



OCTOBER 2023



Cape Albeon Village Vital Life Enrichment Calendar

*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
1 Week 1 Menu 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 2:00 Family Jackpot Bingo (DR)	2 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 (L)	3 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)	4 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 Story Time (L) 6:00 Movie (L)	5 9:00 Coffee Klatch (L) 10:30 Chair Dancing Exercise (L) 1:00 Manicure Nails (CR) 3:00 Washers (L) 6:00 Bingo (L)	6 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)	7 11:30-2:30 Family Picnic under tents at the Harbor
8 Week 2 Menu 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L)	9 9:30 Morning Walk (L) 10:30 Lakeside Children Visit (L) 11:00 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 Bullseye (L)	10 9:30 News Review (L) 10:00 Coffee, Tea and Me (L) 1:30 NO Scenic Drive 2:00 Puzzles (CR) 3:30 Let's Paint (CR) 6:00 Bingo (L)	11 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Ice Cream Social Hour (L) 3:30 Story Time (L) 6:00 Movie (L) BOOKMOBILE VISITS 10:00	12 9:00 Coffee Klatch (L) 10:30 Chair Dancing Exercise (L) 1:00 Manicure Nails (CR) 3:00 Bowling (L) 6:00 Bingo (L)	13 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Trivia (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR)	14 9:30 Reminisce (L) 10:30 Tone Up! (L) 2:00 UNO (CR) 3:00 Can You Name Five (CR)
15 Week 3 Menu 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L)	16 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 11:30 Just Men's Lunch (P) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 IN2L (L)	17 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)	18 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 Story Time (L) 6:00 Movie (L) BOOKMOBILE VISITS 10:00	19 9:00 Coffee Klatch (L) 10:00 Catholic Mass (L) 11:00 Chair Dancing Exercise (L) 1:00 Manicure Nails (CR) 3:00 Swatterball (L) 6:00 Bingo (L)	20 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)	21 9:30 Reminisce (L) 10:30 Tone Up! (L) 2:00 Dominoes (CR) 3:00 Pop Up Game (CR)
22 Week 4 Menu 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L)	23 9:30 Morning Walk (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Scenic Drive 3:30 Balloon Volleyball (L)	24 9:30 News Review (L) 10:00 Residents' Coffee & Donuts (L) 2:00 Cook Me Up (CR) 3:30 Let's Paint (CR) 6:00 Bingo (L)	25 9:30 Morning Walk (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour (L) 3:30 Story Time (L) 6:00 Movie (L) BOOKMOBILE VISITS 10:00	26 9:00 Coffee Klatch (L) 10:30 Chair Dancing Exercise (L) 1:00 Manicure Nails (CR) 3:00 Parachute (L) 6:00 Bingo (L)	27 9:30 Morning Walk (L) 10:30 Bingo (L) 1:30 Trivia (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR)	28 9:30 Reminisce (L) 10:30 Tone Up! (L) 2:00 Scrabble (CR) 3:00 Kings in the Corners (CR)
29 Week 5 Menu 9:00 Catholic Communion Visits 1:00 Any Card Game (CR) 1:30 Rummikub (CR) 3:30 Jackpot Bingo (L)	30 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)	31 HAPPY HALLOWEEN 9:30 Lakeside Halloween Parade (L) 10:00 Coffee, Tea and Me (L) 1:30 NO Scenic Drive 1:30 Halloween Party (L) 3:00 Puzzles (CR) 6:00 Bingo (L)	REMINDER: BOOKMOBILE VISITS ON WEDNESDAY Oct. 11 & Oct. 25 10:00 A.M. VILLAGE LIVING ROOM		Activity Locations: (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	Vital Active Connected Vitality Spiritual Vitality Vital Entertainment Nature Vitality Social Vitality Vital Creativity