card Game (CR)  1:30 Rummikub (CR)  3:30 Jackpot Bingo (L)</p>	<p><b>26</b></p> <p> 9:30 Morning Walk (L)  10:30 Sit &amp; Be Fit (L)  1:00 Catholic Rosary (TL)  1:30 Pictionary (L)  2:00 iN2L (TL)  3:00 Cook Me Up (CR)</p>	<p><b>27</b></p> <p> 9:30 News Review (L)  10:00 Coffee &amp; Donuts (L)  1:30 Surprise Scenic Drive  2:00 Puzzles (CR)  3:30 Let's Paint (CR)  6:00 Bingo (L)</p>	<p><b>28</b></p> <p> 9:30 Morning Walk (L)  10:00 Ecumenical Worship Service (L)  2:00 Social Hour (L)  3:30 iN2L (L)  6:00 Movie (L)</p> <p>10:00 BOOKMOBILE VISITS</p>	<p><b>29</b></p> <p> 9:00 Coffee Klatch (L)  10:30 Fusion Exercise (L)  1:00 Manicure Nails (CR)  2:00 Word Search (L)  3:00 Cornhole (L)  6:00 Bingo (L)</p>	<p><b>30</b></p> <p> 9:30 Morning Walk (L)  10:30 Bingo (L)  1:30 Any Card Game (CR)  2:00 Movie, Popcorn &amp; Soda (L)  3:30 iN2L (TL)</p>	