

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>WEEK 4 MENU</b></p> <ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Jeanette (Exercise Room)</li> <li>• 10:30 Crosswords (CAR)</li> <li>• 1:30 Physical Games: Bean Bag Toss (Atrium)</li> </ul> <p style="text-align: right;"><b>1</b></p>	<p><b>WEEK 4 MENU</b></p> <ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Jeanette (Exercise Room)</li> <li>• 10:30 Crosswords (CAR)</li> <li>• 1:30 Physical Games: Bean Bag Toss (Atrium)</li> </ul> <p style="text-align: right;"><b>1</b></p>	<p><b>WEEK 4 MENU</b></p> <ul style="list-style-type: none"> <li>• 9:00 Exercises (Exc. Rm)</li> <li>• Life Enrichment Planning Day</li> </ul> <p style="text-align: right;"><b>2</b></p>	<p><b>NATIONAL WALKING DAY</b></p> <p><b>I.G.A. Grocery Delivery</b></p> <ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Dawn (Exc. Rm)</li> <li>• 10:00 Norquest College Visit "Poetry Slam" (Atrium)</li> <li>• 10:00- 3:00 V: Pieces By Sharon (MLL)</li> <li>• 10:30 United Worship with Pastor Karen (Chapel)</li> <li>• 1:30 Horse Races (Atrium)</li> <li>• 3:00 Sing for Fun (Chapel)</li> <li>• 6:00 Evening Show: "The Flying Nun" (GL)</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exc. Rm) </li> <li>• 10:30 Lutheran Worship with Rev. Scott (Chapel)</li> <li>• 1:30 Tile Rummy (Atrium)</li> <li>• 3:00 Happy Hour (MLL) "don't forget your money!"</li> <li>• 6:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>4</b></p>	<p><b>NATIONAL DANDELION DAY</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:30 Physical Games: Balloon Badminton (Atrium)</li> <li>• 11:00 Catholic Mass (Chapel)</li> <li>• 1:00-4:00 Resident Survey Assistance (CAR) "Call Life Enrichment for an appt"</li> <li>• 2:00 Friday Entertainment With "Sean Sonogo" (Atrium)</li> <li>• 6:00 Friday Night Movie: "Oklahoma" (GL)</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:30 Physical Games: Bolongo Ball (Atrium)</li> <li>• 1:00 Virtual Concert (GL)</li> </ul> <p style="text-align: right;"><b>6</b></p>
<p><b>WEEK 1 MENU</b></p> <ul style="list-style-type: none"> <li>• 9:30 Balloon Badminton (Exc. Rm)</li> <li>• 10:30 Catholic Worship (Chapel)</li> <li>• 1:30 Piano Recital With Miriam Mahood (Atrium)</li> </ul> <p style="text-align: right;"><b>7</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Jeanette (Exercise Room) </li> <li>• 10:30 Crosswords (CAR)</li> <li>• 1:30 New Resident Welcome Tea (CAR)</li> </ul> <p style="text-align: right;"><b>8</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:30 Bible Studies (Chapel)</li> <li>• 1:30 Card Bingo (Atrium) </li> </ul> <p style="text-align: right;"><b>9</b></p>	<p><b>NATIONAL SIBLINGS DAY</b></p> <p><b>I.G.A. Grocery Delivery</b></p> <ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Dawn (Exc. Rm)</li> <li>• 10:30 Creative Crafting (Atrium)</li> <li>• 1:30 Movie &amp; Popcorn "Mrs. Doubtfire" (GL)</li> <li>• 6:00 Evening Show: "The Flying Nun" (GL)</li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exc. Rm) </li> <li>• 10:30 Non-Denominational Worship with Rev. Colleen (Chapel)</li> <li>• 1:30 Tile Rummy (Atrium)</li> <li>• 6:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:30 Physical Games: Bowling (GL)</li> <li>• 2:00 Rose Tea with "Steven Tyler" (Atrium) </li> <li>• 6:00 Friday Night Movie: "Dead Poets Society" (GL)</li> </ul> <p style="text-align: right;"><b>12</b></p>	<p><b>NATIONAL PEACH COBBLER DAY</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:30 Physical Games: Horseshoes (Atrium)</li> <li>• 1:00 Virtual Concert (GL)</li> </ul> <p style="text-align: right;"><b>13</b></p>
<p><b>WEEK 2 MENU</b></p> <ul style="list-style-type: none"> <li>• 9:30 Balloon Badminton (Exc. Rm)</li> <li>• 10:30 Catholic Worship (Chapel)</li> <li>• 1:30 Piano Recital With Frank Ho (Atrium)</li> </ul> <p style="text-align: right;"><b>14</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Jeanette (Exercise Room) </li> <li>• 10:30 Crosswords (CAR)</li> <li>• 1:30 Physical Games: Balloon Badminton (Atrium)</li> </ul> <p style="text-align: right;"><b>15</b></p>	<p><b>NATIONAL MUSHROOM DAY</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:30 Bible Studies (Chapel)</li> <li>• 1:30 Card Bingo (Atrium) </li> </ul> <p style="text-align: right;"><b>16</b></p>	<p><b>I.G.A. Grocery Delivery</b></p> <ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Dawn (Exc. Rm)</li> <li>• Life Enrichment Planning Morning</li> <li>• 1:30 Horse Races (Atrium)</li> <li>• 3:00 Sing for Fun (Chapel)</li> <li>• 6:00 Evening Show: "The Flying Nun" (GL)</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exc. Rm) </li> <li>• 10:30 Anglican Holy Eucharist with Rev. Colleen (Chapel)</li> <li>• 1:30 Tile Rummy (Atrium) </li> <li>• 3:00 Happy Hour (MLL) "don't forget your money!"</li> <li>• 6:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>18</b></p>	<p><b>NATIONAL GARLIC DAY</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (CAR)</li> <li>• 2:00 Friday Entertainment with "Denis Bourdon" (Atrium) </li> <li>• 6:00 Friday Night Movie: "Big" (GL)</li> </ul> <p style="text-align: right;"><b>19</b></p>	<p><b>HUSBAND APPRECIATION DAY</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:30 Physical Games: Bean Bag Toss (Atrium)</li> <li>• 1:00 Virtual Concert (GL)</li> </ul> <p style="text-align: right;"><b>20</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 3 MENU</b> • 9:30 Balloon Badminton (Exc. Rm) • 10:30 Catholic Worship (Chapel) • 1:30 Afternoon Entertainment With "Echo Singers" (Atrium) • 3:00 Hymn Sing (Chapel) <div style="text-align: right; font-size: 2em;"><b>21</b></div>	<b>EARTH DAY</b> <b>PASSOVER BEGINS</b> • 9:00 Active Yoga With Jeanette (Exc. Rm) • 10:30 Crosswords (CAR) • 1:30 Super Bingo (Atrium) "We Pay! You Play!" <div style="text-align: right; font-size: 2em;"><b>22</b></div>	<b>NATIONAL LOVER'S DAY</b> • 9:30 Exercises (Exc. Rm) • 10:30 Bible Studies (Chapel) • 1:30 Chocolate Brownie Day "see you at your door!" • 2:00 Dialogues Conversations on Life & Death: Green Burials (CAR) <div style="text-align: right; font-size: 2em;"><b>23</b></div>	<b>NATIONAL PIG IN A BLANKET DAY</b> <b>I.G.A. Grocery Delivery</b> • 9:00 Active Yoga With Pramila (Exc. Rm) • 10:00– 3:00 V: Plus Sized Creations (MLL) • 10:30 Laurier Heights School Choir (Atrium) • 1:30 International Foods (CAR) • 6:00 Evening Show: "The Flying Nun" (GL) <div style="text-align: right; font-size: 2em;"><b>24</b></div>	• 9:30 Stretch & Strength (Exc. Rm) • 10:30 Anglican Holy Eucharist with Rev. Clare (Chapel) • 1:30 Movie & Popcorn "Best Exotic Marigold Hotel" (GL) • 6:30 Cribbage (Atrium) <div style="text-align: right; font-size: 2em;"><b>25</b></div>	<b>ARBOR DAY</b> • 9:30 Exercises (Exc. Rm) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (CAR) • 2:00 Friday Entertainment With "Del Ryan" (Atrium) • 6:00 Friday Night Movie: "Flicka" (GL) <div style="text-align: right; font-size: 2em;"><b>26</b></div>	• 9:30 Exercises (Exc. Rm) • 10:30 Physical Games Washer Toss (Atrium) • 1:00 Virtual Concert (GL) • 2:00 Afternoon Entertainment with "Voces Alegres" (Atrium) <div style="text-align: right; font-size: 2em;"><b>27</b></div>
<b>WEEK 4 MENU</b> • 9:30 Balloon Badminton (Exc. Rm) • 10:30 Catholic Worship (Chapel) • 1:00 Piano with Roy Li (Atrium) <div style="text-align: right; font-size: 2em;"><b>28</b></div>	<b>NATIONAL GREENERY DAY</b> • 9:00 Active Yoga With Colleen (Exc. Rm) • 10:30 Crosswords (CAR) • 2:00 Court Birthday Tea "Kristopher Brooks" (Atrium) <div style="text-align: right; font-size: 2em;"><b>29</b></div>	<b>PASSOVER ENDS</b> • 9:30 Exercises (Exc. Rm) • 10:30 Bible Studies (Atrium) • 1:30 Card Bingo (Atrium) <div style="text-align: right; font-size: 2em;"><b>30</b></div>				

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
- V ..... Vendor
- CAR ..... Court Activity Room
- FSL ..... Manor Fireside Lounge
- ESL ..... Enhanced Supported Living

### LIFE ENRICHMENT STAFF

**Manager:** Leana Nielsen

**Co-ordinators:** Vanessa, Ana, Erica, Kelly, Chelcey, Audra, Austin, Dana, Eric, & Tina

### CONTACT

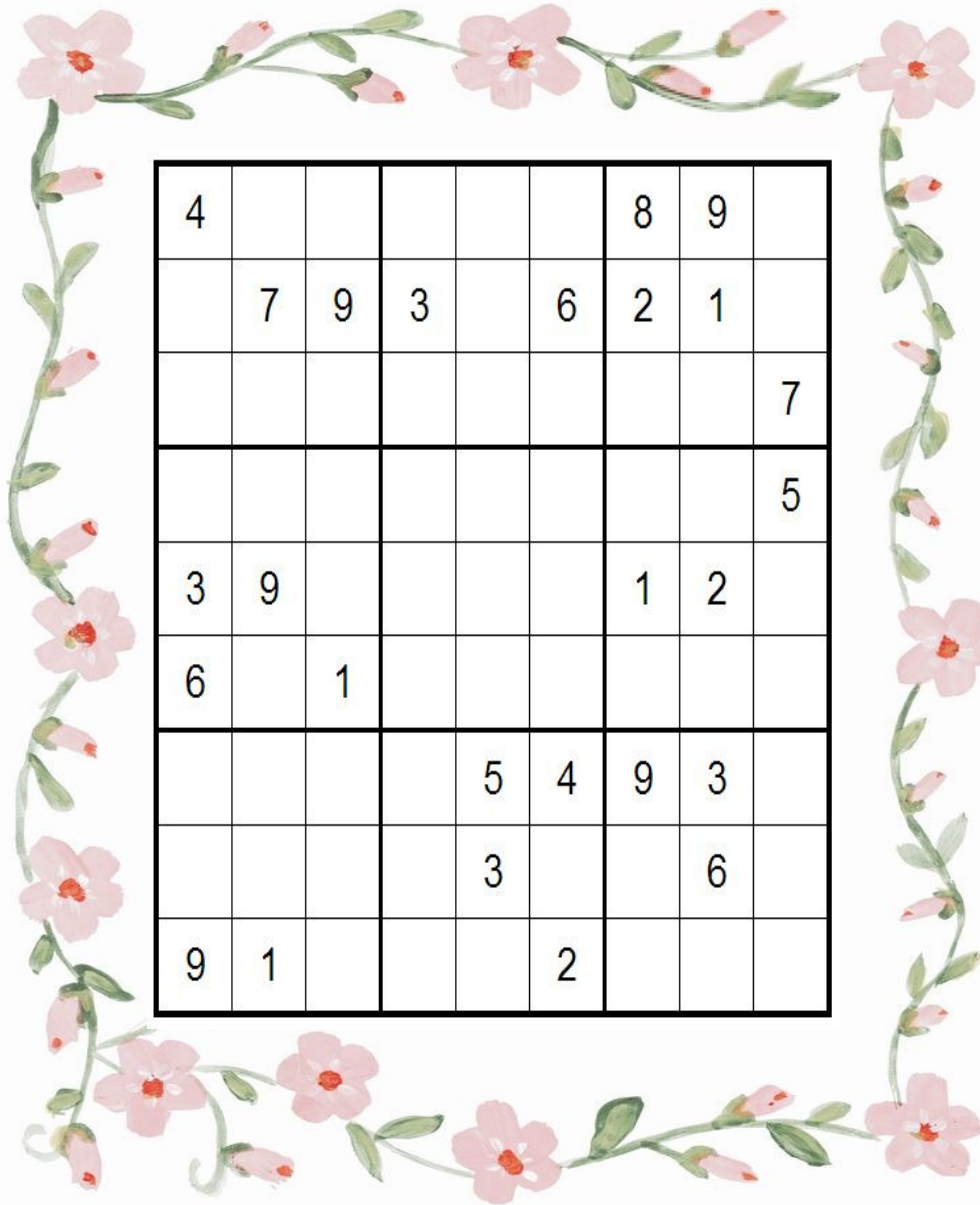
**Life Enrichment Main Phone**  
780-930-3736

**Court Reception**  
780-483-5361

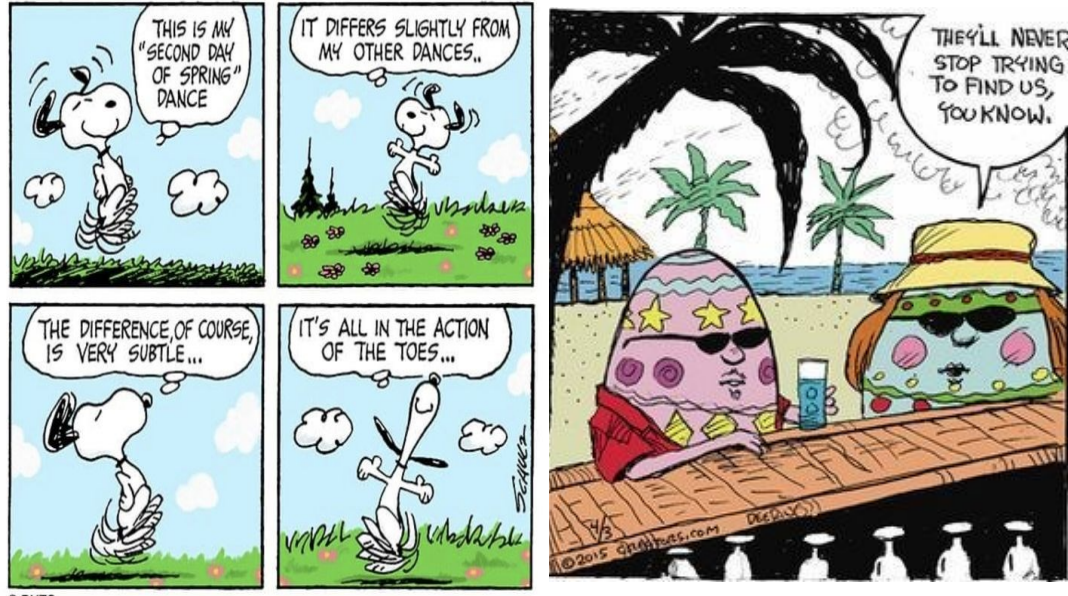
**Nursing Station**  
780-930-3734

The Promise of Home





**Phone Numbers of Interest:**  
 Beauty Salon: 780 444 0483  
 Dietary: 780 930 3739



### Birthday Wishes

APRIL 12	JACKIE D.	APRIL 29	BERNIE M.
APRIL 16	BETTY A.	APRIL 30	JANET V.
APRIL 20	TED R.	APRIL 30	SHIU-YING L.

### Welcome Wagon

Arthur G.

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**Manager:** Leana Nielsen  
**Lead Coordinator:** Haley Mancini  
**Co-ordinators:** Vanessa, Ana, Erica, Kelly, Chelcey, Audra, Austin, Dana, Eric, & Tina

### CONTACT

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