






JULY 2024



Cape Albeon Village Vital Life Enrichment Calendar

*Activities are subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Week 1 Menu</i></p> <p>*Activities are subject to be changed.</p>	<p>1</p> <p>9:30 Current Events & Hot Topics (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 103rd Birthday Party (L) Jennell Murray 3:30 Grip Ball Toss (L)</p>	<p>2</p> <p>9:00 Walking Group (L) 10:00 Let's Paint (CR) 1:30 Bowling (L) 2:30 Scenic Drive 3:00 Coffee, Tea and Me (PDR) 6:00 Bingo (L)</p>	<p>3</p> <p>9:00 Walking Group (L) 10:00 Ecumenical Worship Service (L) 1:00 Hangman (L) 3:00 July 4th Celebration with Bob Row (L) 6:00 Movie (L)</p>	<p>4</p> <p>10:30 Bingo (L) 1:30 Patriotic Sing a Long (L)</p> <div style="text-align: center;">  Happy 4th of July!  </div>	<p>5</p> <p>9:00 Walking Group (L) 10:30 Bingo (L) 1:30 Word Puzzles (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR)</p>	<p>6</p> <p>9:30 Word Puzzles (CR) 10:30 Tone Up! (L) 1:30 Rummikub (CR) 3:00 Piano Concert with Rekha Dravina (L)</p>
<p>7 <i>Week 2 Menu</i></p> <p>9:00 Catholic Communion Room Visits 1:00 Any Card Game (CR) 2:00 Family Jackpot Bingo (DR) 3:30 Music Time (L)</p>	<p>8</p> <p>9:30 Current Events & Hot Topics (L) 10:30 Lakeside Children Visit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 Swatterball (L)</p>	<p>9</p> <p>9:00 Walking Group (L) 10:30 Sit & Be Fit (L) 1:30 Washers (L) 1:45 Bookmobile Visits (L) 2:30 Scenic Drive 3:00 Craft Time (CR) 6:00 Bingo (L)</p>	<p>10</p> <p>9:00 Walking Group (L) 10:00 Ecumenical Worship Service (L) 2:00 Ice Cream Social with Scott Laytham (L) 3:30 Story Time (L) 6:00 Movie (L)</p>	<p>11</p> <p>9:30 Current Events/Hot Topics (L) 10:30 Chair Dancing Exercise (L) 1:30 Manicure Nails & Hand Massage (CR) 3:30 Swatterball (L) 6:00 Bingo (L)</p>	<p>12</p> <p>9:00 Walking Group (L) 10:30 Bingo (L) 1:30 Word Puzzles (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Any Card Game (CR)</p>	<p>13</p> <p>9:30 Reminisce (L) 10:30 Tone Up! (L) 2:00 Chinese Checkers (CR) 3:00 Aggravation (CR)</p>
<p>14 <i>Week 3 Menu</i></p> <p>9:00 Catholic Communion Room Visits 1:00 Any Card Game (CR) 1:30 Music Time (L) 3:30 Jackpot Bingo (L)</p>	<p>15</p> <p>9:30 Current Events & Hot Topics (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 Ring Toss (L)</p>	<p>16</p> <p>9:00 Walking Group (L) 10:00 Let's Paint (CR) 1:30 Horseshoes (L) 2:30 Scenic Drive 3:00 Coffee, Tea and Me (PDR) 6:00 Bingo (L)</p>	<p>17</p> <p>9:00 Walking Group (L) 10:00 Ecumenical Worship Service (L) 11:30 Just Men Lunch (P) 2:00 Social Hour with Stacy McCalahan (L) 3:30 Pictionary (L) 6:00 Movie (L)</p>	<p>18</p> <p>9:30 Current Events/Hot Topics (L) 10:00 Catholic Mass (L) 10:45 Chair Dancing Exercise (L) 1:30 Manicure Nails (CR) 3:00 Singalong with Don & Friends (L) 6:00 Bingo (L)</p>	<p>19</p> <p>9:00 Walking Group (L) 10:30 Bingo (L) 1:30 Word Puzzles (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Residents' Choice (CR)</p>	<p>20</p> <p>9:30 Reminisce (L) 10:30 Tone Up! (L) 2:00 Book Club (TL) 3:00 Yahtzee (CR)</p>
<p>21 <i>Week 4 Menu</i></p> <p>9:00 Catholic Communion Room Visits 1:00 Any Card Game (CR) 1:30 Music Time (L) 3:30 Jackpot Bingo (L)</p>	<p>22</p> <p>9:30 Current Events & Hot Topics (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 Bowling (L)</p>	<p>23</p> <p>9:00 Walking Group (L) 10:00 Craft Time (CR) 1:30 Giant Ring Toss (L) 1:45 Bookmobile Visits (L) 2:30 Scenic Drive 3:00 Hangman (L) 6:00 Bingo (L)</p>	<p>24</p> <p>9:00 Walking Group (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour with Anita Rosamond (L) 3:30 Story Time (L) 6:00 Movie (L)</p>	<p>25</p> <p>9:30 Current Events/Hot Topics (L) 10:30 Chair Dancing Exercise (L) 1:30 Manicure Nails & Hand Massage (CR) 3:00 Beach Volleyball (L) 6:00 Bingo (L)</p>	<p>26</p> <p>9:00 Walking Group (L) 10:30 Bingo (L) 1:30 Word Puzzles (L) 2:00 Movie, Popcorn & Soda (L) 3:30 Any Card Game (CR)</p>	<p>27</p> <p>9:30 Word Puzzles (CR) 10:30 Tone Up! (L) 2:00 Dominoes (CR) 3:00 Rummikub (CR)</p>
<p>28 <i>Week 1 Menu</i></p> <p>9:00 Catholic Communion Room Visits 1:00 Any Card Game (CR) 1:30 Music Time (L) 3:30 Jackpot Bingo (L)</p>	<p>29</p> <p>9:30 Current Events & Hot Topics (L) 10:30 Sit & Be Fit (L) 1:15 Catholic Rosary (TL) 2:00 Cook Me Up (CR) 3:30 Plinko (L)</p>	<p>30</p> <p>9:00 Walking Group (L) 10:00 Residents' Coffee & Donuts (L) 1:30 Parachute (L) 2:30 Scenic Drive 3:30 Let's Paint (CR) 6:00 Bingo (L)</p>	<p>31</p> <p>9:00 Walking Group (L) 10:00 Ecumenical Worship Service (L) 2:00 Social Hour with EJ Glaser (L) 3:30 Pictionary (L) 6:00 Movie (L)</p>	<p>BOOKMOBILE VISITS ON TUESDAY JULY 9 & 23 2:45 P.M. VILLAGE LIVING ROOM</p> <div style="text-align: center;">  </div>		<p>Activity Locations: (C) Chapel (DR) Dining Room (CR) Chesapeake Room (L) Living Room (Li) Library (N) Nurses' Station (P) Patio (PDR) Private Dining Room (TL) T.V. Lounge</p>