




MARCH 2023



Cape Albeon Village Vital Life Enrichment Calendar

*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Week 3 Menu</i></p> <p>BOOKMOBILE VISITS ON WEDNESDAY</p> <p>MAR. 1 & MAR. 15 & MAR. 29</p> <p>10:00 A.M.</p> <p>VILLAGE LIVING ROOM</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) T.V. Lounge</p>	<p>Vital Active Nature Vitality</p> <p>Connected Vitality Social Vitality</p> <p>Spiritual Vitality Vital Creativity</p> <p>Vital Entertainment</p>	<p>1</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 Bull's Eye (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00 A.M.</p>	<p>2</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 (CR)</p> <p>3:00 Floor Tic Tac Toe (L)</p> <p>6:00 Bingo (L)</p>	<p>3</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:30 Trivia (L)</p> <p>2:00 Movie, Popcorn & Soda (L)</p> <p>3:30 Residents' Choice (CR)</p>	<p>4</p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Yahtzee (CR)</p>
<p>5 <i>Week 4 Menu</i></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:30 Jackpot Bingo (L)</p>	<p>6</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit & Be Fit (L)</p> <p>1:30 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 Flower Types (L)</p>	<p>7</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>8</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 Bull's Eye (L)</p> <p>6:00 Movie (L)</p>	<p>9</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 (CR)</p> <p>2:00 Social: Popcorn Day (L)</p> <p>3:00 Dartball (L)</p> <p>6:00 Bingo (L)</p> <p>POPCORN LOVERS' DAY</p>	<p>10</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:30 Trivia (L)</p> <p>2:00 Movie, Popcorn & Soda (L)</p> <p>3:30 Any Card Game (CR)</p>	<p>11</p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 UNO (CR)</p>
<p>12 <i>Week 1 Menu</i></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>2:00 Family Jackpot Bingo (DR)</p> <p>DAYLIGHT SAVING TIME BEGINS</p>	<p>13</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit & Be Fit (L)</p> <p>1:30 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 IN2L (TL)</p>	<p>14</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>15</p> <p>9:30 Morning Walk (L)</p> <p>10:00 Ecumenical Worship Service (L)</p> <p>2:00 St. Patrick's Day Party (L)</p> <p>3:30 Bowling for Dollars (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00 A.M.</p>	<p>16</p> <p>9:00 Coffee Klatch (L)</p> <p>10:00 Catholic Mass (L)</p> <p>11:00 Fusion Exercise (L)</p> <p>1:00 Manicure Nails (CR)</p> <p>2:00 Word Search (L)</p> <p>3:00 Entertainment: "Sing along Sisters" (L)</p> <p>6:00 Bingo (L)</p>	<p>17</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:30 Trivia (L)</p> <p>2:00 Movie, Popcorn & Soda (L)</p> <p>3:30 Residents' Choice (CR)</p> <p>HAPPY ST. PATRICK'S DAY</p>	<p>18</p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Left, Center, Right (CR)</p>
<p>19 <i>Week 2 Menu</i></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:30 Jackpot Bingo (L)</p>	<p>20</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit & Be Fit (L)</p> <p>11:30 Just Men's Lunch (PDR)</p> <p>1:30 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 Un-Mix the Words (L)</p>	<p>21</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 Craft Time (CR)</p> <p>6:00 Bingo (L)</p> <p>FIRST DAY OF SPRING</p>	<p>22</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 Parachute Throw (L)</p> <p>6:00 Movie (L)</p>	<p>23</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 Balloon Volleyball (L)</p> <p>6:00 Bingo (L)</p>	<p>24</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:30 Trivia (L)</p> <p>2:00 Movie, Popcorn & Soda (L)</p> <p>3:30 Any Card Game (CR)</p>	<p>25</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>26 <i>Week 3 Menu</i></p> <p>9:00 Catholic Communion Visits</p> <p>1:00 Any Card Game (CR)</p> <p>1:30 Rummikub (CR)</p> <p>3:30 Jackpot Bingo (L)</p>	<p>27</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit & Be Fit (L)</p> <p>1:30 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 IN2L (TL)</p>	<p>28</p> <p>9:30 News Review (L)</p> <p>10:00 Residents' Coffee & 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>29</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 Washers (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00 A.M.</p>	<p>30</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>31</p> <p>9:30 Morning Walk (L)</p> <p>10:30 Bingo (L)</p> <p>1:30 Trivia (L)</p> <p>2:00 Movie, Popcorn & Soda (L)</p> <p>3:30 Residents' Choice (CR)</p>	