








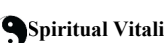




NOVEMBER 2022



Cape Albeon Village Vital Life Enrichment Calendar

*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>Week 4 Menu</u></p>	<p>BOOKMOBILE VISITS ON WEDNESDAY NOVEMBER 9 NOVEMBER 23 10:00 A.M. VILLAGE LIVING ROOM</p> 	<p>1 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>2 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>3 9:00 Coffee Klatch (L) 10:30 Fusion Exercise (L) 1:00 Manicure Nails (CR) 2:00 Word Search (L) 3:00 Balloon Volleyball (L) 6:00 Bingo (L)</p>	<p>4 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Any Card Game (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 iN2L (TL)</p>	<p>5 9:30 Reminiscence (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:00 Kings in the Corner (CR)</p> <p><i>DON'T FORGET TO TURN YOUR CLOCKS BACK 1 HOUR BEFORE BEDTIME</i></p>
<p>6 Week 1 Menu 9:00 Catholic Communion 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L)</p> <p>DAYLIGHT SAVINGS TIME ENDS</p>	<p>7 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:00 Catholic Rosary (TL) 1:30 Left, Center, Right (CR) 2:00 iN2L (TL) 3:00 Cook Me Up (CR)</p>	<p>8 FULL MOON 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>3:00 ELECTION POLLS</p>	<p>9 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>10:00 BOOKMOBILE VISITS</p>	<p>10 9:00 Coffee Klatch (L) 10:30 Fusion Exercise (L) 1:00 Manicure Nails (CR) 2:00 Word Search (L) 3:00 Hot Potato (L) 6:00 Bingo (L)</p>	<p>11 VETERANS DAY 9:30 Morning Walk (L) 10:30 Veterans Tribute (L) 1:30 Residents' Choice (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 iN2L (TL)</p> <p>HONORING ALL OUR VETERANS</p> 	<p>12 9:30 Reminiscence (L) 10:00 Tone Up! (L) 1:30 Uno (CR) 3:00 Kings in the Corner (CR)</p>
<p>13 Week 2 Menu 9:00 Catholic Communion 1:00 Any Card Game (CR) 2:00 Family Jackpot Bingo (DR)</p>	<p>14 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)</p>	<p>15 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>16 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>10:00 BOOKMOBILE VISITS</p>	<p>17 9:00 Coffee Klatch (L) 10:30 Fusion Exercise (L) 11:30 Just Men Lunch (PDR) 1:00 Manicure Nails (CR) 2:00 Word Search (L) 3:00 Can Throw (L) 6:00 Cover-all Bingo (L)</p>	<p>18 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Any Card Game (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 iN2L (TL)</p>	<p>19 9:30 Reminiscence (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:00 Kings in the Corner (CR)</p>
<p>20 Week 3 Menu 9:00 Catholic Communion 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L)</p>	<p>21 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:00 Catholic Rosary (TL) 1:30 Thanksgiving Recipes (L) 2:00 iN2L (TL) 3:00 Cook Me Up (CR)</p>	<p>22 9:30 News Review (L) 10:00 Sing a long Tunes (L) 1:30 Surprise Scenic Drive 2:00 Puzzles (CR) 3:30 Craft Time (CR) 6:00 Bingo (L)</p>	<p>23 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 10:30 Lakeside Academy Visits (L) 2:00 Social Hour (L) 3:30 iN2L (L) 6:00 Movie (L)</p> <p>10:00 BOOKMOBILE VISITS</p>	 <p><i>Happy Thanksgiving</i></p>	<p>25 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Residents' Choice (CR) 2:00 Movie, Popcorn & Soda (L) 3:30 iN2L (TL)</p>	<p>26 9:30 Reminiscence (L) 10:30 Tone Up! (L) 1:30 Uno (CR) 3:00 Kings in the Corner (CR)</p>
<p>27 Week 4 Menu 9:00 Catholic Communion 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L)</p>	<p>28 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:00 Catholic Rosary (TL) 1:30 Favorite Pies (L) 2:00 iN2L (TL) 3:00 Cook Me Up (CR)</p>	<p>29 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)</p>	<p>30 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 iN2L (L) 5:30 Tilles Park Winter Wonderland 6:00 Movie (L)</p>	<p>Activity Locations:</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>		 Vital Active  Nature Vitality  Connected Vitality  Social Vitality  Spiritual Vitality  Vital Creativity  Vital Entertainment