





January 2019 Vanguard Active Living Calendar








Sun	Mon	Tues	Wed	Thurs	Fri	Sat
LEGEND BLUE: HCA Lead Programs RED: Volunteer/ Resident Lead Programs		1 6:15 Pathway Music 2DR 6:15 Pathway Music 1DR 	2 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Hymn Sing/Bible Study 3W 1:30 Balloon Badminton 2DR 3:00 Bingo 3W 4:15 One to One Visits 1DR 6:15 Bingo 1DR	3 10:30 Mental Aerobics 3W 10:45 Sing-a-long 1DR 1:30 Wii Sports 2DR 3:00 Balance & Gentle Stretch— Main Lobby 3:00 One to One Visits 3DR 4:00 One to One Visits 2DR 5:45 Pathway Music 2DR 6:00 Entertainment with <u>Dwayne Cannan</u> 2DR Devon Foot Care Clinic Here—2nd Floor Hair Salon 	4 10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 1:30 Pharmacare Clinic—4th Floor Pastoral Care Office 2:00 Ringin' in the New Year Social—Entertainment with "Northern Heart" Main Lobby 4:00 One to One Visits 1DR 4:30 One to One Visits 2DR 6:15 Movie 1&2 DR Devon Foot Care Clinic Here—2nd Floor Hair Salon 	5 1:00 Bowling with Irene 1DR 3:00 Wii Sports 3W
6 1:30 Wii Sports 3W 3:30 VG Christian Community Church Service 3W—Pastor Nate Wright 5:45 Pathway Music 2DR 	7 <u>CHRISTMAS TREE TAKE DOWN</u> 10:00 Fun & Fit 3W 3:00 Balance & Gentle Stretch—Main Lobby 5:45 Pathway Music 2DR 5:45 Pathway Music 1DR	8 <u>CHRISTMAS TREE TAKE DOWN</u> 10:15 Praise & Devotional with Rita 1DR 1:30 Floor Curling—Main Lobby 6:30 Dominos and Board Games IFL	9 <u>CHRISTMAS TREE TAKE DOWN</u> 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:00 Pastoral Care Movie: Prince of Egypt 3W 3:00 Bingo 3W 4:15 One to One Visits 1DR 6:15 Bingo 1DR <u>Kaitlyn @ Barrhead</u>	10 10:30 Mental Aerobics 3W 1:30 Sing-a-long with <u>Jacinta</u> 2W 3:00 Balance & Gentle Stretch—Main Lobby 5:45 Pathway Music 2DR 6:15 Pathway Music 1DR <u>Nate Off</u>	11 10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 11:00 Catholic Mass 3W 2:00 Chips & Dip Social—Main Lobby 4:00 One to One Visits 1DR 4:30 One to One Visits 2DR 6:15 Movie 1&2 DR	12 10:00 A Day in History 3W 11:15 Sing-a-long 2DR 1:00 Bowling 1DR 2:30 Balloon Badminton 3W 4:00 Craft Corner 1DR
13 10:00 Reminiscing 2DR 11:00 Music & Movement 1DR 1:30 "Dnipro" Ukrainian Choir - Main Lobby 3:30 VG Christian Community Church Service 3W—Joel Bornau 4:15 VR Sessions 1DR 5:45 Pathway Music 1DR 	14 10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:15 Prayer in the Chapel 2:30 Creative Writing 1DR 3:00 Balance & Gentle Stretch—Main Lobby 3:30 Balloon Badminton 2DR 5:45 Pathway Music 2DR 6:15 Crafts/Puzzles/ Games 1DR	15 10:15 Praise & Devotional with Rita 1DR 1:00 Read & Relate 1DR 1:30 Floor Curling—Main Lobby 3:00 Mental Aerobics 3W 5:45 Pathway Music 1DR 6:30 Dominos and Board Games IFL	16 10:00 Resident Council Meeting 4th Floor—4C 11:00 Fun & Fit 1DR 12:45 Resident Council 1st, 2nd, 3rd Floor—3DR 1:30 Mini Golf 2DR 1:30 Hymn Sing/Bible Study 3W 3:00 Bingo 3W 4:15 One to One Visits 2DR 6:15 Bingo 1DR	17 10:45 Sing-a-long 1DR 1:30 Read & Relate 2DR 3:00 One to One Visits 2DR 4:00 One to One Visits 3DR 3:00 Balance & Gentle Stretch—Main Lobby 5:45 Pathway Music 2DR 6:15 Pathway Music 1DR <u>Kaitlyn @ Meeting 1-4PM</u>	18 10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 11:00 Ukrainian Divine Liturgy 3W 2:00 Beach Party! - Main Lobby 4:00 One to One Visits 1DR 4:30 One to One Visits 2DR 6:15 Movie 1&2 DR  	19 1:00 Bowling with Irene 1DR 3:00 Wii Sports 3W



January 2019 Vanguard Active Living Calendar



SHEPHERD'S CARE FOUNDATION
Affordable, Christian, Age-in-Place Care

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
20 1:30 Wii Sports 3W 3:30 VG Christian Community Church Service 3W— Pastor Nate Wright 5:50 Pathway Music 2DR 	21 10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 1:15 Prayer in the Chapel 2:30 Creative Writing 1DR 3:00 Balance & Gentle Stretch— Main Lobby 3:30 Balloon Badminton 2DR 6:15 Crafts/Puzzles/ Games 1DR	22 10:15 Praise & Devotional with Rita 1DR 10:45 Sensory Cart 2DR 2:00 Entertainment with Jackson M—3W 6:00 Entertainment with Larry Renn 1DR  6:15 Pathway Music 1DR 6:30 Dominos and Board Games IFL	23 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 Nate Off	24 <u>Outing to Victoria School of the Arts— “Crazy for You” New Gershwin Musical Play!</u> 11:45AM-3:00PM 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	 25 10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 2:30 Birthday Party 2W, Entertainment with “Wes & Wendy” 4:00 One to One Visits 1DR 4:30 One to One Visits 2DR 6:15 Movie 1 & 2DR <u>1:00-2:00PM Recreation Department Meeting</u>	26 10:00 A Day in History 3W 11:15 Sing-a-long 2DR 1:00 Bowling 1DR 2:30 Balloon Badminton 3W 4:00 Craft Corner 1DR
27 10:00 Reminiscing 2DR 11:00 Music & Movement 1DR 1:30 Wii Sports 3W 3:30 VG Christian Community Church Service 3W— Rev. Blair Ewaskow 4:15 VR Sessions 1DR 5:45 Pathway Music 	28 10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 1:15 Prayer in the Chapel 2:30 Creative Writing 1DR 3:00 Balance & Gentle Stretch— Main Lobby 3:30 Balloon Badminton 2DR 6:15 Crafts/Puzzles/ Games 1DR	29 10:15 Praise & Devotional with Rita 1DR 1:30 Floor Curling—Main Lobby 1:30 Read & Relate 2DR 3:00 Mental Aerobics 3W 6:15 Pathway Music 1DR 6:30 Dominos and Board Games IFL	30 10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 1:30 Hymn Sing/Bible Study 3W 1:30 Baking Buddies 1DR 3:00 Bingo 3W 4:15 One to One Visits 2DR 6:15 Bingo 1DR	31 <u>Outing to TELUS World of Science—IMAX Film “Galapagos: Nature’s Wonderland”</u> 1:00PM-4:00PM 10:45 Sensory Cart 1DR 3:00 Balance & Gentle Stretch—Main Lobby 5:45 Pathway Music 2DR 6:15 Pathway Music 1DR	Legend: IFL— Main floor lobby IDR - 1st floor Dining Room ICR—1st floor court yard IMR—1st floor music room 2W—2nd floor west common area 2DR—2nd floor Dining Room 2W—2nd floor west room 3W—3rd floor west common area 3DR—3rd floor Dining Room Legend: CRT: Courtyard 4C - 4th Floor Café 3BR - 3rd Floor Board Room CPL— Chapel BLUE: HCA Lead Programs RED: Volunteer/ Resident Lead Programs	
				<i>Please note, the events, dates and details are subject to change</i>		