





# OCTOBER 2024



Cape Albeon Village Vital Life Enrichment Calendar

*\*Activities are subject to change*

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Week 2 Menu</i></p>	<p><b>BOOKMOBILE VISITS ON TUESDAY</b>  <b>October 1, 15 &amp; 29</b>  <b>2:45 P.M.</b>  <b>VILLAGE LIVING ROOM</b></p> 	<p><b>1</b></p> <p>9:30 Walking Group (L)            10:00 Let's Paint (CR)            1:00 <i>Scenic Drive</i>            2:45 Bookmobile Visits (L)            3:30 Pictionary (L)            6:00 Bingo (L)</p>	<p><b>2</b></p> <p>9:30 Word Puzzles (L)            10:00 Ecumenical Worship Service (L)            2:00 Social Hour w/ Bryan Foggs (L)            3:30 Tell Me a Riddle (L)            6:00 Movie (L)</p>	<p><b>3</b></p> <p>9:30 Current Events/Hot Topics (L)            10:30 Chair Dancing Exercise (L)            1:30 Manicure Nails (CR)            3:00 Trivia (iN2L) (L)            6:00 Bingo (L)</p>	<p><b>4</b></p> <p>9:30 Walking Group (L)            10:30 Bingo (L)            1:30 Word Puzzles (L)            2:00 Movie, Popcorn &amp; Soda (L)            3:30 Residents' Choice (CR)</p>	<p><b>5</b></p> <p><b>11:30-2:00 Family Picnic under tents at the Harbor</b></p> 
<p><b>6</b> <i>Week 3 Menu</i></p> <p>9:00 Catholic Communion Room Visits            1:00 Any Card Game (CR)            2:00 Music Time (L)            3:30 Jackpot Bingo (L)</p>	<p><b>7</b></p> <p>9:30 Word Puzzles (L)            10:30 Sit &amp; Be Fit (L)            1:15 Catholic Rosary (TL)            2:00 Cook Me Up (CR)            3:30 Ring Toss (L)</p>	<p><b>8</b></p> <p>9:30 Walking Group (L)            10:00 Craft Time (CR)            1:00 <i>Scenic Drive</i>            3:00 Coffee, Tea and Me (PDR)            6:00 Bingo (L)</p>	<p><b>9</b></p> <p>9:30 Word Puzzles (L)            10:00 Ecumenical Worship Service (L)            2:00 Ice Cream Social w/ Bob Row (L)            3:30 Story Time (L)            6:00 Movie (L)</p>	<p><b>10</b></p> <p>9:30 Current Events/Hot Topics (L)            10:30 Chair Dancing Exercise (L)            1:30 Manicure Nails (CR)            3:30 Grip Ball Toss (L)            6:00 Bingo (L)</p>	<p><b>11</b></p> <p>9:30 Walking Group (L)            10:30 Bingo (L)            1:30 Word Puzzles (L)            2:00 Movie, Popcorn &amp; Soda (L)            3:30 Any Card Game (CR)</p>	<p><b>12</b></p> <p>9:30 Reminisce - Fall (L)            10:30 Tone Up! (L)            2:00 Puzzles (CR)            3:00 <i>Rekha Dravina (L)</i></p>
<p><b>13</b> <i>Week 4 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><b>14 COLUMBUS DAY</b></p> <p>9:30 Walking Group (L)            10:30 Lakeside Children Visit (L)            1:15 Catholic Rosary (TL)            2:00 Cook Me Up (CR)            3:30 Bulls Eye (L)</p>	<p><b>15</b></p> <p>9:30 Word Puzzles (L)            10:30 Sit &amp; Be Fit (L)            1:00 <i>Scenic Drive</i>            2:45 Bookmobile Visits (L)            3:30 Karaoke (iN2L) (L)            6:00 Bingo (L)</p>	<p><b>16</b></p> <p>9:30 Word Puzzles (L)            10:00 Ecumenical Worship Service (L)            11:30 Just Men Lunch (PDR)            2:00 Social Hour w/ Anita Rosamond (L)            3:30 A Time to Laugh (L)            6:00 Movie (L)</p>	<p><b>17</b></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)            3:30 Swatterball (L)            6:00 Bingo (L)</p>	<p><b>18</b></p> <p>9:30 Walking Group (L)            10:30 Bingo (L)            1:30 Word Puzzles (L)            2:00 Movie, Popcorn &amp; Soda (L)            3:30 Residents' Choice (CR)</p>	<p><b>19</b></p> <p>9:30 Puzzles (CR)            10:30 Tone Up! (L)            2:00 Uno (CR)            3:00 Singalong with Don &amp; Friends (L)</p>
<p><b>20</b> <i>Week 1 Menu</i></p> <p>9:00 Catholic Communion Room Visits            1:00 Any Card Game (CR)            2:00 Music Time (L)            3:30 Jackpot Bingo (L)</p>	<p><b>21</b></p> <p>9:30 Word Puzzles (L)            10:30 Sit &amp; Be Fit (L)            1:15 Catholic Rosary (TL)            2:30 <i>Scenic Drive (L)</i>            3:30 Puzzles (CR)</p>	<p><b>22</b></p> <p>9:30 Walking Group (L)            10:00 Let's Paint (CR)            1:30 Cook Me Up (CR)            3:30 Who Am I (L)            6:00 Bingo (L)</p>	<p><b>23</b></p> <p>9:30 Word Puzzles (L)            10:00 Ecumenical Worship Service (L)            2:00 Social Hour w/ Rewind Band (L)            3:30 Story Time (L)            6:00 Movie (L)</p>	<p><b>24</b></p> <p>9:30 Current Events/Hot Topics (L)            10:30 Chair Dancing Exercise (L)            1:30 Manicure Nails (CR)            3:30 Beach Volleyball (L)            6:00 Bingo (L)</p>	<p><b>25</b></p> <p>9:30 Walking Group (L)            10:30 Bingo (L)            1:30 Word Puzzles (L)            2:00 Movie, Popcorn &amp; Soda (L)            3:30 Any Card Game (CR)</p>	<p><b>26</b></p> <p>9:30 Reminisce - Halloween (L)            10:30 Tone Up! (L)            2:00 Movie (TL)            3:00 Rummikub (CR)</p>
<p><b>27</b> <i>Week 2 Menu</i></p> <p>9:00 Catholic Communion Room Visits            1:00 Any Card Game (CR)            2:00 Music Time (L)            3:30 <b>NO</b> Jackpot Bingo (L)            4:30 Family Chili Dog Supper</p>	<p><b>28</b></p> <p>9:30 Word Puzzles (L)            10:30 Sit &amp; Be Fit (L)            1:15 Catholic Rosary (TL)            2:00 Cook Me Up (CR)            3:30 Bowling for Dollars (L)</p>	<p><b>29</b></p> <p>9:30 Walking Group (L)            10:00 Residents' Coffee &amp; Donuts (L)            1:00 <i>Scenic Drive</i>            3:30 Twister Bean Bag Game (L)            6:00 Bingo (L)</p>	<p><b>30</b></p> <p>9:30 Word Puzzles (L)            10:00 Ecumenical Worship Service (L)            1:30 Manicure Nails (CR)            3:30 Parachute (L)            6:00 Movie (L)</p>	<p><b>31 HAPPY HALLOWEEN</b></p> <p>9:30 Lakeside Halloween Parade (L)            10:30 Chair Dancing Exercise (L)            1:30 Halloween Party with Boyd Kasten (L)            3:30 Halloween Stories (L)            6:00 Bingo (L)</p>	<p><b>Activity Locations:</b>            (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>	