

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	WEEK 4 MENU • 9:45 Active Yoga With Jeanette (Act. Rm.) • 10:30 Trivia (Act. Rm.) • 1:30 Physical Games: Bean Bag Toss (Atrium) • No Bible Studies Today • 6:30 Scrabble/Whist (Act. Rm.)	• 9:00 Exercises (Act. Rm.) • Life Enrichment Planning Day • 1:00 Book Reading (Act. Rm.) • 6:30 Cribbage (Act. Rm.) ***Drop-in***	I.G.A. Grocery Delivery • 9:45 Active Yoga With Dawn (Act. Rm.) • 10:00 Norquest College Visit "Poetry Slam" (Atrium) • 10:00– 3:00 V: Pieces By Sharon (MLL) • 10:30 Card Bingo (Act. Rm.) • 1:00 Coach Trip: Southgate Mall "sign up in the Mailroom" • 1:30 Horse Races (Atrium) • 3:00 Sing for Fun (Chapel) • 6:30 Tile Rummy (Act. Rm.)	• 9:30 Exercises (Act. Room) • 10:30 Lutheran Worship with Rev. Scott (Chapel) • 10:30 Tech Assists with Ana (Sign up in Mail Room) • 1:30 Tile Rummy (Atrium) • 3:00 Happy Hour (LL) "don't forget your money!" • 6:30 Shuffleboard Bowling (Act. Rm.)	NATIONAL DANDELION DAY • 9:30 Stretch & Strength (Act. Room) • 10:30 Horse Races (Act. Rm.) • 11:00 Catholic Mass (Chapel) • 1:00–4:00 Resident Survey Assistance (Act. Rm) "Call Life Enrichment for an appt" • 2:00 Friday Entertainment With "Sean Sonego" (Atrium) • 6:30 Friday Night Movie "Midnight in Paris" (Act. Rm.)	• 9:30 Exercises (Exc. Rm) • 10:00 Shuffleboard (Act. Rm.) • 10:30 Physical Games: Bolongo Ball (Atrium) • 1:00 Virtual Concert (CGL)
WEEK I MENU • 9:30 Balloon Badminton (Exc. Rm) • 10:30 Catholic Worship (Chapel) • 1:30 Piano Recital With Miriam Mahood (Atrium)	• 9:45 Active Yoga With Jeanette (Act. Rm.) • 10:30 Trivia (Act. Rm.) • 1:00–4:00 Resident Survey Assistance (Act. Rm) "Call Life Enrichment for an appt" • 2:00 Bible Study (Act. Rm) • 6:30 Scrabble/Whist (Act. Rm.)	• 9:30 Exercises (Act. Rm.) • 9:30 Coach Trip to Meadowlark "sign up in the Mailroom" • 10:30 Physical Games: Bolongo Ball (Act. Rm) • 1:00 Book Reading (Act. Rm) • 1:30 Coach Trip: Mystery Drive "sign up in the Mailroom" • 1:30 Card Bingo *Come help a fellow resident & play to win! (Atrium) • 3:00 St. Andrews Coffee Party (Act. Rm) • 6:30 Cribbage (Act. Rm.)	NATIONAL SIBLINGS DAY I.G.A. Grocery Delivery • 9:45 Active Yoga With Dawn (Act. Rm) • 10:30 Card Bingo (Act. Rm.) • 2:00 New Resident Welcome Tea (Dining Room) • 6:30 Tile Rummy (Act. Rm.)	• 9:30 Exercises (Act. Room) • 10:30 Non-Denominational Worship with Rev. Colleen (Chapel) • No Tech Assists Today • 1:30 Tile Rummy (Atrium) • 6:30 Shuffleboard Bowling (Act. Rm.)	• 9:30 Stretch & Strength (Act. Room) • 10:30 Horse Races (Act. Rm) • 2:00 Rose Tea with "Steven Tyler" (Atrium) • 6:30 Friday Night Movie: "Belfast" (Act. Rm.)	NATIONAL PEACH COBBLER DAY • 9:30 Exercises (Exc. Rm) • 10:00 Shuffleboard (Act. Rm) • 10:30 Physical Games: Horseshoes (Atrium) • 1:00 Virtual Concert (CGL)
WEEK 2 MENU • 9:30 Balloon Badminton (Exc. Rm) • 10:30 Catholic Worship (Chapel) • 1:30 Piano Recital With Frank Ho (Atrium)	• 9:45 Active Yoga With Jeanette (Act. Rm.) • 10:30 Trivia (Act. Rm.) • 1:30 Physical Games: Balloon Badminton (Atrium) • 2:00 Bible Studies (Act. Rm) • 6:30 Scrabble/Whist (Act. Rm.)	NATIONAL MUSHROOM DAY • 9:30 Exercises (Act. Rm.) • 10:30 Physical Games: Bowling (Act. Rm) • 1:00 Book Reading (Act. Rm) • 1:30 Card Bingo *Come help a fellow resident & play to win! (Atrium) • 3:00 Garden Planning Meeting (Act. Rm) • 6:30 Cribbage (Act. Rm.) ***Drop-in***	I.G.A. Grocery Delivery • 9:45 Active Yoga With Dawn (Act. Rm.) • Life Enrichment Planning Morning • 1:30 Horse Races (Atrium) • 3:00 Sing for Fun (Chapel) • 6:30 Tile Rummy (Act. Rm.)	• 9:30 Exercises (Act. Rm.) • 10:30 Anglican Holy Eucharist with Rev. Colleen (Chapel) • 10:30 Tech Assists with Ana (Sign up in Mail Room) • 1:30 Tile Rummy (Atrium) • 3:00 Happy Hour (LL) "don't forget your money!" • 6:30 Shuffleboard Bowling (Act. Rm.)	NATIONAL GARLIC DAY • 9:30 Stretch & Strength (Act. Rm.) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (CAR) • 10:30 Horse Races (Act. Rm) • 2:00 Friday Entertainment with "Denis Bourdon" (Atrium) • 6:30 Friday Night Movie "The Book Thief"	HUSBAND APPRECIATION DAY • 9:30 Exercises (Exc. Rm) • 10:00 Shuffleboard (Act. Rm.) • 10:30 Physical Games: Bean Bag Toss (Atrium) • 1:00 Virtual Concert (CGL)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3 MENU • 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;">21</div>	EARTH DAY PASSOVER BEGINS • 9:45 Active Yoga With Jeanette (Act. Rm.) • 10:30 Trivia (Act. Rm) • 1:30 Super Bingo! (Atrium) "We Play! You Play!" • 2:00 Bible Studies (Act. Rm) • 6:30 Scrabble/Whist (Act. Rm.) <div style="text-align: right; font-size: 2em;">22</div>	NATIONAL LOVER'S DAY • 9:30 Coach Trip to Meadowlark "signup in the Mailroom" • 9:30 Exercises (Act. Rm.) • 1:00 Book Reading (Act. Rm) • 1:30 Coach Trip: Mystery Drive "signup in the Mailroom" • 1:30 Chocolate Brownie Day "see you at your door!" • 2:00 Dialogues: Conversations on Life & Death: Green Burials (CAR) • 6:30 Cribbage (Act. Rm) <div style="text-align: right; font-size: 2em;">23</div>	NATIONAL PIG IN A BLANKET DAY I.G.A. Grocery Delivery • 9:45 Active Yoga With Pramila (Act. Rm) • 10:00– 3:00 V: Plus Sized Creations (MLL) • 10:30 Laurier Heights School Choir (Atrium) • 10:30 Card Bingo (Act. Rm) • 1:00 Coach Trip to Muttart Conservatory "sign up in the Mailroom" • 1:30 International Foods (CAR) • 6:30 Tile Rummy (Act. Rm) <div style="text-align: right; font-size: 2em;">24</div>	• 9:30 Exercises (Act. Room) • 10:30 Anglican Holy Eucharist with Rev. Clare (Chapel) • 10:30 Tech Assists with Ana (Sign up in Mail Room) • 2:00 Manor Birthday Tea (Dining Room) • 6:30 Shuffleboard Bowling (Act. Rm.) <div style="text-align: right; font-size: 2em;">25</div>	ARBOR DAY • 9:30 Stretch & Strength (Act. Rm) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (CAR) • 10:30 Horse Races (Act. Rm) • 2:00 Friday Entertainment with "Del Ryan" (Atrium) • 6:30 Friday Night Movie: "Driving Lessons" (Act. Rm) <div style="text-align: right; font-size: 2em;">26</div>	• 9:30 Exercises (Exc. Rm) • 10:00 Shuffleboard (Act. Rm.) • 10:30 Physical Games: Washer Toss (Atrium) • 1:00 Virtual Concert (CGL) • 2:00 Afternoon Entertainment with "Voces Alegres" (Atrium) <div style="text-align: right; font-size: 2em;">27</div>
WEEK 4 MENU • 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;">28</div>	NATIONAL GREENERY DAY • 9:45 Active Yoga With Colleen (Act. Rm.) • 10:30 Trivia (Act. Rm) • 2:00 Court Birthday Tea "Kristopher Brooks" (Atrium) • 6:30 Scrabble/Whist (Act. Rm) <div style="text-align: right; font-size: 2em;">29</div>	PASSOVER ENDS • 9:30 Exercises (Act. Rm.) • 10:00 Coach Trip to Atlantic Kitchen "sign up in the Mailroom" • 1:00 Book Reading (Act. Rm) • 1:30 Card Bingo *Come help a fellow resident & play to win! (Atrium) • 6:30 Cribbage (Act. Rm) ***Drop-in*** <div style="text-align: right; font-size: 2em;">30</div>				

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

- Act. Rm..... Manor Activity Room
- LL Lobby Lounge
- FSL Fireside Lounge
- CGL Court Games Lounge
- CAR Court Activity Room
- Exc. Rm Exercise Room
- V Vendor
- PDR Manor Private Dining Room

LIFE ENRICHMENT STAFF

Manager: Leana Nielsen

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

CONTACT

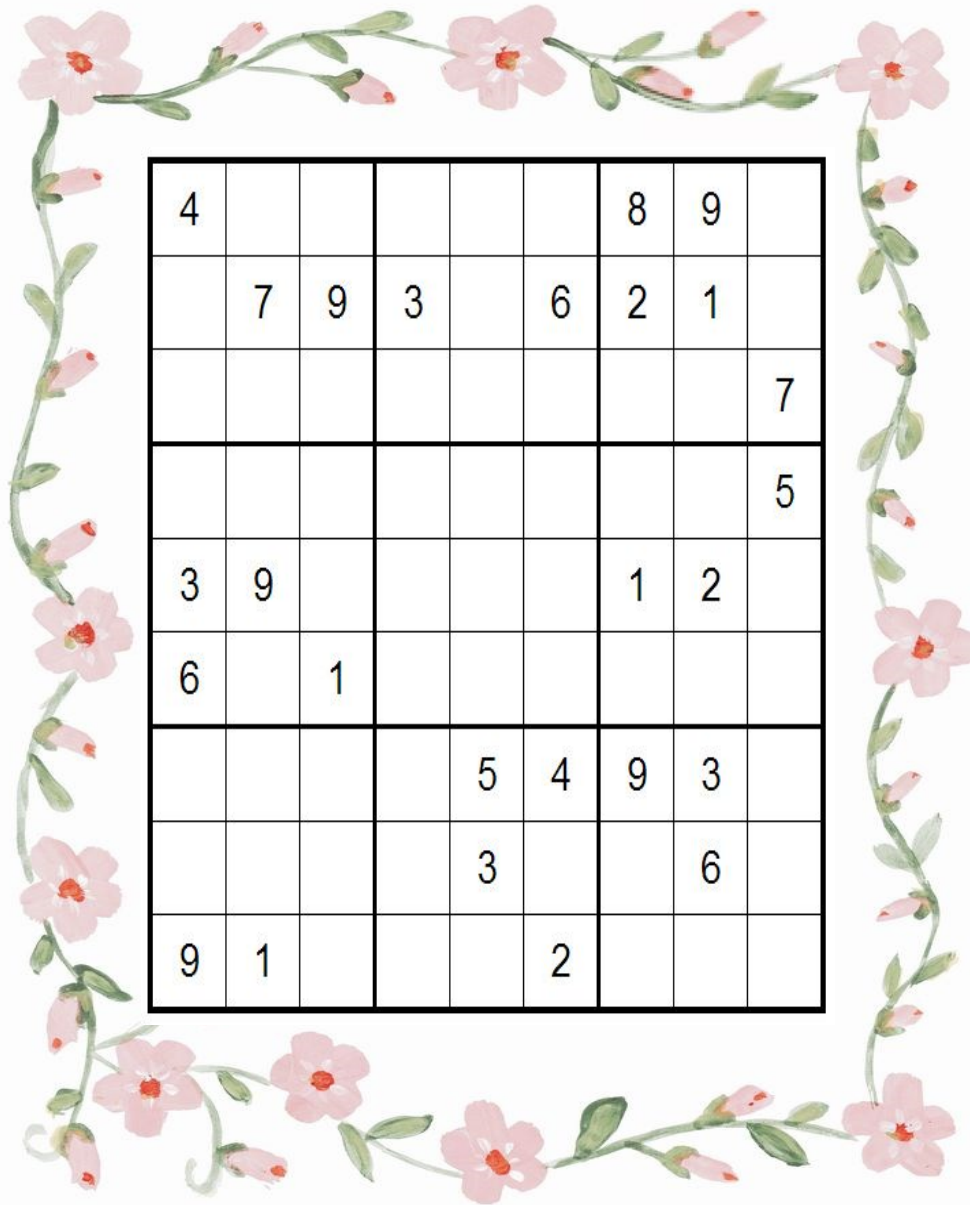
 **Life Enrichment Main Phone**
780-930-3736

 **Court Reception**
780-483-5361

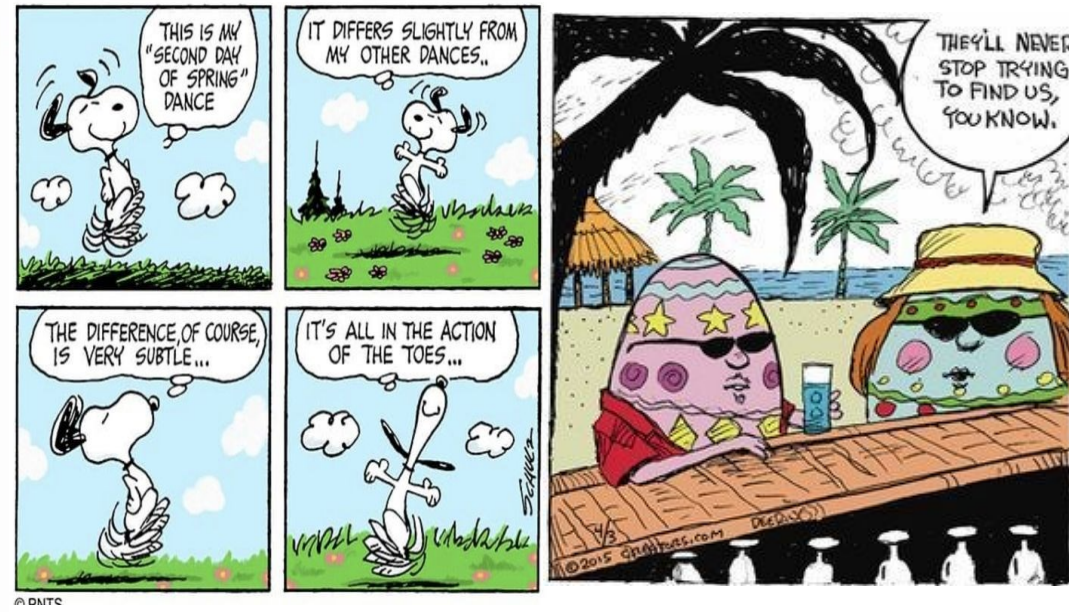
 **Nursing Station**
780-930-3734


Canterbury
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Phone Numbers of Interest:
 Manor Reception: (780) 481-3629
 Beauty Salon: (780) 444-0483
 Dietary: (780) 930 3739



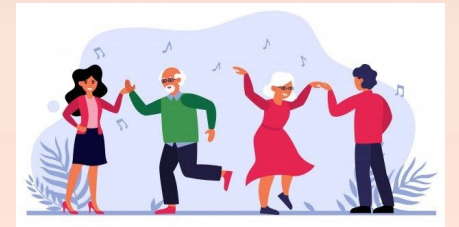
Birthday Wishes

APRIL 5	LORIS W.	APRIL 23	JILL A.
APRIL 11	GERALDINE L.	APRIL 28	SANDI S.
APRIL 12	SHEILA K.	APRIL 29	GAIL E.
APRIL 13	OLGA K.	APRIL 29	GLORIA G.
APRIL 22	MARY S.		



Welcome Wagon

CLARA G.
 GLADYS R.



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