

APRIL 2025

LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><div>Welcome Spring</div><div></div></div></div>		<div><div><div>Week 4 Menu</div><div><div>9:30 Exercises (Exercise Room)</div><div>10:00 Morning Music with Rus (Retro)</div><div>10:15 Big Brain (Court Activity Room)</div><div>1:30 Chaplain Visits</div><div>2:00 Court Mystery Drive "sign up at reception"</div><div>2:00 Men's Club House (Court Activity Room)</div></div></div></div>	<div><div><div>9:30 Exercise (Exercise Room) *Cancelled*</div><div>9:00 to 4:00 Life Enrichment Full Day Planning Meeting</div><div>10:30 United Church Service with Rev. Karen (Chapel)</div><div>6:00 Evenings with Austin</div><div>6:30 Evening Show: "M*A*S*H" (Games Lounge)</div></div></div>	<div><div><div>9:30 Stretch & Strength (Exercise Room)</div><div>10:15 Jeopardy *New Program* (Court Activity Room)</div><div>10:30 Lutheran Worship with Rev. Greg (Chapel)</div><div>1:30 Scrabble (Atrium)</div></div></div>	<div><div><div>9:30 Exercises (Exercise Room)</div><div>10:00 1:1 visits with Rus</div><div>11:00 Catholic Mass with Father Dean (Chapel)</div><div>2:00 Friday Entertainment with "Lodge Pole" Brass Quintet (Atrium)</div><div>2:45 Pet Therapy</div><div>6:00 Friday Night Movie: "2 Popes" (Games Lounge)</div></div></div>	<div><div><div>9:30 Sing-A-Long</div><div>10:00 Coffee & Conversation (Atrium) *Independent*</div><div>10:30 Obie Fun!</div><div>1:00 Virtual Concert (Games Lounge)</div></div></div>
<div><div><div>Week 1 Menu</div><div><div>10:00 Coffee & Conversation *Independent* (Atrium)</div><div>10:30 Catholic Worship (Chapel)</div><div>1:30 Piano Recital with Frank Ho's Students (Atrium)</div></div></div></div>	<div><div><div>9:00 Active Yoga With Colleen (Exercise Room)</div><div>10:00 Inspirational Stories</div><div>10:30 Crosswords (Court Activity Room)</div><div>1:30 Afternoon Exercise (Exercise Room)</div></div></div>	<div><div><div>9:30 Exercises (Exercise Room)</div><div>10:15 Music & Meanders with Rus (Atrium)</div><div>1:30 Chocolate Brownie Day "see you at your door!"</div><div>1:30 Chaplain Visits *cancelled*</div></div></div>	<div><div><div>9:30 Exercise (Exercise Room)</div><div>10:15 Easter Card Making (Atrium)</div><div>1:30 Card Bingo (Atrium)</div><div>3:00 Sing For Fun (Chapel)</div><div>6:00 Evenings with Austin</div><div>6:30 Diocese of Edmonton Children's Choir (Atrium)</div></div></div>	<div><div><div>9:30 Stretch & Strength (Exercise Room) *cancelled*</div><div>10:00 Haven Birthday Tea with "Terry Jordan"</div><div>10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel)</div><div>1:30 Afternoon Stretch & Strength (Exercise Room)</div><div>3:00 Manor Happy Hour "don't forget your money!"</div><div>6:30 Days End Discussions</div></div></div>	<div><div><div>9:30 Exercises (Exercise Room)</div><div>10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)</div><div>2:00 Friday Entertainment with "Jeff Ramsey" (Atrium)</div><div>2:45 Audra's Art Cart</div><div>6:00 Friday Night Movie: "Sideways" (Games Lounge)</div></div></div>	<div><div><div>9:30 Exercise (Atrium)</div><div>10:00 Coffee & Conversation (Atrium) *Independent</div><div>1:00 Virtual Concert (Games Lounge)</div><div>2:30 Physical Game: Bolongo Ball (Atrium)</div></div></div>
<div><div><div>Week 2 Menu</div><div><div>9:30 Balloon Badminton (Atrium)</div><div>10:00 Coffee & Conversations *Independent* (Atrium)</div><div>10:00 Haven Entertainment with "Jim Helper"</div><div>10:30 Catholic Worship (Chapel)</div><div>1:00 Crosswords (Court Activity Room)</div></div></div></div>	<div><div><div>9:00 Active Yoga With Colleen (Exercise Room)</div><div>9:30 Easter Crafts with Laurier Heights Kinders (Atrium)</div><div>10:30 Crosswords (Court Activity Room) *cancelled*</div><div>1:30 Hangman (Court Activity Room)</div><div>1:30 Hand Massages</div><div>2:45 Spring Reminiscing (Retro)</div></div></div>	<div><div><div>9:30 Exercises (Exercise Room)</div><div>10:00 1:1 Visits with Rus</div><div>10:15 World Tales (Court Activity Room)</div><div>1:30 Chaplain Visits</div><div>2:00 Westend Singers (Atrium)</div></div></div>	<div><div><div>9:30 Exercise (Exercise Room)</div><div>1:30 Kelly's Kitchen (Court Activity Room)</div><div>3:00 Men's Club House (Court Activity Room)</div><div>6:00 Evenings with Austin</div><div>6:30 Evening Show: "M*A*S*H" (Games Lounge)</div></div></div>	<div><div><div>9:30 Stretch & Strength (Exercise Room)</div><div>10:00 Walks & Conversations</div><div>10:30 Anglican Worship with Rev. Colleen (Chapel)</div><div>2:00 Easter Tea with "Birch Nero" (Atrium)</div></div></div>	<div><div><div>Good Friday</div><div>9:30 Exercises (Exercise Room)</div><div>10:30 Ecumenical Good Friday Service (Chapel)</div><div>2:00 Friday Entertainment with "Vince Anderson" (Atrium)</div><div>2:45 Obie Fun!</div><div>6:00 Friday Night Movie: "Greater" (Games Lounge)</div></div></div>	<div><div><div>9:30 Easter Fun with Audra</div><div>10:00 Coffee & Conversation (Atrium) *Independent</div><div>10:30 Puzzle Time</div><div>1:00 Easter Egg Hunt with Connecting Seniors with Care (Atrium)</div></div></div>

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LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 3 Menu Easter Sunday <ul style="list-style-type: none"> 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:30 Children's Recital (Atrium) 	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 Morning Sing-A-Long 10:30 Crosswords (Court Activity Room) 1:30 Super Bingo "you play, we pay!" (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Music & Meanders with Rus (Atrium) 1:00 Chaplain Visits *cancelled* 2:00 Volunteer Tea with Mary Ellen Davidson (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Memory Magic (Atrium) 1:30 Hangman (Court Activity Room) 3:00 Sing for Fun (Chapel) 6:00 Evenings with Austin 6:00 Evening Show: "M*A*S*H" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) *cancelled* 10:00 Haven Entertainment with "Wayne O" 10:30 Anglican Worship with Rev. David (Chapel) 1:30 Afternoon Stretch & Strength (Exercise Room) 1:30 Popcorn & Movie "The Volcano: Rescue From Whakaari" (Games Lounge) 3:00 Manor Happy Hour "don't forget your money!" 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 2:00 Friday Entertainment with "Gary Meyers" (Atrium) 2:45 Music & Art 6:00 Friday Night Movie: "50 - 1" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) 	<ul style="list-style-type: none"> 9:30 Exercise (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:30 Physical Game: Bean Bag Toss (Atrium)
20	21	22	23	24	25	26
Week 4 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Donna Lee" 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 3:00 Hymn Sing (Chapel) 	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 Pieces by Sharon to (Manor) 10:00 Morning Manicures 10:30 Crosswords (Court Activity Room) 2:00 Court Birthday Tea with "Randy Glen" (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:15 Court Mystery Drive "sign up at reception" 1:30 Chaplain Visits 3:00 Afternoon Music with "Mary Ellen Davidson" (Retro) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) *cancelled* 9:00 to 11:00 SPA DAY! "Let us pamper you!" (Court Activity Room) 10:00 to 3:00 Plus Size Creations (Court Games Lounge) 1:30 Afternoon Exercises (Court Activity Room) 6:00 Evenings with Austin 6:00 Evening Show: "M*A*S*H" (Games Lounge) 			
27	28	29	30			

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

Exc. Rm	Exercise Room
GL	Games Lounge
A	Atrium
M	Manor
MLL	Manor Lobby Lounge
C	Chapel
CAR	Court Activity Room
FSL	Manor Fireside Lounge
	Formal Event/Attire

LIFE ENRICHMENT STAFF

Manager: Leana Nielsen | Phone: 780-930-5819

Team Lead: Chelcey Buck | Phone: 780-930-5817

Co-ordinators: Vanessa, Erica, Kelly, Audra, Austin, Dana, Eric, Rus, Elora & Madi

CONTACT

Life Enrichment
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780-930-3736

Court Reception
780-483-5361

Nursing Station
780-930-3734

Canterbury
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

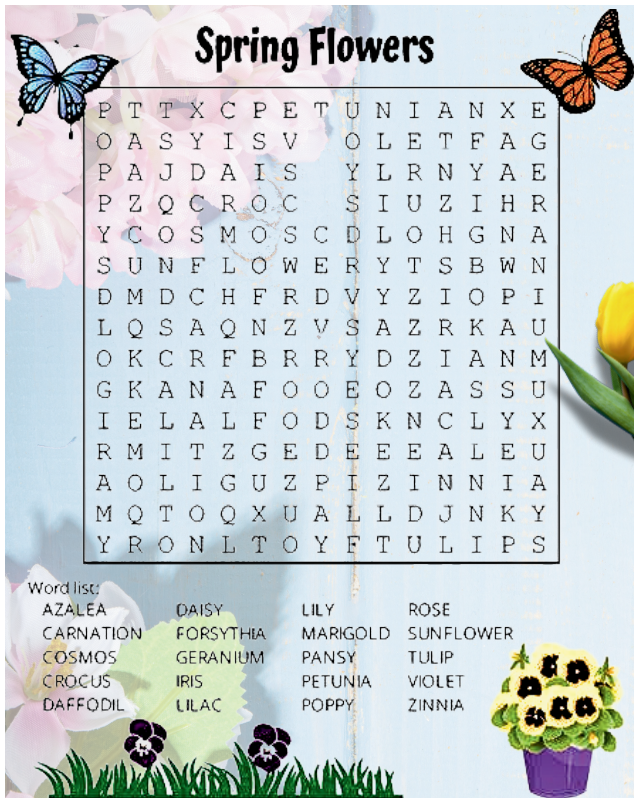
THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

Spring Flowers



Birthday Wishes

April 05 - Mavis M.

April 27 - Mark H.



Welcome Wagon

Mavis M.

George D.

Olga S.

Esther N.

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