








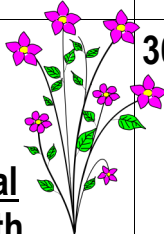




March 2019 Vanguard Active Living Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>LEGEND</p> <p>BLUE: HCA Lead Programs</p> <p>RED: Volunteer/ Resident Lead Programs</p>					<p>1</p> <p>10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 1:30 Pharmacare Clinic—4th Floor Pastoral Care Office 2:00 Tea & Scones Social-Main Lobby 6:15 Movie 1&2 DR</p>	2
<p>3</p> <p>3:30 VG Christian Community Church Service 3W—Rev. Robert Sandford </p> <p>5:45 Pathway Music 2DR 5:45 Pathway Music 1DR</p>	<p>4</p> <p>10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR</p> <p>12:30-3:30PM Wellness Bus Trip to Central Lions Seniors Centre</p> <p>6:15 Crafts/Puzzles/ Games 1DR</p>	<p>5</p> <p>10:15 Praise & Devotional with Rita 1DR 1:00 Read & Relate 1DR 3:00 Mental Aerobics 3W 6:00 Entertainment with Larry Renn 1DR</p>	<p>6</p> <p>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>7</p> <p>1:30 Floor Curling— Main Lobby 3:00 Balance & Gentle Stretch—Main Lobby 5:45 Pathway Music 2DR 6:15 Pathway Music 1DR</p> <p>Kaitlyn at Food Safety Course</p>	<p>8</p> <p>10:00 Fun & Fit 3W 11:00 Catholic Mass 3W 2:00 Entertainment with Golden Dreams Band-Main Lobby 6:15 Movie 1&2 DR</p> <p>Kaitlyn in interviews in AM</p> <p>Devon Foot Care Clinic Here—2nd Floor Hair Salon </p>	<p>9</p> <p>1:30 Performance with Mary Resek 2DR</p> 
<p>10</p> <p>1:30 Mattierin School of Irish Dance Performs— Main Lobby</p> <p>3:30 VG Christian Community Church Service 3W—Rev. Blair Ewaskow </p> <p>5:45 Pathway Music 1DR 5:45 Pathway Music 2DR</p>	<p>11</p> <p>10:00 Fun & Fit 3W 5:45 Pathway Music 2DR 6:15 Crafts/Puzzles/ Games 1DR</p> <p>Kaitlyn @ Barrhead Maureen Off</p>	<p>12</p> <p>10:15 Praise & Devotional with Rita 1DR 2:30 Story Time EPL 1DR 5:45 Pathway Music 1DR</p>	<p>13</p> <p>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>14</p> <p>10:00 Mental Aerobics 3W 1:30 Floor Curling— Main Lobby 3:00 Balance & Gentle Stretch—Main Lobby 6:15 Pathway Music 1DR</p> <p>Kaitlyn @ Meeting 12-4</p>	<p>15</p> <p>10:00 Fun & Fit 3W 11:00 Fun & Fit 2DR 11:00 Ukrainian Divine Liturgy 3W 2:00 St. Patrick's Day Party— Main Lobby, Entertainment with "Northern Heart" </p> <p>6:15 Movie 1&2 DR</p> <p>Devon Foot Care Clinic Here—2nd Floor Hair Salon </p>	16

March 2019 Vanguard Active Living Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>17</p> <p>3:30 VG Christian Community Church Service 3W— Pastor Nate Wright</p> <p>5:50 Pathway Music 2DR</p> <p>5:50 Pathway Music 1DR</p> 	<p>18</p> <p>10:00 Fun & Fit 3W</p> <p>2:00 Balloon Badminton 1DR</p> <p>3:00 Balance & Gentle Stretch—Main Lobby</p> <p>6:15 Crafts/Puzzles/ Games 1DR</p> <p><u>Kaitlyn @ KV 10-1PM</u></p>	<p>19</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>6:15 Pathway Music 1DR</p>	<p>20</p> <p>10:00 4th Floor Resident Council Meeting—4C</p> <p>12:45 1,2,3rd Floor Resident Council Meeting—3DR</p> <p>1:15 Pastoral Care Movie</p> <p>3:00 Bingo 3W</p> <p>6:15 Bingo 1DR</p>	<p>21</p> <p>10:30 One to One Visits 1DR</p> <p>11:00 One to One Visits 2DR</p> <p>1:30 Floor Curling—Main Lobby</p> <p>3:00 Balance & Gentle Stretch— Main Lobby</p> <p>5:45 Pathway Music 2DR</p> <p>6:15 Pathway Music 1DR</p>	<p>22</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 2DR</p> <p>2:30 Birthday Party 2W— Entertainment with “Jackson Mackenzie”</p> <p>6:15 Movie 1 & 2DR</p>	23
<p>24</p> <p>3:30 VG Christian Community Church Service 3W— Joel Bornau</p> <p>5:50 Pathway Music 2DR</p> <p>5:50 Pathway Music 1DR</p> 	<p>25</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 2DR</p> <p>1:30 Baking Buddies 1DR</p> <p>3:00 Balance & Gentle Stretch—Main Lobby</p> <p>6:15 Crafts/Puzzles/ Games 1DR</p>	<p>26</p> <p>10:15 Praise & Devotional with Rita 1DR</p> <p>1:00 Read & Relate 1DR</p> <p>3:00 Mental Aerobics 3W</p> <p>6:15 Pathway Music 1DR</p>	<p>27</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>28</p> <p>10:30 One to One Visits 1DR</p> <p>11:00 One to One Visits 2DR</p> <p>1:30 Sing-a-long with Jacinta 2DR</p> <p>3:00 Balance & Gentle Stretch—Main Lobby</p> <p>5:45 Pathway Music 2DR</p> <p>6:15 Pathway Music 1DR</p>	<p>29</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 2DR</p> <p>2:00 Spring Fling Social Entertainment with “The Hawaiian Treasures”</p> <p>6:15 Movie 1 & 2DR</p> 	30
<p>31</p> <p>3:30 VG Christian Community Church Service 3W— Pastor Nate Wright</p> <p>5:50 Pathway Music 1DR</p> <p>5:50 Pathway Music 2DR</p> 			<p><u>Tuesdays at 6:30PM</u> Dominos and Board Games— Main Lobby</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>BLUE: HCA Lead Programs</p> <p>RED: Volunteer/ Resident Lead Programs</p>