



MAY 2023



Cape Albeon Village Vital Life Enrichment Calendar

*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Week 4 Menu continued</i></p>	<p>1</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 IN2L (TL) 	<p>2</p> <ul style="list-style-type: none"> 9:30 News Review (L) 10:00 Coffee, Tea and Me (L) 1:30 Scenic Drive 2:00 Puzzles (CR) 3:30 Let's Paint (CR) 6:00 Bingo (L) 	<p>3</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 Swatter fly (L) 6:00 Movie (L) 	<p>4</p> <ul style="list-style-type: none"> 9:00 Coffee Klatch (L) 10:30 Fusion Exercise (L) 1:00 Manicure Nails (CR) 2:00 Word Search (CR) 3:00 Hot Potato (L) 6:00 Bingo (L) 	<p>5</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Trivia (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR) <p>CINCO de MAYO</p>	<p>6</p> <ul style="list-style-type: none"> 9:30 Reminisce (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:00 Yahtzee (CR)
<p>7 Week 1 Menu</p> <ul style="list-style-type: none"> 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 2:00 Family Jackpot Bingo (DR) 	<p>8</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 Motherly Love (CR) 	<p>9</p> <ul style="list-style-type: none"> 9:30 News Review (L) 10:00 Coffee, Tea and Me (L) 1:30 Scenic Drive 2:00 Puzzles (CR) 3:30 Let's Paint (CR) 6:00 Bingo (L) 	<p>10</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 Dartball (L) 6:00 Movie (L) <p>BOOKMOBILE VISITS 10:00</p>	<p>11</p> <ul style="list-style-type: none"> 9:00 Coffee Klatch (L) 10:30 Glamor Shots (TL) Fusion Exercise (L) 1:00 Manicure Nails (CR) 2:00 Word Search (CR) 3:00 Cup Throw (L) 6:00 Bingo (L) 	<p>12</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Trivia (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Any Card Game (CR) 	<p>13</p> <ul style="list-style-type: none"> 9:30 Reminisce (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:30 UNO (CR)
<p>14 Week 1 Menu</p> <ul style="list-style-type: none"> 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Mother's Day Celebration (L) 3:30 Jackpot Bingo (L) 	<p>15</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 IN2L (TL) 	<p>16</p> <ul style="list-style-type: none"> 9:30 News Review (L) 10:00 Coffee, Tea and Me (L) 1:30 Scenic Drive 2:00 Puzzles (CR) 3:30 Let's Paint (CR) 6:00 NO Bingo (L) 6:00 Concert: Connie & Amalia (L) 	<p>17</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Ice Cream Social (L) 3:30 Balloon Volleyball (L) 5:00 Family Forum Meeting (L) 6:30 Movie (L) 	<p>18</p> <ul style="list-style-type: none"> 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 Ring Toss (L) 6:00 Bingo (L) 	<p>19</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Trivia (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR) 	<p>20</p> <ul style="list-style-type: none"> 9:30 Reminisce (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:00 Left, Center, Right (CR) <p>ARMED FORCES DAY</p>
<p>21 Week 2 Menu</p> <ul style="list-style-type: none"> 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L) 	<p>22</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 11:30 Just Men's Lunch (PDR) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 Memorials (L) 	<p>23</p> <ul style="list-style-type: none"> 9:30 News Review (L) 10:00 Coffee, Tea and Me (L) 1:30 Scenic Drive 2:00 Puzzles (CR) 3:30 Craft Time (CR) 6:00 Bingo (L) 	<p>24</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 Bull's Eye (L) 6:00 Movie (L) <p>BOOKMOBILE VISITS 10:00 A.M</p>	<p>25</p> <ul style="list-style-type: none"> 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>26</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Trivia (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Any Card Game (CR) 	<p>27</p> <ul style="list-style-type: none"> 9:30 Reminisce (L) 10:30 Tone Up! (L) 1:30 Dominoes (CR) 3:00 Kings in the Corner (CR)
<p>28 Week 3 Menu</p> <ul style="list-style-type: none"> 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L) 	<p>29</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:15 NO ROSARY 2:00 Cook Me Up (CR) 3:30 IN2L (TL) 	<p>30</p> <ul style="list-style-type: none"> 9:30 News Review (L) 10:00 Residents' Coffee & Donuts (L) 1:30 Scenic Drive 2:00 Puzzles (CR) 3:30 Let's Paint (CR) 6:00 Bingo (L) 	<p>31</p> <ul style="list-style-type: none"> 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 Parachute Throw(L) 6:00 Movie (L) 	<p>Activity Locations:</p> <ul style="list-style-type: none"> (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 	<ul style="list-style-type: none"> Vital Active Connected Vitality Spiritual Vitality Vital Entertainment Nature Vitality Social Vitality Vital Creativity 	<p>BOOKMOBILE VISITS ON WEDNESDAY MAY 10 & MAY 24 10:00 A.M. VILLAGE LIVING ROOM</p>