

February 2019 Kensington Village Active Living Calendar








SHEPHERD'S CARE FOUNDATION

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>National Therapeutic Recreation Month February 1-28</p> <p>Live Well. Be Healthy. Beyond Expectations</p>					<p>1</p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Mini Golf LTC /SL 10:00 Walking Club FC 1:30 Pathways Music LTC/SL 2:00 Library 2IL 2:30 Ice Cream Social MFA 2:30 Occupational Therapy 1:1's LTC 3:30 Gentle Stretch MFA 6:30 Entertainment with A Musical Journey 2FW</p> <p>No Vanessa</p>	<p>2 Ground Hog Day</p> <p>1:15 Bingo FC 1:30 Letter Scramble with Glenda 1FW</p>
<p>3</p> <p>10:00 Worship Service 3KVCC 6:30 Entertainment with Northern Heart 2FW</p>	<p>4</p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Spa for You LTC/SL 10:00 Hymn Sing 2FW 10:00 Stronger Together MFA 10:45 Circle Soccer LTC/SL 1:15 Bingo FC 1:30 Curling LTC/SL 2:30 Veterans and Friends 3IL 6:30 Scrabble IML 7:00 Knit Night 2IL</p>	<p>5</p> <p>9:00 Men's Strength 4ER 9:30 Sit n Be Fit LTC/SL 10:00 Carpet Bowling MFA 1:30 Men's Club 2FW 1:30 Sit n Be Fit IML 2:15 Mind and Body LTC 6:30 Old Time Music 2FW</p> <p>No Maureen</p>	<p>6</p> <p>9:00 Men's Strength 4ER 10:00 Volleyball LTC/SL 10:00 Prayer Gathering 3KVCC 10:00 Stronger Together MFA 1:30 Hangman LTC/SL 2:00 Creative Social FC 2:00 Wheel of Fortune MFA 2:15 Mind and Body LTC 3:30 Catholic Mass 3KVCC 6:00 KV at the Movies MFA 6:15 Magnetic Darts LTC/SL</p>	<p>7</p> <p>9:00 Edmonton Public Library 2IL 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Sit n Be Fit LTC/SL 10:30 On this Day IML 11:15 Finding Balance FC 1:00 Shopping to Walmart \$7 1:30 On This Day LTC/SL 2:00 Wii Bowling MFA 2:15 Hand Therapy LTC 3:00 OT Support Group LTC 6:00 Wellness Bingo 2FW 6:00 Church Movie "Heaven is For Real" 3KVCC</p>	<p>8</p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Mini Golf LTC/SL 10:00 Walking Club FC 11:00 Coffee with Fred 2FW 1:30 Music Moments LTC/SL 2:00 Library 2IL 2:30 Ice Cream Social MFA 2:30 Occupational Therapy 1:1's LTC 3:30 Gentle Stretch MFA 6:30 Entertainment with Golden Dreams 2FW</p>	<p>9</p> <p>1:15 Bingo FC 1:30 Letter Scramble with Glenda 1FW</p>
<p>10</p> <p>10:00 Worship Service 3KVCC 6:30 Entertainment with Andreas Kronen 2FW</p>	<p>11</p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Spa for You LTC/SL 10:00 Stronger Together FC 10:45 Circle Soccer LTC/SL 1:15 Bingo FC 1:3 Table Top Bowling LTC/SL 6:30 Scrabble IML 7:00 Knit Night 2IL</p>	<p>12</p> <p>9:00 Men's Strength 4ER 9:30 Sit n Be fit LTC/SL 10:00 Servus Credit Union 3IL 10:15 Crossword Puzzles IML 11:15 Finding Balance FC 1:30 Sit n Be Fit IML 1:30 Washer Toss LTC/SL 1:30 Auxiliary Meeting 2IL 2:15 Mind and Body LTC 6:30 Name that Tune LTC/SL</p>	<p>13</p> <p>9:00 Men's Strength 4ER 10:00 Volleyball LTC/SL 10:00 Prayer Gathering 3KVCC 10:00 Stronger Together FC 1:30 Hangman LTC/SL 2:00 Creative Social FC 2:00 Wheel of Fortune MFA 2:15 Mind and Body LTC 3:30 Catholic Mass 3KVCC 6:15 Magnetic Darts LTC/SL</p>	<p>14 Valentine's Day </p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Sit n Be Fit LTC/SL 10:30 On this Day IML 11:15 Finding Balance FC 1:30 That's Amore !!!! Heartthrob Social MFA 2:15 Hand Therapy LTC 3:00 OT Support Group LTC 6:00 Wellness Bingo 2FW 6:00 KV at the Movies MFA</p>	<p>15</p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Mini Golf LTC/SL 10:00 Walking Club FC 10:00 Personal Touch Fashions MFA 10:00 Parkinson SuppoGroup4MMR 1:30 Pathways Music LTC/SL 2:00 Library 2IL 2:00 Three Blind Mice 3IL 2:30 Ice cream Social MFA 2:30 Occupational Therapy 1:1's LTC 3:30 Gentle Stretch MFA 6:30 Entertainment with Nighthawks 2FW</p>	<p>16</p> <p>1:15 Bingo FC 1:30 Letter Scramble with Glenda 1FW</p>

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>17</p> <p>10:00 Worship Service 3KVCC</p> <p>3:00 Dolar Drugs Concert Series with Three and Company 3KVCC</p> <p>6:30 Entertainment with Prairie Wind 2FW</p> 	<p>18 Family Day</p> <p>9:00 Men's Strength 4ER</p> <p>9:15 Exercise Class MFA</p> <p>10:00 United Service 3KVCC</p> <p>1:15 Bingo FC</p> <p>2:30 Curling LTC/SL</p> <p>6:30 Scrabble IML</p> <p>7:00 Knit Night 2IL</p> <p>No Dan</p> <p>No Vanessa</p>	<p>19</p> <p>9:00 Men's Strength 4ER</p> <p>9:30 Sit n Be Fit LTC/SL</p> <p>10:00 Ukrainian Catholic 4MMR</p> <p>10:15 Crossword Puzzles IML</p> <p>11:15 Finding Balance FC</p> <p>1:30 Sit n Be Fit IML</p> <p>2:15 Mind and Body LTC</p> <p>6:30 Name that Tune LTC/SL</p>	<p>20</p> <p>9:00 Men's Strength 4ER</p> <p>10:00 Volleyball LTC/SL</p> <p>10:00 Prayer Gathering 3KVCC</p> <p>10:00 Stronger Together FC</p> <p>10:00 Anglican Service 4MMR</p> <p>11:00 Book Club 2ML</p> <p>1:30 Monthly Birthday Party with Kay DaSilva \$3.50 MFA</p> <p>2:15 Mind and Body LTC</p> <p>3:30 Catholic Mass 3KVCC</p> <p>6:00 KV at the Movies MFA</p> <p>6:15 Magnetic Darts LTC/SL</p>	<p>21</p> <p>9:00 Men's Strength 4E</p> <p>9:15 Exercise Class MFA</p> <p>9:30 Sit N Be Fit LTC/SL</p> <p>10:30 On this Day IML</p> <p>11:15 Finding Balance FC</p> <p>1:00 Shopping to St. Albert Mall \$7</p> <p>1:30 On This Day LTC/SL</p> <p>2:00 Wii Bowling MFA</p> <p>2:15 Hand Therapy LTC</p> <p>3:00 OT Support Group LTC</p> <p>6:00 Wellness Bingo 2FW</p>	<p>22</p> <p>9:00 Men's Strength 4ER</p> <p>9:15 Exercise Class MFA</p> <p>10:00 Mini Golf LTC/SL</p> <p>10:00 Walking Club FC</p> <p>10:00 Shop Easy Fashions MFA</p> <p>11:00 Coffee with Fred 2FW</p> <p>1:30 Music Moments LTC/SL</p> <p>2:00 Library 2IL</p> <p>2:30 Ice Cream Social MFA</p> <p>2:30 Occupational Therapy 1:1's LTC</p> <p>3:30 Gentle Stretch MFA</p> <p>6:30 Entertainment with Jacinta 2 FW</p>	<p>23</p> <p>1:30 Letter Scramble with Glenda IFW</p> <p>3:00 Adventist Choir 2FW</p>
<p>24</p> <p>10:00 Worship Service 3KVCC</p> <p>6:30 Entertainment with Larry Renn 2FW</p> 	<p>25</p> <p>9:00 Men's Strength 4ER</p> <p>9:15 Exercise Class MFA</p> <p>9:30 Spa for You LTC/SL</p> <p>10:00 Hymn Sing 2FW</p> <p>10:00 Stronger Together MFA</p> <p>10:45 Circle Soccer LTC/SL</p> <p>1:15 Bingo FC</p> <p>1:30 Table Top Bowling LTC/SL</p> <p>6:30 Scrabble IML</p> <p>7:00 Knit Night 2IL</p> <p>No Pam</p>	<p>26</p> <p>9:00 Men's Strength 4ER</p> <p>9:30 Sit n Be Fit LTC/SL</p> <p>10:15 Crossword Puzzles IML</p> <p>11:15 Finding Balance FC</p> <p>1:30 Men's Club LTC/SL</p> <p>1:30 Sit n Be Fit IML</p> <p>2:15 Mind and Body LTC</p> <p>6:30 Name that Tune LTC/SL</p>	<p>27</p> <p>9:00 Men's Strength 4ER</p> <p>10:00 Long Term Care and Supportive Living Resident And Family Forum 2FW</p> <p>10:00 Prayer Gathering 3KVCC</p> <p>10:00 Stronger Together FC</p> <p>11:00 Book Club 2ML</p> <p>1:30 Hangman LTC/SL</p> <p>2:00 Creative Social FC</p> <p>2:15 Mind and Body LTC</p> <p>3:00 Catholic Mass 3KVCC</p> <p>6:00 KV at the Movies MFA</p> <p>6:15 Magnetic Darts LTC/SL</p>	<p>28 Wellness Clinic (Denise)</p> <p>8:00 Folding the Newsletter MFA</p> <p>9:00 Men's Strength 4ER</p> <p>9:15 Exercise Class MFA</p> <p>9:30 Sit N Be Fit LTC/SL</p> <p>10:30 On this Day IML</p> <p>11:15 Finding Balance FC</p> <p>1:30 How Well Do you Know The Therapeutic Staff? 2FW</p> <p>2:00 Wii Bowling MFA</p> <p>2:15 Hand Therapy LTC</p> <p>3:00 OT Support Group LTC</p> <p>6:00 Wellness Bingo 2FW</p>	 <p>©gnurf * illustrationsOf.com/93476</p>	
		<p>Newspaper Recycling Wednesdays by 10:00 am All Newspaper, black & white and colored. No glossy paper or garbage.</p> 	<p>Cards 7:00</p> <p>Canasta- Monday & Thursday 3IL</p> <p>Canasta- Wednesday & Friday & Sunday 2IL</p> <p>Crib- Tuesday & Saturday 3IL</p>	<p>Vendors</p> <p>February 6- 5th Avenue Jewelry</p> <p>Feb 13- Costco WL</p> <p>** Please Note **</p> <p>The events, dates and details are subject to change.</p>	<p>Legend:</p> <p>1FW: 1st Floor Wellness</p> <p>1ML: 1st Floor Manor Lounge</p> <p>2ML: 2nd Floor Manor Lounge</p> <p>2IL: 2nd Floor Library</p> <p>2FW: 2nd Floor Wellness</p> <p>3IL: 3rd Floor Inn Lounge</p> <p>3PC: 3rd Floor Pastoral Care</p> <p>3rd Floor Manor KVCC:</p> <p>Kensington Village Christian Church</p> <p>MFA: Main Floor Auditorium</p> <p>4IG: 4th Floor Inn Games Room</p> <p>4MMR: 4th Floor Manor Meeting Room</p> <p>4ER: 4th Floor Manor Exercise Room</p>	<p>Legend:</p> <p>WL: Wellness Lobby</p> <p>DRO: Dr.'s Office</p> <p>CRT: Courtyard</p> <p>VDR: Village Dining Room</p> <p>FC: Friendly Corner</p> <p>LTC- Long Term Care residents only</p> <p>LTC/SL—Long Term and Supportive Living residents only</p>