





JULY 2020 Vanguard Active Living Calendar






SHEPHERD'S CARE FOUNDATION

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>PURPLE: Virtual Programs broadcasted on Channel #716</p> <p>BLUE: HCA Lead Programs RED: Volunteer/ Resident Lead Programs</p>	<p>Program Updates & Information</p> <p>All Programs are subject to changed based on Public Health's recommendations for COVID-19. Please check the bulletin boards on the floor for the most current information.</p>	<p>Wellness Domains Legend:</p> <p>P = Physical E = Emotional C = Cognitive S = Social Sp = Spiritual</p>	<p>1</p>  <p>CANADA DAY</p> <p>1:30 T.V Hymn Sing/Bible Study (Sp) Channel #716</p> <p>5:45 Pathway Music 1DR &2DR (E)</p>	<p>2</p> <p>10:00 Samie's Workout (P) Channel #716</p> <p>1:00 Word Grab! (S/C) 1DR 3:00 Music Appreciation (S/E) 2DR 4:00 Courtyard Walks (P) 3DR</p> <p><u>10am-4pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</u></p>	<p>3</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p><u>1:30 Watermelon Mobile Cart & Virtual Concert (Channel 716)</u></p>  <p>4:00 Courtyard Walks (P) 2DR 6:15 Movie 1&2 DR</p> <p><u>10am-4pm Video Calls w/Family (S/E) All Floors</u></p>	<p>4</p> <p>Afternoon Murals Coloring (S/E) 2nd Floor</p> <p><u>10am-4pm Video Calls w/Family (S/E) 1st 2nd 3rd Floor</u></p>
<p>5</p>  <p>3:30 VG Christian Community Church Service (T.V Channel #716)</p> <p>5:45 Pathway Music (E) 2DR</p>	<p>6</p> <p>10:00 Balance & Stretch w/ Maureen (P) Channel #716 1:00 Calls with Family (S/E) 4th Floor 1:30 Prayer & Devotional- Channel #716 2:00 Calls with Family (S/E) 2nd Floor 5:45 Pathway Music 1DR &2DR (E)</p>	<p>7</p> <p>10:00 Wii Bowling 1DR (P) 1:30 Fun & Fit (P) 2W 2:30 Music Appreciation (S/E) 1DR 4:00 In The Garden (E/S) 2nd Floor</p> <p><u>10am-1:30pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</u></p>	<p>8</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR 1:30 T.V Hymn Sing/Bible Study (Sp) Channel #716 1:30 At Your Leisure- 2nd Floor 3:00 T.V Bingo (C) Channel #716</p> <p><u>10am-4:30pm Video Calls w/Family (S/E) All Floors</u></p>	<p>9</p> <p>10:00 Samie's Workout (P) Channel #716 11:00 Fun & Fit (P) 2W</p> <p>1:00 Craft Corner E/C) 1DR 3:00 Music Appreciation (S/E) 2DR 4:00 Courtyard Walks (P) 3DR</p> <p><u>10am-4pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</u> Kaitlyn CCQC 1-4pm</p>	<p>10</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR</p> <p><u>1:30 Cheese & Crackers Mobile Cart & Virtual Concert (Channel 716)</u></p> <p>4:00 Courtyard Walks (P) 2DR 6:15 Movie 1&2 DR <u>10am-4pm Video Calls w/Family (S/E) All</u></p>	<p>11</p> <p>Afternoon Murals Coloring (S/E) 1st Floor</p> <p><u>10am-4pm Video Calls w/Family (S/E) 1st 2nd 3rd Floor</u></p>
<p>12</p>  <p>3:30 VG Christian Community Church Service (T.V Channel #716)</p> <p>5:45 Pathway Music (E) 1DR</p>	<p>13</p> <p>10:00 Balance & Stretch w/ Maureen (P) Channel #716 1:00 Calls with Family (S/E) 4th Floor 1:30 Prayer & Devotional- Channel #716 2:00 Calls with Family (S/E) 2nd Floor 5:45 Pathway Music 1DR &2DR (E)</p>	<p>14</p> <p>10:00 Wii Bowling 1DR (P) 1:30 Fun & Fit (P) 2W 2:30 Music Appreciation (S/E) 1DR 2:30 Arm Chair Travel (C/S) 3DR 4:00 In The Garden (E/S) 1st Floor</p> <p><u>10am-1:30pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</u></p>	<p>15</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR 1:30 Memorial Service-3W</p> <p>3:00 T.V Bingo (C) Channel #716</p> <p><u>10am-4:30pm Video Calls w/Family (S/E) All Floors</u></p>	<p>16</p> <p>10:00 Samie's Workout (P) Channel #716 11:00 Friendly Visit-1st Floor</p> <p>1:00 Nifty Nails (E/S) 1DR 3:00 Music Appreciation (S/E) 2DR 4:00 Courtyard Walks (P) 3DR</p> <p><u>10am-4pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</u></p>	<p>17</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR</p> <p><u>2:00PM Courtyard Entertainment with Jackson M</u></p> <p>4:00 Courtyard Walks (P) 2DR 6:15 Movie 1&2 DR <u>10am-4pm Video Calls w/Family (S/E) All Floors</u></p>	<p>18</p> <p>Afternoon Murals Coloring (S/E) 2nd Floor</p> <p><u>10am-4pm Video Calls w/Family (S/E) 1st 2nd 3rd Floor</u></p>

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>19</p> <p>3:30 VG Christian Community Church Service (Sp) (T.V Channel #716)</p> <p>5:45 Pathway Music (E) 2DR</p> 	<p>20</p> <p>10:00 Balance & Stretch w/ Maureen Channel (P) #716</p> <p>1:00 Calls with Family (S/E) 4th Floor</p> <p>1:30 Prayer & Devotional- Channel #716</p> <p>2:00 Calls with Family (S/E) 2nd Floor</p> <p>5:45 Pathway Music 1DR &2DR (E)</p>	<p>21</p> <p>10:00 Wii Bowling 1DR (P)</p> <p>1:30 Fun & Fit (P) 2W</p> <p>2:30 Music Appreciation (S/E) 1DR</p> <p>2:30 Mental Aerobics (C/S) 3DR</p> <p>4:00 In The Garden (E/S) 2nd Floor</p> <p>10am-1:30pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</p>	<p>22</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR</p> <p>1:30 T.V Hymn Sing/Bible Study (Sp) Channel #716</p> <p>1:30 At Your Leisure- 2nd Floor</p> <p>3:00 T.V Bingo (C) Channel #716</p> <p>10am-4:30pm Video Calls w/Family (S/E) All Floors</p>	<p>23</p> <p>10:00 Samie's Workout (P) Channel #716</p> <p>11:00 Fun & Fit (P) 2W</p> <p>1:00 Word Grab! (S/C) 1DR</p> <p>3:00 Music Appreciation (S/E) 2DR</p> <p>4:00 Courtyard Walks (P) 3DR</p> <p>10am-4pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</p>	<p>24</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR</p> <p>1:30 Banana Splits Mobile Cart & Virtual Concert (Channel 716)</p>  <p>4:00 Courtyard Walks (P) 2DR</p> <p>6:15 Movie 1&2 DR</p> <p>10am-4pm Video Calls w/Family (S/E) All Floors</p>	<p>25</p> <p>Afternoon Murals Coloring (S/E) 2nd Floor</p> <p>10am-4pm Video Calls w/Family (S/E) 1st 2nd 3rd Floor</p>
<p>26</p> <p>3:30 VG Christian Community Church Service (Sp) (T.V Channel #716)</p> <p>5:45 Pathway Music (E) 2DR</p> 	<p>27</p> <p>10:00 Balance & Stretch w/ Maureen Channel (P) #716</p> <p>1:00 Calls with Family (S/E) 4th Floor</p> <p>1:30 Prayer & Devotional- Channel #716</p> <p>2:00 Calls with Family (S/E) 2nd Floor</p> <p>5:45 Pathway Music 1DR &2DR (E)</p>	<p>28</p> <p>1:30 Fun & Fit (P) 2W</p> <p>2:30 Mental Aerobics (C/S) 3DR</p> <p>4:00 In The Garden (E/S) 2nd Floor</p> <p>10am-1:30pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</p>	<p>29</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR</p> <p>1:30 T.V Hymn Sing/Bible Study (Sp) Channel #716</p> <p>1:30 At Your Leisure- 2nd Floor</p> <p>3:00 T.V Bingo (C) Channel #716</p> <p>10am-4:30pm Video Calls w/Family (S/E) All Floors</p>	<p>30</p> <p>10:00 Samie's Workout (P) Channel #716</p> <p>11:00 Fun & Fit (P) 2W</p> <p>3:00 Music Appreciation (S/E) 2DR</p> <p>4:00 Courtyard Walks (P) 3DR</p> <p>10am-4pm Video Calls w/Family (S/E) 1st 2nd & 3rd Floor</p>	<p>31</p> <p>10:00 Sit & Be Fit w/ Paul Eugene (P) Channel #716</p> <p>11:00 Fun & Fit (P) 1DR</p> <p>1:30 Birthday Cake Mobile Cart & Virtual Concert (Channel 716)</p> <p>4:00 Courtyard Walks (P) 2DR</p> <p>6:15 Movie 1&2 DR</p> <p>10am-4pm Video Calls w/Family (S/E)</p>	
		<p>Bulletin Boards will also include activities that can be done in the comfort of your room. (Prayers & Devotionals, Coloring, Word Searches,)</p>	<p><u>Program Updates & Information</u></p> <p>All Programs are subject to changed based on Public Health's recommendations for COVID-19. Please check the bulletin boards on the floor for the most current Information.</p>	<p><u>Wellness Domains Legend:</u></p> <p>P = Physical E = Emotional C = Cognitive S = Social Sp = Spiritual</p>	<p>Legend: ML— Main floor lobby 1DR - 1st floor Dining Room 1CR— 1st floor court yard 2DR—2nd floor Dining Room 2W—2nd floor west room 3W—3rd floor west common area 3DR—3rd floor Dining Room CRT: Courtyard 4C - 4th Floor Café CPL— Chapel</p>	<p>PURPLE: Virtual Programs broadcasted on Channel #716</p> <p>BLUE: HCA Lead Programs</p> <p>RED: Volunteer/ Resident Lead Programs</p>