



SEPTEMBER 2020



Cape Albeon Village Vital Life Enrichment Calendar

**Activities are subject to change*

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Week 2 Menu</p> <p>Activity Locations: (C) Chapel (P) PATIO (CC) Dining Room (CR) Chesapeake Room (L) Living Room (Li) Library (NR) Newport Room (N) Nurses' Station (O) Outdoors</p>	<p>Vital Active</p> <p>Connected Vitality</p> <p>Nature Vitality</p> <p>Social Vitality</p> <p>Spiritual Vitality</p> <p>Vital Entertainment</p> <p>Vital Creativity</p>	<p>1</p> <p>9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Coffee, Tea and Me (L) 2:00 Puzzles (CR) 3:30 Balloon Volleyball (L) 6:00 Bingo (L)</p>	<p>2</p> <p>9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 10:30 Bookmobile (L) 2:00 Social Hour with Lamar Pilsing (O) 3:30 Let's Paint (CR) 6:00 Movie (L)</p>	<p>3</p> <p>9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 11:00 Fusion Exercise (L) 1:00 Manicured Nails (CR) 2:00 Lily's Ice cream Truck (O) 3:00 Horseshoes (L) 6:00 Bingo (L)</p>	<p>4</p> <p>9:30 Morning Walk (L) 10:30 Bingo (L) 1:00 Aggravation (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 Any Card Game (CR)</p>	<p>5</p> <p>9:30 Reminisce: Bus Trips (L) 10:30 Tone Up! (L) 1:30 Uno (CR) 3:00 Kings in the Corner (CR)</p>
<p>6 Week 3 Menu</p> <p>1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)</p>	<p>7</p> <p>9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:00 Fill in the blanks (L) 2:00 Cook Me Up (CR) 3:30 U.S.Map (L)</p>	<p>8</p> <p>9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Coffee, Tea and Me (L) 2:00 Puzzles (CR) 3:30 RingToss (L) 6:00 Bingo (L)</p>	<p>9</p> <p>9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour with Ken Roberts (O) 3:30 Let's Paint (CR) 6:00 Movie (L)</p>	<p>10</p> <p>9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 11:00 Fusion Exercise (L) 1:00 Manicured Nails (CR) 2:00 Word Search (L) 3:00 Washers (L) 6:00 Bingo (L)</p>	<p>11</p> <p>9:30 Morning Walk (L) 10:30 Bingo (L) 1:00 Flip It (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR)</p>	<p>12</p> <p>9:30 Reminisce: Beaches (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:00 Kings in the Corner (CR)</p>
<p>13 Week 4 Menu</p> <p>1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)</p> <p>HAPPY GRANDPARENTS DAY</p>	<p>14</p> <p>9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 11:30 Just Men Lunch (Patio) 1:00 Flu Shots (Chapel) 1:00 TV Trivia (L) 2:00 Cook Me Up (CR) 3:30 Unscramble Words (L)</p>	<p>15</p> <p>9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Coffee, Tea and Me (L) 2:00 Puzzles (CR) 3:30 Beanbag Toss (L) 6:00 Bingo (L)</p>	<p>16</p> <p>9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 10:30 Bookmobile (L) 2:00 Ice Cream Social with Joe Garnier (O) 3:30 Craft Time (CR) 6:00 Movie (L)</p>	<p>17</p> <p>9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 10:30 Concert: Broadway Bill (O) 1:00 Manicured Nails (CR) 2:00 Word Search (L) 3:00 Bowling (L) 6:00 Bingo (L)</p>	<p>18</p> <p>9:30 Morning Walk (L) 10:30 Bingo (L) 1:00 Whoopee (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 Any Card Game (CR)</p>	<p>19</p> <p>9:30 Reminisce: School Days (L) 10:30 Tone Up! (L) 1:30 Uno (CR) 3:00 Kings in the Corner (CR)</p>
<p>20 Week 1 Menu</p> <p>1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)</p>	<p>21</p> <p>9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:00 Pictionary (L) 2:00 Cook Me Up (CR) 3:30 Famous Actors (L)</p>	<p>22 First Day of Fall</p> <p>9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Coffee, Tea and Me (L) 2:00 Puzzles (CR) 3:30 Parachute (L) 6:00 Bingo (L)</p>	<p>23</p> <p>9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Happy Hour with Anita Rosamond (O) 3:30 Let's Paint (CR) 6:00 Movie (L)</p>	<p>24</p> <p>9:00 Coffee Klatch (L) 9:30 Morning Walk (L) 11:00 Fusion Exercise (L) 1:00 Manicured Nails (CR) 2:00 Word Search (L) 3:00 Toss Across (L) 6:00 Bingo (L)</p>	<p>25</p> <p>9:30 Morning Walk (L) 10:30 Bingo (L) 1:00 Mexican Train (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR)</p>	<p>26</p> <p>9:30 Reminisce: Camping (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:00 Kings in the Corner (CR)</p>
<p>27 Week 2 Menu</p> <p>1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:00 SNACKS (N) 3:30 Jackpot Bingo (L)</p>	<p>28</p> <p>9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:00 Bananagrams (L) 2:00 Cook Me Up (CR) 3:00 Words within a Word (L)</p>	<p>29</p> <p>9:00 News Review (L) 9:30 Morning Walk (L) 10:00 Residents' Coffee & Donuts (L) 2:00 Puzzles (CR) 3:30 Dart Ball (L) 6:00 Bingo (L)</p>	<p>30</p> <p>9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 10:30 Bookmobile (L) 2:00 Social Hour with Bryan Foggs (O) 3:30 Craft Time (CR) 6:00 Movie (L)</p>	<p>RESIDENTS WILL RECEIVE INFLUENZA VACCINES ON MONDAY, SEP. 14 1:00-2:30 P.M. VILLAGE CHAPEL</p> <p>ALL CONSENTS FORMS MUST BE SUBMITTED TO THE NURSES' STATION BEFORE THIS DATE</p>		<p>BOOKMOBILE VISITS WEDNESDAY SEPTEMBER 2 SEPTEMBER 16 SEPTEMBER 30 10:30 A.M. VILLAGE LIVING ROOM</p>