






# DECEMBER 2023



Cape Albeon Village Vital Life Enrichment Calendar

\*Activities are subject to change

| SUN                                                                                                                                                                                                                             | MON                                                                                                                                                                    | TUE                                                                                                                                                                             | WED                                                                                                                                                                                                          | THU                                                                                                                                                             | FRI                                                                                                                                           | SAT                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Week 2 Menu Continued                                                                                                                                                                                                           | <b>REMINDER:</b><br><b>BOOKMOBILE VISITS ON WEDNESDAY Dec. 13 10:00 A.M. VILLAGE LIVING ROOM</b>                                                                       |                                                                                                                                                                                 |                                                                                                                                                                                                              |                                                                                                                                                                 | 1<br>9:30 Morning Walk (L)<br>10:30 Bingo (L)<br>1:30 Trivia (L)<br>2:00 Movie, Popcorn & Soda (L)<br>3:30 Any Card Game (CR)                 | 2<br>9:30 Reminisce (L)<br>10:30 Tone Up! (L)<br>2:00 Dominoes (CR)<br>3:00 Rummikub (CR)                    |
| 3 Week 3 Menu<br>9:00 Catholic Communion Visits<br>1:00 Any Card Game (CR)<br>1:30 Rummikub (CR)<br>2:00 Family Jackpot Bingo (DR)                                                                                              | 4<br>9:30 Morning Walk (L)<br>10:30 Sit & Be Fit (L)<br>1:15 Catholic Rosary (TL)<br>2:00 Cook Me Up (CR)<br>4:30 Christmas Candlelight Service (DR)                   | 5<br>9:30 News Review (L)<br>10:00 Coffee, Tea and Me (L)<br>1:30 Scenic Drive<br>2:00 Word Search (L)<br>3:30 Let's Paint (CR)<br>6:00 Bingo (L)                               | 6<br>9:30 Morning Walk (L)<br>10:00 Ecumenical Worship Service (L)<br>2:00 Social Hour (L)<br>3:30 Story Time (L)<br>6:00 NO Movie (L)<br>6:00 Santa's Magical Kingdom                                       | 7<br>9:00 Coffee Klatch (L)<br>10:30 Chair Dancing Exercise (L)<br>1:30 Manicure Nails (CR)<br>3:00 Cornhole (CR)<br>6:00 Bingo (L)                             | 8<br>9:30 Morning Walk (L)<br>10:30 Bingo (L)<br>1:30 Trivia (L)<br>2:00 Movie, Popcorn & Soda (L)<br>3:30 Residents' Choice (CR)             | 9<br>9:30 Reminisce (L)<br>10:30 Tone Up! (L)<br>2:00 UNO (CR)<br>3:00 Sorry (CR)                            |
| 10 Week 4 Menu<br>9:00 Catholic Communion Visits<br>1:00 Any Card Game (CR)<br>1:30 Rummikub (CR)<br>3:30 Jackpot Bingo (L)                                                                                                     | 11<br>9:30 Morning Walk (L)<br>10:30 Lakeside Children Visit (L)<br>11:30 Just Men's Lunch (PDR)<br>1:15 Catholic Rosary (TL)<br>2:00 Cook Me Up (CR)<br>3:30 IN2L (L) | 12<br>9:30 News Review (L)<br>10:30 Sit & Be Fit (L)<br>1:30 NO Scenic Drive<br>1:30 Words from a Word (CR)<br>2:30 Craft Time (CR)<br>6:00 NO Bingo<br>6:00 Tillis Park Lights | 13<br>9:30 Morning Walk (L)<br>10:00 Ecumenical Worship Service (L)<br>2:00 Social Hour (L)<br>3:30 Karaoke (L)<br>6:00 Movie (L)                                                                            | 14<br>9:00 Coffee Klatch (L)<br>10:30 Chair Dancing Exercise (L)<br>1:30 Manicure Nails (CR)<br>3:00 Swatterball (L)<br>6:00 Bingo (L)                          | 15<br>9:30 Morning Walk (L)<br>10:30 Bingo (L)<br>1:30 Trivia (L)<br>2:00 Movie, Popcorn & Soda (L)<br>3:30 Any Card Game (CR)                | 16<br>9:30 Reminisce (L)<br>10:30 Tone Up! (L)<br>2:00 Kings in the Corners (CR)<br>3:00 Rummikub (CR)       |
| 17 Week 1 Menu<br>9:00 Catholic Communion Visits<br>1:00 Any Card Game (CR)<br>1:30 Rummikub (CR)<br>3:30 Jackpot Bingo (L)                                                                                                     | 18<br>9:30 Morning Walk (L)<br>10:30 Sit & Be Fit (L)<br>1:15 Catholic Rosary (TL)<br>2:00 Cook Me Up (CR)<br>3:30 Word in Time Game (L)                               | 19<br>9:30 News Review (L)<br>10:00 Coffee, Tea and Me (L)<br>1:30 Scenic Drive<br>2:00 Fill in the Blanks (CR)<br>3:30 Let's Paint (CR)<br>6:00 Bingo (L)                      | 20<br>9:30 Morning Walk (L)<br>10:00 NO Ecumenical Worship Service<br>2:00 Social Hour (L)<br>3:30 Story Time (L)<br>6:00 Movie (L)                                                                          | 21<br>9:00 Coffee Klatch (L)<br>10:00 Catholic Mass (L)<br>10:45 Chair Dancing Exercise (L)<br>1:30 Manicure Nails (CR)<br>3:00 Parachute (L)<br>6:00 Bingo (L) | 22<br>9:30 Morning Walk (L)<br>10:30 Bingo (L)<br>1:00 Christmas Service (L)<br>2:00 Movie, Popcorn & Soda (L)<br>3:30 Residents' Choice (CR) | 23<br>9:30 Reminisce (L)<br>10:30 Tone Up! (L)<br>2:00 St. Louis Opoly (CR)<br>3:00 Left, Center, Right (CR) |
| 24 Week 2 Menu<br>9:00 Catholic Communion Visits<br>1:30 Rummikub (CR)<br>3:30 NO Jackpot Bingo (L)<br>                                      | 25<br>                                                                              | 26<br>9:30 News Review (L)<br>10:00 Residents' Coffee & Donuts (L)<br>1:30 Scenic Drive<br>2:00 Puzzles (CR)<br>3:30 Craft Time (CR)<br>6:00 Bingo (L)                          | 27<br>9:30 Morning Walk (L)<br>10:00 Ecumenical Worship Service (L)<br>2:00 Social Hour (L)<br>3:30 Hot Potato (L)<br>6:00 Movie (L)                                                                         | 28<br>9:00 Coffee Klatch (L)<br>10:30 Chair Dancing Exercise (L)<br>1:30 Manicure Nails (CR)<br>3:00 Bowling (L)<br>6:00 Bingo (L)                              | 29<br>9:30 Morning Walk (L)<br>10:30 Bingo (L)<br>1:30 Trivia (L)<br>2:00 Movie, Popcorn & Soda (L)<br>3:30 Any Card Game (CR)                | 30<br>9:30 Reminisce (L)<br>10:30 Tone Up! (L)<br>2:00 Kings in the Corners (CR)<br>3:00 Rumikub (CR)        |
| 31 Week 3 Menu<br>9:00 Catholic Communion Visits<br>11:30 New Years Eve Celebration (DR)<br>1:30 Rummikub (CR)<br>3:30 Jackpot Bingo (L)<br> |                                                                                                                                                                        |                                                                                                                                                                                 | <b>Activity Locations:</b><br>(C) Chapel<br>(CC) Dining Room<br>(CR) Chesapeake Room<br>(L) Living Room<br>(Li) Library<br>(N) Nurses' Station<br>(P) Patio<br>(PDR) Private Dining Room<br>(TL) T.V. Lounge | Vital Active  Nature Vitality<br>Connected Vitality  Social Vitality<br>Spiritual Vitality  Vital Creativity<br>Vital Entertainment                             |                                                                                                                                               |                                                                                                              |