









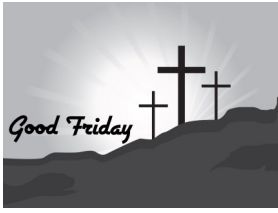






April 2019 Vanguard Active Living Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>BLUE: HCA Lead Programs RED: Volunteer/ Resident Lead Programs</p> 	<p>1 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 2:00 Read & Relate 2DR 3:00 Balance & Gentle Stretch—Main Lobby 6:15 Crafts/Puzzles/ Games 1DR</p>	<p>2 10:15 Praise & Devotional with Rita 1DR 2:00 Musical Entertainment with Jackson M—3W  3:00 One to One Visits 2DR</p>	<p>3 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Hymn Sing/Bible Study 3W 3:00 Bingo 3W 6:15 Bingo 1DR</p> <p>Sheila Starts!</p>	<p>4 10:30 Mental Aerobics 3W 1:30 Floor Curling— Main Lobby 1:30 Baking Buddies 1DR 3:00 Balance & Gentle Stretch—Main Lobby 3:00 One to One Visits 1DR 4:00 One to One Visits 2DR 5:45 Pathway Music 2DR 6:15 Pathway Music 1DR</p>	<p>5 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Pharmacare Clinic—4th Floor Pastoral Care Office  2:00 Ice Cream Social & Welcome to Sheila— Main Lobby 4:00 One to One Visits 2DR</p>	<p>6 1:00 Bowling with Irene 1DR 3:00 Wii Bowling 3W</p>
<p>7 3:30 VG Christian Community Church Service 3W—Rev. Blair Ewaskow 5:45 Pathway Music 2DR 5:45 Pathway Music 1DR</p> 	<p>8 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Bingo 3W 3:00 Balance & Gentle Stretch— Main Lobby 6:15 Crafts/Puzzles/ Games 1DR</p>	<p>9 10:15 Praise & Devotional with Rita 1DR 1:00 Mental Aerobics 3W 2:30 Story Time with EPL 1DR</p>	<p>10 10:00 Fun & Fit 3W 6:15 Bingo 1DR</p> <p>Kaitlyn & Sheila @ KV Volunteer Appreciation</p>	<p>11 1:30 Floor Curling— Main Lobby 3:00 Balance & Gentle Stretch—Main Lobby 6:00 Entertainment with Larry Renn 1DR</p> <p>Devon Foot Care Clinic Here—2nd Floor Hair Salon  Kaitlyn @ Millwoods</p>	<p>12 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 11:00 Catholic Mass 3W 2:00 EGG-cellent Social Entertainment with "Silver & Gold" Band —Main Lobby  4:00 One to One Visits 1DR 6:15 Movie 1&2 DR Devon Foot Care Clinic Here—2nd Floor Hair Salon </p>	<p>13 1:00 Bowling with Irene 1DR 3:00 Wii Bowling 3W</p>
<p>14 3:30 VG Christian Community Church Service 3W—Pastor Nate Wright 5:45 Pathway Music 1DR 5:45 Pathway Music 2DR</p> 	<p>15 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Men's Group - Main Lobby 3:00 Balance & Gentle Stretch— Main Lobby 5:45 Pathway Music 2DR 6:15 Crafts/Puzzles/ Games 1DR</p> <p>Chicks Arrive! </p>	<p>16 10:15 Praise & Devotional with Rita 1DR 1:30 Sing-a-long with Jacinta 2DR 3:00 Mental Aerobics 3W 5:45 Pathway Music 1DR</p> <p>Kaitlyn @ Meeting 1-4PM</p>	<p>17 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 12:45 1,2,3 Floor Resident Council Meeting 3DR 1:30 Hymn Sing/Bible Study 3W 1:30 Button Easter Egg 1DR 3:00 Bingo 3W 6:15 Bingo 1DR</p>	<p>18 Bus Trip to The Muttart Conservatory \$17.50 10:30AM-2:00PM  3:00 Balance & Gentle Stretch—Main Lobby 6:15 Pathway Music 1DR</p>	<p>19  3:30 Good Friday Service 3W— Rev. Blair Ewaskow</p>	<p>20 1:00 Bowling with Irene 1DR 3:00 Wii Bowling 3W</p>

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
<p>21</p> <p>3:30 VG Christian Community Church Service 3W—Rev. Blair Ewaskow</p> <p>5:45 Pathway Music 2DR</p> <p>5:45 Pathway Music 1DR</p> 	<p>22</p> <p>3:00 Balance & Gentle Stretch—Main Lobby</p> <p>6:15 Crafts/Puzzles/Games 1DR</p> <p><u>Kaitlyn off</u></p>	<p>23</p> <p>10:15 Praise & Devotional with Rita 1DR</p> <p>1:00 Men's Group— Main Lobby</p> <p>3:00 Balloon Badminton 1DR</p> <p>4:00 One to One Visits 2DR</p> <p>6:15 Pathway Music 1DR</p>	<p>24</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 1DR</p> <p>1:30 Hymn Sing/Bible Study 3W</p> <p>3:00 Bingo 3W</p> <p>6:15 Bingo 1DR</p> <p>Program Planning 1:30-3PM</p>	<p>25</p> <p>10:30 One to One Visits 1DR</p> <p>11:00 One to One Visits 2DR</p> <p>3:00 Mental Aerobics 3W</p> <p>6:00 Entertainment with Dwayne Cannan 2DR</p> <p><u>Maureen Off</u></p> <p><u>Sheila @ General Orientation</u></p>	<p>26</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 1DR</p> <p>11:00 Garden Planting Meeting—Main Lobby</p> <p>2:30 Birthday Party 2W— Entertainment with "Wes & Wendy"</p> <p>6:15 Movie 1 & 2DR</p> 	<p>27</p> <p>10:00 One to One Visits 2DR</p> <p>11:00 A Day in History- 3W</p> <p>1:00 Bowling 1DR</p> <p>3:00 Craft Corner 2DR</p> <p><u>Sheila's First Weekend</u></p>	
<p>28</p> <p>3:30 VG Christian Community Church Service 3W—Pastor Nate Wright</p> <p>5:45 Pathway Music 2DR</p> <p>5:45 Pathway Music 1DR</p> 	<p>29</p> <p>10:00 Fun & Fit 3W</p> <p>1:00 Edmonton Transit Service (ETS) Training —Main Lobby</p> <p>6:15 Crafts/Puzzles/Games 1DR</p> <p><u>Kaitlyn @ Meeting 10-12PM</u></p> <p><u>Sheila Off</u></p>	<p>30</p> <p>10:15 Praise & Devotional with Rita 1DR</p> <p>1:00 Baking Buddies 1DR</p> <p>3:00 Mental Aerobics 3W</p> <p>3:00 Community Walks 2DR</p> <p>4:00 One to One Visits 1DR</p> <p>6:15 Pathway Music 1DR</p>					
			<p><u>Tuesdays at 6:30PM</u></p> <p><u>Dominos and Board Games— Main Lobby</u></p>	<p><i>Please note, the events, dates and details are subject to change</i></p>	<p>Legend:</p> <p>1DR - 1st floor Dining Room</p> <p>1CR—1st floor court yard</p> <p>CRT: Courtyard</p> <p>2W—2nd floor west common area</p> <p>2DR—2nd floor Dining Room</p> <p>2W—2nd floor west room</p> <p>3W—3rd floor west common area</p> <p>3DR—3rd floor Dining Room</p> <p>4C - 4th Floor Café</p> <p>CPL— Chapel</p>	<p>Legend:</p> <p>BLUE: HCA Lead Programs</p> <p>RED: Volunteer/ Resident Lead Programs</p>	