


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div><div>Week 4 Menu</div><div><div>• 9:30 Coach Trip to Meadowlark “sign up in mailroom”</div><div>• 10:15 Big Brain (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 2:00 Men’s Club House (Court Activity Room)</div><div>• 6:30 Evening Series (Activity Room)</div><div>• 6:30 • Cribbage (Fireside Lounge) ***Drop-in***</div></div></div> <div>1</div>	<div><div>• 9:30 Active Yoga With Pramila (Activity Room)</div><div>• 9:00 to 4:00 Life Enrichment Full Day Planning Meeting</div><div>• 10:30 United Church Worship with Rev. Karen (Chapel) </div><div>• 6:30 Tile Rummy (Activity Room)</div></div> <div>2</div>	<div><div>• 9:30 Gentle Stretch &amp; Meditation *New Program* (Activity Room) </div><div>• 10:30 Card Bingo (Activity Room)</div><div>• 10:30 Lutheran Worship with Rev. Greg (Chapel)</div><div>• 1:15 Coach Trip to Save-On &amp; Winners “sign up in mailroom” </div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div> <div>3</div>	<div><div>• 9:30 Stretch &amp; Strength (Activity Room)</div><div>• 10:30 Horse Races (Activity Room) </div><div>• 11:00 Catholic Mass with Father Dean (Chapel)</div><div>• 2:00 Friday Entertainment with “Lodge Pole” Brass Quintet (Atrium) </div><div>• 6:30 Friday Night Movie: “Once Upon A Time In The West” (Activity Room) </div></div> <div>4</div>	<div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge) </div></div> <div>5</div>
<div><div>Week 1 Menu</div><div><div>• 10:00 Coffee &amp; 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>6</div>	<div><div>• 9:45 Active Yoga With Colleen (Activity Room) </div><div>• 10:30 Trivia (Activity Room)</div><div>• 11:30 Knife Sharpening Service to *Knife Collection* 12:30 “sign up at reception”</div><div>• 1:15 Coach Trip to Manchester Square “sign up in the mailroom” </div><div>• 2:00 Bible Study (Activity Room) *cancelled*</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div> <div>7</div>	<div><div>• 9:30 Coach Trip to Meadowlark “sign up in the mailroom”</div><div>• 10:15 Music &amp; Meanders with Rus (Atrium) </div><div>• 10:30 Drums Alive (Activity Room)</div><div>• 12:30 ASL (American Sign Language) Session #12 (Court Activity Room) </div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Chocolate Brownie Day “see you at your door”</div><div>• 6:30 Evening Series (Activity Room)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-In***</div></div> <div>8</div>	<div><div>• 9:30 Active Yoga With Pramila (Activity Room) </div><div>• 10:15 Easter Card Making (Atrium)</div><div>• 10:30 Garden Planning Meeting (Activity Room)</div><div>• 1:30 Card Bingo (Atrium)</div><div>• 3:00 Sing for Fun (Chapel)</div><div>• 6:30 Tile Rummy (Activity Room)</div><div>• 6:30 Diocese of Edmonton Children’s Choir (Atrium)</div></div> <div>9</div>	<div><div>• 9:30 Exercises (Activity Room) </div><div>• 9:30 Dutch Delicious Bakery “sign up in mailroom”</div><div>• 10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</div><div>• 11:30 Knife Sharpening Service *Knife Return*</div><div>• 1:30 St Andrews Coffee Party (Activity Room)</div><div>• 3:00 Manor Happy Hour “don’t forget your money!” </div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div> <div>10</div>	<div><div>• 9:30 Stretch &amp; Strength (Activity Room)</div><div>• 10:15 Mom &amp; Tots “Do, Re, Mi, ABC” (Atrium) </div><div>• 10:30 Horse Races (Activity Room)</div><div>• 2:00 Friday Entertainment with “Jeff Ramsey” (Atrium)</div><div>• 6:30 Friday Night Movie: “Wonder” (Activity Room) </div></div> <div>11</div>	<div><div>• 9:30 Exercise (Atrium) </div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Physical Game: Bolongo Ball (Atrium)</div></div> <div>12</div>
<div><div>Week 2 Menu</div><div><div>• 9:30 Balloon Badminton (Atrium) </div><div>• 10:00 Coffee &amp; Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel) </div><div>• 1:00 Crosswords (Court Activity Room)</div></div></div> <div>13</div>	<div><div>• 9:30 Easter Crafts with Laurier Heights Kinders (Atrium) </div><div>• 9:45 Active Yoga With Colleen (Activity Room) </div><div>• 10:30 Trivia (Activity Room)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div> <div>14</div>	<div><div>• 9:30 Coach Trip to Meadowlark “sign up in mailroom”</div><div>• 10:15 World Tales (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 2:00 Westend Singers (Atrium) </div><div>• 6:30 Evening Series (Activity Room)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-in***</div></div> <div>15</div>	<div><div>• 9:30 Active Yoga with Pramila (Activity Room)</div><div>• 10:30 Jeopardy *New Program* (Activity Room)</div><div>• 1:30 to 2:30 Kelly’s Kitchen (Court Activity Room) </div><div>• 3:00 Men’s Club House (Court Activity Room)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div> <div>16</div>	<div><div>• 9:30 Gentle Stretch &amp; Meditation *New Program* (Activity Room) </div><div>• 10:30 Card Bingo (Activity Room) </div><div>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</div><div>• 2:00 Easter Tea with “Birch Nero” (Atrium) </div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div> <div>17</div>	<div><div>Good Friday</div><div>• 9:30 Stretch &amp; Strength (Activity Room) </div><div>• 10:30 Ecumenical Good Friday Service (Chapel)</div><div>• 10:30 Horse Races (Activity Room)</div><div>• 2:00 Friday Entertainment with “Vince Anderson” (Atrium)</div><div>• 6:30 Friday Night Movie: “Sideways” (Activity Room) </div></div> <div>18</div>	<div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Easter Egg Hunt with Connecting Seniors with Care (Atrium) </div></div> <div>19</div>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Week 3 Menu</div> <div>Easter Sunday</div> <div><div><div>• 10:00 Coffee &amp; Conversation</div><div>*Independent* (Atrium)</div></div><div><div>• 10:30 Catholic Worship</div><div> (Chapel)</div></div><div><div>• 1:30 Children's Recital (Atrium)</div></div></div> <div>20</div>	<div><div><div>• 9:45 Active Yoga With Colleen</div><div>(Activity Room)</div></div><div><div>• 10:30 Trivia (Activity Room)</div></div><div><div>• 1:30 Super Bingo</div><div> "you play, we pay!" (Atrium)</div></div><div><div>• 2:00 Bible Study (Activity Room)</div><div>*cancelled*</div></div><div><div>• 6:30 Scrabble/Whist</div><div>(Activity Room)</div></div></div> <div>21</div>	<div><div><div>• 9:30 Coach Trip to Meadowlark</div><div>"sign up in mailroom"</div></div><div><div>• 10:15 Music &amp; Meanders with Rus (Atrium)</div></div><div><div>• 10:30 Drums Alive</div><div>(Activity Room)</div></div><div><div>• 1:00 Book Reading (Activity Room)</div></div><div><div>• 2:00 Volunteer Tea with Mary Ellen Davidson</div><div>(Atrium)</div></div><div><div>• 6:30 Evening Series (Activity Room)</div></div><div><div>• 6:30 Cribbage (Fireside Lounge)</div><div>***Drop-In***</div></div></div> <div>22</div>	<div><div><div>• 9:30 Active Yoga with Pramila</div><div>(Activity Room)</div></div><div><div>• 10:30 Coach Trip: Mystery Drive &amp; Lunch</div><div>"sign up in mailroom"</div></div><div><div>• 10:30 Memory Magic (Atrium)</div></div><div><div>• 1:30 Hangman (Court Activity Room)</div></div><div><div>• 3:00 Sing for Fun (Chapel)</div></div><div><div>• 6:30 Tile Rummy (Act. Rm)</div></div></div> <div>23</div>	<div><div><div>• 9:30 Exercises (Activity Room)</div><div>*cancelled*</div></div><div><div><div>• 9:30 to 11:30 SPA DAY!</div><div>"Let us pamper you!" (Activity Room)</div></div></div><div><div>• 10:30 Anglican Worship with Rev. David (Chapel)</div></div><div><div>• 2:00 Manor Birthday Tea</div><div></div></div><div><div>• 3:00 Manor Happy Hour</div><div>"don't forget your money"</div></div><div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div></div> <div>24</div>	<div><div><div>• 9:30 Stretch &amp; Strength (Activity Room)</div></div><div><div><div>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</div><div></div></div></div><div><div>• 10:30 Horse Races (Activity Room)</div></div><div><div><div>• 2:00 Friday Entertainment with "Gary Meyers" (Atrium)</div></div></div><div><div><div>• 2:00 to 6:00 Open House</div></div></div><div><div><div>• 6:30 Friday Night Movie: "I Never Sang for My Father" (Activity Room)</div></div></div><div><div><div>• 6:30 Shabbat Service with Cantor David (Chapel)</div><div></div></div></div><div>25</div></div>	<div><div><div>• 9:30 Exercise (Atrium)</div><div></div></div></div> <div><div>• 10:30 Shuffleboard (Activity Room)</div></div> <div><div>• 1:00 Virtual Concert (Games Lounge)</div></div> <div><div>• 2:30 Physical Game: Bean Bag Toss (Atrium)</div></div>

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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

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780-930-3736

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780-930-3734





THIS MONTH'S ACTIVITIES

### Spring Flowers



P	T	T	X	C	P	E	T	U	N	I	A	N	X	E
O	A	S	Y	I	S	V	O	L	E	T	F	A	G	
P	A	J	D	A	I	S	Y	L	R	N	Y	A	E	
P	Z	Q	C	R	O	C	S	I	U	Z	I	H	R	
Y	C	O	S	M	O	S	C	D	L	O	H	G	N	A
S	U	N	F	L	O	W	E	R	Y	T	S	B	W	N
D	M	D	C	H	F	R	D	V	Y	Z	I	O	P	I
L	Q	S	A	Q	N	Z	V	S	A	Z	R	K	A	U
O	K	C	R	F	B	R	R	Y	D	Z	I	A	N	M
G	K	A	N	A	F	O	O	E	O	Z	A	S	S	U
I	E	L	A	L	F	O	D	S	K	N	C	L	Y	X
R	M	I	T	Z	G	E	D	E	E	E	A	L	E	U
A	O	L	I	G	U	Z	P	I	Z	I	N	N	I	A
M	Q	T	O	Q	X	U	A	L	L	D	J	N	K	Y
Y	R	O	N	L	T	O	Y	F	T	U	L	I	P	S

Word list:

AZALEA	DAISY	LILY	ROSE
CARNATION	FORSYTHIA	MARIGOLD	SUNFLOWER
COSMOS	GERANIUM	PANSY	TULIP
CROCUS	IRIS	PETUNIA	VIOLET
DAFFODIL	LILAC	POPPY	ZINNIA



*"He is not here;  
He has risen!" - Luke 24:6*

Leaf-by leaf,  
the spring arrives,  
Bloom by bloom  
the world grows bright  
As day by day,  
love fills the world  
With simple joys  
and heart's  
delight.



### Birthday Wishes

April 05 - Loris W.  
April 11 - Geraldine L.  
April 11 - Dorothy M.  
April 12 - Sheila K.  
April 13 - Rose K.  
April 23 - Jill A.  
April 28 - Sandi S.  
April 29 - Gloria G.  
April 29 - Gail E.






### Welcome Wagon

Larry D.  
Norma D.

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