















# March 2020 Vanguard Active Living Calendar








SHEPHERD'S CARE FOUNDATION

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>1</b></p> <p></p> <p>3:30 VG Christian Community Church Service 3W—Rev. Blair Ewaskow w/Students</p> <p>5:45 Pathway Music (E) 2DR</p>	<p><b>2</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR</p> <p>1:30 Prayer in the Chapel (Sp)</p> <p>5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p><b>3</b></p> <p>10:00 Music Appreciation (E) 1DR 11:00 Friendly Visits—2nd Floor</p> <p>1:15 GYM WALK w/Maureen (P/S) - Meet in Lobby</p> <p><u>BUS TRIP—Curling Tournament at Kensington 1:00PM-3:00PM \$7.00</u></p> <p></p>	<p><b>4</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Wii Bowling (P) 1DR</p> <p>1:30 Hymn Sing/Bible Study (Sp) 3W 1:45 Friendly Visits—2nd Floor</p> <p>3:00 Bingo (C) 3W 5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p><b>5</b></p> <p>10:00 Baking Buddies (E/S) “Banana Cream Pie” 1DR 10:00 Nifty Nails 3DR 1:30 Balloon Badminton (P) 2DR 2:00 Balance &amp; Gentle Stretch (P)—ML</p> <p>3:00 Brain Games w/Maureen (C/S) - 4th Floor Café</p> <p>3:00 Pet Therapy w/ Echo 2nd Floor</p> <p>5:45 Pathway Music 2DR &amp; 2DR (E)</p> <p>Devon Foot Care Clinic Here—2nd Floor</p>	<p><b>6</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR</p> <p>2:00 Musical Entertainment with Dwayne Cannan—2W </p> <p>3:30 Friendly Visits 2nd Floor 6:15 Movie 1&amp;2 DR</p> <p>Devon Foot Care Clinic Here—2nd Floor Hair Salon </p>	<p><b>7</b></p> <p>10:00 Hymn Sing( Sp/E) 2DR 11:00 Relaxation Hour( E/Sp) 3W</p> <p>1:00 Curling with Irene (P) 1DR</p> <p>1:30 Wii Bowling P 3W</p> <p>3:30 Friendly Visits—1st Floor</p>
<p><b>8</b></p> <p></p> <p>3:30 VG Christian Community Church Service 3W—Rev. Robert Sandford</p> <p>5:45 Pathway Music (E) 2DR</p>	<p><b>9</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR</p> <p>1:30 Prayer in the Chapel (Sp)</p> <p>5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p><b>10</b></p> <p>10:00 Relaxation Hour (E) 1DR 10:30 Mental Aerobics 3W 11:00 Friendly Visits—2nd Floor</p> <p>1:15 GYM WALK w/Maureen (P/S) - Meet in Lobby 1:30 Fun &amp; Fit (P) 2W</p> <p>2:30 EPL Visit (S/C) 1DR 4:00 Helping Hands (C/P) 2DR</p>	<p><b>11</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Wii Bowling 1DR</p> <p>1:30 Hymn Sing/Bible Study (Sp) 3W 1:45 Friendly Visits—2nd Floor</p> <p>3:00 Bingo (C) 3W 5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p><b>12</b></p> <p></p> <p><u>NATIONAL PANCAKE DAY BRUNCH WITH THE BUNCH 9-10AM 2DR</u></p> <p><u>MUSIC WITH LARRY RENN (Open to 2nd Floor Residents Only)</u></p> <p>1:30 Balloon Badminton (P) 2DR 2:00 Balance &amp; Gentle Stretch (P)—ML 3:00 Brain Games w/Maureen (C/S) - 4th Floor Café 3:00 Pet Therapy w/Echo (E/S) 1st Floor 5:45 Pathway Music 2DR &amp; 2DR (E)</p>	<p><b>13</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR 11:00 Catholic Mass (Sp) 3W</p> <p>2:00 Musical Entertainment with “The Britz” ML </p> <p>4:00 Friendly Visits 2DR 6:15 Movie 1&amp;2 DR</p>	<p><b>14</b></p> <p>10:00 Music Appreciation (E) 2W 11:00 Relaxation Hour (E/Sp) 3W</p> <p>1:30 Card Bingo (C) 3W </p> <p>3:30 St. Patty’s Craft (E) 1DR </p>
<p><b>15</b></p> <p></p> <p>3:30 VG Christian Community Church Service 3W— Johann Guenter</p> <p>5:45 Pathway Music (E) 1DR</p>	<p><b>16</b></p> <p>10:00 Fun &amp; Fit (P) 3W</p> <p>1:30 Prayer in the Chapel (Sp)</p> <p>5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p><b>17</b></p> <p>9:30 <u>SAGE Outreach Services Info Session—4C</u></p> <p>10:00 Relaxation Hour (E) 1DR 11:00 Friendly Visits- 1st Floor</p> <p>2:00 Saint Patrick’s Day Party! Entertainment with Northern Heart Main Lobby  </p> <p>4:00 Friendly Visits—2nd Floor</p>	<p><b>18</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Wii Bowling (P) 1DR</p> <p>1:30 Hymn Sing/Bible Study (Sp) 3W</p> <p>3:00 Bingo (C) 3W 5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p><b>19</b></p> <p>10:00 Music Appreciation (E) 1DR 11:00 Friendly Visits 2nd Floor</p> <p>1:30 Fun &amp; Fit (P) 2W 2:00 Balance &amp; Gentle Stretch (P)—ML</p> <p>3:00 Brain Games w/Maureen (C/S) - 4th Floor Café 3:00 Pet Therapy w/Echo (E/S) 3rd Floor 5:45 Pathway Music 2DR &amp; 2DR (E)</p>	<p><b>20</b></p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR 11:00 Ukrainian Divine Liturgy (Sp) 3W</p> <p><u>BUS TRIP—City Scenic Drive &amp; Ice Cream 1:30-3:00PM \$10</u></p> <p>6:15 Movie 1&amp;2 DR</p>	<p><b>21</b></p> <p>10:00 Hymn Sing( Sp/E) 2DR 11:00 Relaxation Hour( E/Sp) 3W</p> <p>1:00 Curling with Irene (P) 1DR</p> <p>1:30 Wii Bowling (P) 3W</p> <p>3:30 Friendly Visits-1st Floor</p>

# March 2020 Vanguard Active Living Calendar



SHEPHERD'S CARE FOUNDATION

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
<p>22</p> <p>3:30 VG Christian Community Church Service 3W—Rev. Blair Ewaskow w/ Students</p> <p>5:45 Pathway Music (E) 2DR</p> 	<p>23</p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR</p> <p>1:30 Prayer in the Chapel (Sp)</p> <p>5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p>24</p> <p>10:30 Children's Playce Day Care Visit 1DR</p> <p>1:15 GYM WALK w/Maureen (P/S) - Meet in Lobby 1:30 Fun &amp; Fit (P) 2W</p> <p>3:00 Vinyl Café (C/S) 2DR 3:00 Mental Aerobics 3W 4:00 Friendly Visits 1DR 6:15 Pathway Music (E) 1DR</p>	<p>25</p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Wii Bowling (P) 1DR</p> <p>1:30 Hymn Sing/Bible Study (Sp) 3W 1:45 Friendly Visits—2nd Floor</p> <p>3:00 Bingo (C) 3W</p>	<p>26</p> <p>10:00 Baking Buddies (E/S) 1DR</p> <p>1:30 Balloon Badminton (P) 2W 1:30 Arm Chair Travel—Ireland (E/C) 3W 2:00 Balance &amp; Gentle Stretch (P)—ML</p> <p>3:00 Brain Games w/Maureen (C/S) - 4th Floor Café 3:00 Pet Therapy w/Echo (E/S) 1st Floor</p>	<p>27</p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR</p> <p>2:00PM Birthday Party Entertainment with "Young at Heart" (S/E) 2W</p>  <p>4:00 Friendly Visits— 2nd Floor 6:15 Movie 1&amp;2 DR</p>	<p>28</p> <p>10:00 Music Appreciation (E) 2W 11:00 Relaxation Hour (E/Sp) 3W</p> <p>1:00 Curling with Irene (P) 1DR</p> <p>1:30 1:30 Card Bingo (C) 3W</p> <p>3:30 Friendly Visits—1st floor</p> 	
<p>29</p> <p>3:30 VG Christian Community Church Service 3W— Rev. Robert Sandford</p> <p>5:45 Pathway Music 2DR</p> 	<p>30</p> <p>10:00 Fun &amp; Fit (P) 3W 11:00 Fun &amp; Fit (P) 1DR</p> <p>1:30 Prayer in the Chapel (Sp)</p> <p>5:45 Pathway Music 1DR &amp; 2DR (E)</p>	<p>31</p> <p>10:00 Relaxation Hour (E) 1DR 11:00 Friendly Visits—2nd Floor</p> <p>1:15 GYM WALK w/Maureen (P/S) - Meet in Lobby</p> <p>1:30 Sing-a-long with Jacinta (S/E) 1DR</p> <p>3:00 Mental Aerobics (C/S) 3W 6:15 Pathway Music (E) 1DR</p>					
			<p><u>Monday—Friday Evening Card Games in the Main Lobby</u></p>	<p>Please note, the events, dates and details are subject to change</p> <p><u>Wellness Domains Legend:</u></p> <p>P = Physical E = Emotional C = Cognitive S = Social Sp = Spiritual</p>	<p><u>Legend:</u></p> <p>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><b>BLUE: HCA Lead Programs</b></p> <p><b>RED: Volunteer/ Resident Lead Programs</b></p>	