












# February 2019 Vanguard Active Living Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>LEGEND</b></p> <p><b>BLUE:</b> HCA Lead Programs</p> <p><b>RED:</b> Volunteer/ Resident Lead Programs</p>					<p>1</p> <p>10:00 Fun &amp; Fit 3W 11:00 Fun &amp; Fit 2DR 1:30 Pharmacare Clinic—4th Floor Pastoral Care Office 2:00 Ice Cream Social—Main Lobby </p> <p>4:00 One to One Visits 1DR 4:30 One to One Visits 2DR 6:15 Movie 1&amp;2 DR</p>	<p>2</p> <p>1:00 Bowling with Irene 1DR 3:00 Wii Sports 3W</p>
<p>3</p> <p>1:30 Wii Sports 3W 3:30 VG Christian Community Church Service 3W—Rev. Robert Sandford 5:45 Pathway Music 2DR</p> <p style="text-align: right;"></p>	<p>4</p> <p>10:00 Fun &amp; Fit 3W 11:00 Fun &amp; Fit 2DR 1:15 Prayer in the Chapel 2:30 Baking Buddies 1DR 3:00 Balance &amp; Gentle Stretch—Main Lobby 4:00 Balloon Badminton 2DR 6:15 Crafts/Puzzles/Games 1DR</p>	<p>5</p> <p>10:15 Praise &amp; Devotional with Rita 1DR 10:45 Sensory Cart 2DR 1:00 Read &amp; Relate 1DR 2:30 Bowling 2DR 3:00 Mental Aerobics 3W 4:00 One to One Visits 1DR 4:30 One to One Visits 3DR 6:00 Entertainment with Jackson M. 2DR</p>	<p>6</p> <p>10:00 Fun &amp; Fit 3W 11:00 Fun &amp; Fit 1DR 1:30 Hymn Sing/Bible Study 3W 1:30 Wii Sports 2DR 3:00 Bingo 3W 4:15 One to One Visits 1DR 6:15 Bingo 1DR</p> <p style="text-align: right;">Kaitlyn @ Barrhead</p>	<p>7</p> <p>10:30 One to One Visits 2DR 11:00 One to One Visits 1DR 3:00 Balance &amp; Gentle Stretch—Main Lobby 5:45 Pathway Music 2DR 6:15 Pathway Music 1DR</p> <p>Devon Foot Care Clinic Here—2nd Floor Hair Salon </p> <p style="text-align: right;">Nate Off</p>	<p>8</p> <p>Therapeutic Recreation Booth—Main Lobby 11:00-2:00PM</p> <p>10:00 Fun &amp; Fit 3W 11:00 Catholic Mass 3W 2:00 Entertainment with Kay DaSilva—Main Lobby 4:00 One to One Visits 1DR 4:30 One to One Visits 2DR 6:15 Movie 1&amp;2 DR</p> <p>Devon Foot Care Clinic Here—2nd Floor </p>	<p>9</p> <p>10:00 A Day in History 3W—Chinese New Year Theme 11:15 Sing-a-long 2DR 1:00 Bowling 1DR 3:00 Balloon Badminton 3W 4:00 Craft Corner 1DR</p>
<p>10</p> <p>10:00 Reminiscing 2DR 11:00 Music &amp; Movement 1DR 1:30 Mini Golf 1DR 3:30 VG Christian Community Church Service 3W—Joel Bornau 4:15 VR Sessions 1DR 5:45 Pathway Music 1DR</p> <p style="text-align: right;"></p>	<p>11</p> <p>10:00 Fun &amp; Fit 3W 11:00 Fun &amp; Fit 1DR 1:15 Prayer in the Chapel 2:30 Name that “Heart” Tune 3:00 Balance &amp; Gentle Stretch—Main Lobby 3:30 Balloon Badminton 2DR 5:45 Pathway Music 2DR 6:15 Crafts/Puzzles/Games 1DR</p>	<p>12</p> <p>10:15 Praise &amp; Devotional with Rita 1DR 2:30 Story Time EPL 1DR 5:45 Pathway Music 1DR</p> <p style="text-align: right;">Nate Off</p>	<p>13</p> <p>10:00 Fun &amp; Fit 3W 11:00 Fun &amp; Fit 1DR 2:00 Memorial Service 3W</p> <p style="text-align: center;"></p> <p>3:30 Bingo 3W 6:15 Bingo 1DR</p>	<p>14</p> <p>10:00 Balance &amp; Gentle Stretch—Main Lobby 10:45 Baking Buddies 1DR 2:30 Valentines Day Tea—Main Lobby Entertainment with “Larry Renn” </p> <p>4:00 One to One Visits 2DR 5:45 Drumming Circle 1DR 6:15 Pathway Music 1DR</p>	<p>15</p> <p>10:00 Fun &amp; Fit 3W 11:00 Fun &amp; Fit 2DR 11:00 Ukrainian Divine Liturgy 3W 2:00 “Everything Chocolate Social” Entertainment with Dwayne C.—Main Lobby 4:00 One to One Visits 1DR 4:30 One to One Visits 2DR 6:15 Movie 1&amp;2 DR</p>	<p>16</p>

# February 2019 Vanguard Active Living Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>17</p> <p><b>1:30 Wii Sports 3W</b></p> <p>3:30 VG Christian Community Church Service 3W— Pastor Nate Wright</p> <p><b>5:50 Pathway Music 2DR</b></p> 	<p>18</p> <p><b>FAMILY DAY</b></p> <p><b>10:00 Fun &amp; Fit 3W</b></p> <p><b>5:45 Pathway Music 1DR</b></p> <p><b>5:45 Pathway Music 2DR</b></p> <p><u>Kaitlyn &amp; Nate off</u></p>	<p>19</p> <p><b>10:15 Praise &amp; Devotional with Rita 1DR</b></p> <p>10:45 Sensory Cart 2DR</p> <p>1:00 Read &amp; Relate 1DR</p> <p>2:30 Balloon Badminton 2DR</p> <p><b>6:15 Pathway Music 1DR</b></p>	<p>20</p> <p>10:00 Fun &amp; Fit 3W</p> <p>11:00 Fun &amp; Fit 1DR</p> <p>1:30 Gaithers Music Video 3W</p> <p>3:00 Bingo 3W</p> <p>4:15 One to One Visits 2DR</p> <p><b>6:15 Bingo 1DR</b></p> <p><u>Program Planning 1:00-2:30PM</u></p>	<p>21</p> <p>10:30 Mental Aerobics 3W</p> <p><b>1:30 Sing-a-long with Jacinta 1DR</b></p> <p>3:00 Balance &amp; Gentle Stretch- Main Lobby</p> <p>3:00 One to One Visits 1DR</p> <p>4:00 One to One Visits 2DR</p> <p><b>5:45 Pathway Music 2DR</b></p> <p><b>6:15 Pathway Music 1DR</b></p> <p><u>Nate Off</u></p>	<p>22</p> <p>10:00 Fun &amp; Fit 3W</p> <p>11:00 Fun &amp; Fit 2DR</p> <p><b>2:00 Beaver Hill Birds Observatory Presentation— Main Lobby</b></p> <p>4:00 One to One Visits 1DR</p> <p>4:30 One to One Visits 2DR</p> <p><b>6:15 Movie 1 &amp; 2DR</b></p>	<p>23</p> <p>10:00 A Day in History 3W</p> <p>11:15 Sing-a-long 2DR</p> <p><b>1:30 Entertainment with Prairie Wind Band- Main Lobby</b></p> <p>3:00 Balloon Badminton 3W</p> <p>4:15 One to One Visits</p> 
<p>24</p> <p>10:00 Reminiscing 2DR</p> <p>11:00 Music &amp; Movement 1DR</p> <p><b>1:30 Wii Sports 3W</b></p> <p>3:30 VG Christian Community Church Service 3W— Pastor Nate Wright</p> <p>4:15 VR Sessions 3DR</p>	<p>25</p> <p>10:00 Fun &amp; Fit 3W</p> <p>11:00 Fun &amp; Fit 2DR</p> <p><u>12:30-3:30PM Outing &amp; Tour of Central Lions Seniors Centre</u></p> <p>1:15 Prayer in the Chapel</p> <p>2:30 Creative Writing</p> <p>3:30 Balloon Badminton 2DR</p> <p><b>6:15 Crafts/Puzzles/ Games 1DR</b></p>	<p>26</p> <p><b>10:15 Praise &amp; Devotional with Rita 1DR</b></p> <p>1:00 Read &amp; Relate 1DR</p> <p>3:00 Mental Aerobics 3W</p> <p><b>6:15 Pathway Music 1DR</b></p> <p><u>Nate Off</u></p>	<p>27</p> <p>10:00 Fun &amp; Fit 3W</p> <p>11:00 Fun &amp; Fit 1DR</p> <p>1:30 Hymn Sing/Bible Study 3W</p> <p>3:00 Bingo 3W</p> <p>4:15 One to One Visits 2DR</p> <p><b>6:15 Bingo 1DR</b></p>	<p>28</p> <p>10:45 Baking Buddies 1DR</p> <p><b>2:30 Birthday Party Entertainment with "Musical Journey" 2W</b></p> <p>3:00 Balance &amp; Gentle Stretch—Main Lobby</p> <p>4:00 One to One Visits 2DR</p> <p>5:45 Pathway Music 2DR</p> <p><b>6:15 Pathway Music 1DR</b></p> <p><u>1:00-2:00PM Recreation Department Meeting</u></p>		
			<p><b>Tuesdays at 6:30PM Dominos and Board Games— Main Lobby</b></p>	<p><i>Please note, the events, dates and details are subject to change</i></p>	<p>Legend:</p> <p>IFL— Main floor lobby</p> <p>IDR - 1st floor Dining Room</p> <p>ICR—1st floor court yard</p> <p>IMR—1st floor music room</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>Legend:</p> <p>CRT: Courtyard</p> <p>4C - 4th Floor Café</p> <p>3BR - 3rd Floor Board Room</p> <p>CPL— Chapel</p> <p><b>BLUE: HCA Lead Programs</b></p> <p><b>RED: Volunteer/ Resident Lead Programs</b></p>