



# AUGUST 2023

Cape Albeon Village Vital Life Enrichment Calendar

\*Activities are subject to change



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>WEEK 1 MENU CONTINUES</b></p>	<p><b>REMINDER:</b></p> <p><b>BOOKMOBILE VISITS ON WEDNESDAY</b></p> <p><b>AUG. 2, AUG. 16 &amp; AUG. 30</b></p> <p><b>10:00 A.M.</b></p> <p><b>VILLAGE LIVING ROOM</b></p>	<p><b>1</b></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><b>2</b></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 Bowling (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00</p>	<p><b>3</b></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 Swatter Ball (L)</p> <p>6:00 Bingo (L)</p>	<p><b>4</b></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 &amp; Soda (L)</p> <p>3:30 Residents' Choice (CR)</p>	<p><b>5</b></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><b>6 Week 2 Menu</b></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><b>7</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>1:15 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 School Days (L)</p>	<p><b>8</b></p> <p>9:30 News Review (L)</p> <p>10:00 Coffee, Tea and Me (L)</p> <p>11:30 GP. 1: Bring a Friend Luncheon (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><b>9</b></p> <p>9:30 Morning Walk (L)</p> <p>10:00 Ecumenical Worship Service (L)</p> <p>11:30 GP. 2: Bring a Friend Luncheon (L)</p> <p>2:00 NO Social Hour</p> <p>3:30 Ring Toss (L)</p> <p>6:00 Movie (L)</p>	<p><b>10</b></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 Cups in a Row (L)</p> <p>6:00 Bingo (L)</p>	<p><b>11</b></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 &amp; Soda (L)</p> <p>3:30 Any Card Game (CR)</p>	<p><b>12</b></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><b>13 Week 3 Menu</b></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><b>14</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>1:15 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 IN2L (TL)</p>	<p><b>15</b></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><b>16</b></p> <p>9:30 Morning Walk (L)</p> <p>10:00 Ecumenical Worship Service (L)</p> <p>2:00 Ice Cream Social (L)</p> <p>3:30 Bull's Eye (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00</p>	<p><b>17</b></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 Tic Tac Toe floor game (L)</p> <p>6:00 Bingo (L)</p>	<p><b>18</b></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 &amp; Soda (L)</p> <p>3:30 Residents' Choice (CR)</p>	<p><b>19</b></p> <p>9:30 Reminisce (L)</p> <p>10:30 Tone Up! (L)</p> <p>1:30 Dominoes (CR)</p> <p>3:00 Farkle (CR)</p>
<p><b>20 Week 4 Menu</b></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><b>21</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>11:30 Just Men's Lunch (P)</p> <p>1:15 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 Hangman (L)</p>	<p><b>22</b></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><b>23</b></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 Tic Tac Toe floor game (L)</p> <p>6:00 Movie (L)</p>	<p><b>24</b></p> <p>9:00 Coffee Klatch (L)</p> <p>10:30 Fusion Exercise (TL)</p> <p>1:00 Manicure Nails (CR)</p> <p>2:00 Word Search (L)</p> <p>3:00 Bowling (L)</p> <p>6:00 Bingo (L)</p>	<p><b>25</b></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 &amp; Soda (L)</p> <p>3:30 Any Card Game (CR)</p>	<p><b>26</b></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 Corners (CR)</p>
<p><b>27 Week 5 Menu</b></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><b>28</b></p> <p>9:30 Morning Walk (L)</p> <p>10:30 Sit &amp; Be Fit (L)</p> <p>1:15 Catholic Rosary (TL)</p> <p>2:00 Cook Me Up (CR)</p> <p>3:30 IN2L (TL)</p>	<p><b>29</b></p> <p>9:30 News Review (L)</p> <p>10:00 Residents' Coffee &amp; Donuts (L)</p> <p>1:30 Scenic Drive &amp; Stop for Fritz's Ice Cream</p> <p>2:00 Puzzles (CR)</p> <p>3:30 Let's Paint (CR)</p> <p>6:00 Bingo (L)</p>	<p><b>30</b></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 (L)</p> <p>6:00 Movie (L)</p> <p>BOOKMOBILE VISITS 10:00 A.M.</p>	<p><b>31</b></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 Washers (L)</p> <p>6:00 Bingo (L)</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) T.V. Lounge</p>	<p>Vital Active </p> <p>Connected Vitality </p> <p>Spiritual Vitality </p> <p>Vital Entertainment </p> <p>Nature Vitality </p> <p>Social Vitality </p> <p>Vital Creativity </p>