








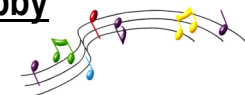




May 2019 Vanguard Active Living Calendar

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|--|---|--|--|--|---|
| <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 1DR 1:30 Hymn Sing/Bible Study 3W 1:30 Nifty Nails 2DR 3:00 Bingo 3W 6:15 Bingo 1DR</p> <p><u>Kaitlyn Program Shopping in Afternoon</u></p> | <p>2</p> <p><u>Bus Trip to Treats n' Treasures Shepherd's Care Thrift Store</u> 9:15AM—11:45AM</p> <p>1:30 Fun & Fit 2DR 1:30 Floor Curling—Main Lobby 3:00 Balance & Gentle Stretch—Main Lobby 3:00 One to One Visits 1DR 5:45 Pathway Music 2DR 6:15 Pathway Music 1DR</p> <p>Devon Foot Care Clinic Here—2nd Floor Hair Salon</p> | <p>3</p> <p>10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Pharmacare Clinic—4th Floor Pastoral Care Office 2:00 <u>Cinco De Mayo Party!</u> <u>Main Lobby</u> 4:00 One to One Visits 2DR</p> <p>Devon Foot Care Clinic Here—2nd Floor Hair Salon</p> | <p>4</p> <p>10:00 One to One Visits 2DR 11:00 A Day in History 3W 1:00 Bowling 1DR 3:00 Afternoon Sing-a-long 2DR</p> |
| <p>5</p> <p>1:30 Sing-a-long with Irene 1DR 3:30 VG Christian Community Church Service 3W—Joel Bornau 5:45 Pathway Music 2DR 5:45 Pathway Music 1DR</p>  | <p>6</p> <p>10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Floor Curling—Main Lobby 3:00 Balance & Gentle Stretch— Main Lobby 6:15 Crafts/Puzzles/ Games 1DR</p> <p><u>NorQuest Student's First Day!</u></p> | <p>7</p> <p>10:15 Praise & Devotional with Rita 1DR 1:30 Fun & Fit 2DR 3:00 Mental Aerobics 3W 3:00 Men's Group 2DR 4:00 One to One Visits 1DR</p> | <p>8</p> <p>10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 1:30 Hymn Sing/Bible Study 3W 1:30 Nifty Nails 2DR 3:00 Bingo 3W 6:15 Bingo 1DR</p> | <p>9</p> <p>10:00 Baking Buddies 1DR 1:30 Sing-a-long with Jacinta 2DR 3:00 Courtyard Walks 1DR 3:00 Balance & Gentle Stretch—Main Lobby 4:00 One to One Visits 2DR</p> <p><u>Kaitlyn @ Meeting 9-12PM</u></p> | <p>10</p> <p>10:00 Fun & Fit 3W</p> <p>9:45AM-12:00PM Scenic Drive</p> <p>11:00 Catholic Mass 3W 2:00 Entertainment with "Mr. Melody" - Main Lobby 4:00 One to One Visits 1DR 6:15 Movie 1&2 DR</p> | <p>11</p> <p>1:00 Bowling with Irene 1DR 3:00 Wii Bowling 3W</p> <p><u>Sheila Off</u></p> |
| <p>12</p> <p>1:30 Sing-a-long with Irene 1DR 3:30 VG Christian Community Church Service 3W—Pastor Nate Wright 5:45 Pathway Music 1DR 5:45 Pathway Music 2DR</p>  | <p>13</p> <p>10:30-11:30AM <u>Mother's Day Tea & Biscuits—Main Lobby</u> <u>Entertainment with "Randy & Rai Smith"</u></p> <p>1:30 Courtyard Ring Toss 2DR 3:00 Courtyard Walks 1DR 3:00 Balance & Gentle Stretch— Main Lobby 5:45 Pathway Music 2DR 6:15 Crafts/Puzzles/Games 1DR</p> | <p>14</p> <p>10:15 Praise & Devotional with Rita 1DR 2:00 Fun & Fit 2DR 3:00 Men's Group 2DR 3:00 Mental Aerobics 3W 4:00 One to One Visits 1DR 6:00 Entertainment with Jackson M 2DR</p> <p><u>Sheila @ Training 9-1PM</u></p> | <p>15</p> <p>10:00 4th Floor Resident Council Meeting 4C 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 3:00 Bingo 3W 6:15 Bingo 1DR</p> <p><u>Calendar Planning 1:30-3PM</u></p> | <p>16</p> <p>10:00 Sing-a-long 1DR 11:00 One to One Visits 2DR 1:30 News & Views 2DR 3:00 Courtyard Walks 1DR</p> <p><u>Kaitlyn @ Meeting 1-4PM</u></p> | <p>17</p> <p>10:00 Fun & Fit 3W 11:00 Fun & Fit 1DR 11:00 Ukrainian Divine Liturgy 3W 2:00 <u>Cheese & Cracker's Social</u> <u>— Main Lobby</u> 4:00 One to One Visits 1DR</p> <p><u>Kaitlyn Off</u></p> | <p>18</p> <p>1:00 Bowling with Irene 1DR 3:00 Wii Bowling 3W</p> <p><u>Sheila Off</u></p> |

May 2019 Vanguard Active Living Calendar

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat | |
|---|---|---|---|--|--|---|---|
| <p>19</p> <p>1:30 Sing-a-long with Irene 1DR</p> <p>3:30 VG Christian Community Church Service 3W—Rev. Robert Sandford</p> <p>5:45 Pathway Music 2DR</p> <p>5:45 Pathway Music 1DR</p>  | <p>20</p> <p>6:00 Pathway Music 2DR</p> <p>6:15 Crafts/Puzzles/Games 1DR</p> <p>Kaitlyn & Sheila off</p> | <p>21</p> <p>10:15 Praise & Devotional with Rita 1DR</p> <p>1:30 Fun & Fit 2DR</p> <p>3:00 Bingo 3W</p> <p>4:00 One to One Visits 2DR</p> <p>6:15 Pathway Music 1DR</p> <p>1:30-3:30PM Shop Easy Fashion in Main Lobby</p>  | <p>22</p> <p>10:00 Fun & Fit 3W</p> <p>1:30 Pastoral Care Movie 3W</p> <p>Kaitlyn & Sheila @ Barrhead Blair Off</p> | <p>23</p> <p>10:00 Bean Bag Toss 1DR</p> <p>10:30 Mental Aerobics 3W</p> <p>11:00 Sing-a-long 2DR</p> <p>2:30 Birthday Party 2W—Entertainment with Dwayne Cannan</p>  <p>4:00 One to One Visits 1DR</p> | <p>24</p> <p>8:30am-11:45am Bus Trip to Kuhlman's Greenhouse</p> <p>1:30-4:00PM Courtyard Planting—CRT</p>  <p>6:15 Movie 1 & 2DR</p> | <p>25</p> <p>10:00 1st Floor Courtyard Planting</p>  <p>1:00 Bowling with Irene 1DR</p> <p>1:00 2nd Floor Courtyard Planting</p> <p>3:30 One to One Visits 2DR</p> | |
| <p>26</p> <p>1:30 Sing-a-long with Irene 1DR</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>27</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 1DR</p> <p>1:00 Courtyard Walks 2DR</p> <p>3:00 Nifty Nails 1DR</p> <p>6:15 Crafts/Puzzles/Games 1DR</p> <p>Kaitlyn @ Meeting 10-1PM</p> | <p>28</p> <p>10:15 Praise & Devotional with Rita 1DR</p> <p>1:30 Fun & Fit 2DR</p> <p>1:30 Floor Curling—Main Lobby</p> <p>3:00 Balance & Gentle Stretch— Main Lobby</p> <p>3:00 Men's Group 2DR</p> <p>4:00 Community Walks 1DR</p> <p>6:00 Entertainment with Larry Renn 1DR</p> | <p>29</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 1DR</p> <p>1:30 Pastoral Care Movie 3W</p> <p>1:30 One to Ones 2DR</p> <p>3:00 Bingo 3W</p> <p>6:15 Bingo 1DR</p> <p>Blair Off</p> | <p>30</p> <p>10:00 Art Expression 1DR</p> <p>1:30-3:30PM Outing & Nature Walk at Beaumaris Lake</p> <p>1:30 Wii Bowling 2W</p> <p>3:00 Mental Aerobics 3W</p> <p>4:00 One to One Visits 1DR</p> | <p>31</p> <p>10:00 Fun & Fit 3W</p> <p>11:00 Fun & Fit 1DR</p> <p>2:00 Banana Split Social & Entertainment with "A Musical Journey" - Main Lobby</p>  <p>4:00 One to One Visits 2DR</p> <p>6:15 Movie 1 & 2DR</p> | | |
|  <p>JUNE</p>  | | <p>Tuesdays at 6:30PM 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>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> |