

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Virtual Concert (Games Lounge) <p>1</p>
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) <p>2</p>	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:30 Irene Lantz 111th Birthday Bash (Atrium) <p>3</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Pieces by Sharon to (Games Lounge) 3:00 10:15 Music & Meanders with Rus (Atrium) 1:30 Board Games (Atrium) *Independent <p>4</p>	<p>ASH WEDNESDAY</p> <ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 United Worship with Rev. Karen (Chapel) 1:30 Memory Magic (Atrium) 6:30 Evening Show "Virtual Concert" (Games Lounge) <p>5</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) *cancelled* 9:00 Life Enrichment Half Day to Planning Meeting 12:00 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Afternoon Exercise (Exercise Room) <p>6</p>	<p>MARDI GRAS</p> <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Roman Catholic Mass with Rev. Dean (Chapel) 1:30 Happy Hour "don't forget your money" (Atrium) 2:00 Friday Entertainment with "Central Lion Band" (Atrium) 6:00 Friday Night Movie: "Toscana" (Games Lounge) <p>7</p>	<ul style="list-style-type: none"> 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) <p>8</p>
<p>DAYLIGHT SAVING TIME</p> <p>Week 1 Menu</p> <ul style="list-style-type: none"> 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) <p>9</p>	<ul style="list-style-type: none"> 9:00 Active Yoga With Dianne (Exercise Room) 10:30 Crosswords (Court Activity Room) 2:00 Golden Gigue Comedy Act (Atrium) <p>10</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 11:30 LE Hamburger BBQ by Rus to "Get your order form at 12:30 reception for \$15" (Court Dining Room) 1:00 Comedy Show "Jim Guffigan" (Games Lounge) <p>11</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Jeopardy *New Program* (Court Activity Room) 12:30 Shop Easy to 3:30 (Manor Lobby Lounge) 1:30 Kelly's Kitchen (Court Activity Room) 2:30 3:00 Sing For Fun (Chapel) 6:30 Evening Show: "Father Brown" (Games Lounge) <p>12</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Non-Denominational Worship with Rev. Carol & Rev. Jim (Chapel) 1:30 Music with Erica (Atrium) 3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!" <p>13</p>	<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 "Erin Vanderplatten" (Atrium) 6:00 Friday Night Movie: "Draft Day" (Games Lounge) <p>14</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bean Bag Toss (Atrium) 1:00 Virtual Concert (Games Lounge) <p>15</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 2 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) <p>16</p>	<p>ST PATRICK'S DAY</p> <ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Court Activity Room) 2:00 Afternoon Entertainment with "Bob Gagnon" (Atrium) <p>17</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Big Brain (Court Activity Room) 1:30 Chocolate Brownie Day "see you at your door!" <p>18</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Memory Magic (Atrium) 1:30 Horse Races (Atrium) 6:00 Evening Show: Virtual Concert (Games Lounge) <p>19</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Non-Denominational Worship with Rus (Chapel) 1:30 Memory Magic (Atrium) <p>20</p>	<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 "The Britz" (Atrium) 6:00 Friday Night Movie: "Six Triple Eight" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) <p>21</p>	<ul style="list-style-type: none"> 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Recital (Atrium) <p>22</p>
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 3:00 Hymn Sing (Chapel) <p>23</p>	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Activity Room) 2:00 Court Birthday Tea with "Marten Borch" (Atrium) <p>24</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 World Tales (Court Activity Room) 1:15 Court Mystery Drive "sign up at reception" 1:30 Card Bingo (Atrium) <p>25</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Life Enrichment to GARAGE SALE! (Court Activity Room) 10:00 Plus Size Creations to (Manor Lobby Lounge) 6:00 Evening Show: "Father Brown" (Games Lounge) <p>26</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Anglican Worship with Rev. David Bruce (Chapel) 1:30 Movie & Popcorn "Grand Budapest Hotel" (Games Lounge) 3:00 Happy Hour (Manor Lobby Lounge) <p>27</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Morning Music with Rus (Atrium) 2:00 Friday Entertainment with "Steven Tyler" (Atrium) 6:00 Friday Night Movie: "Book Club" (Games Lounge) <p>28</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Walking Tour (Games Lounge) <p>29</p>
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:30 Crosswords (Court Activity Room) <p>30</p>	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Activity Room) 2:30 Big Brain (Court Activity Room) <p>31</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

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
Main Phone
780-930-3736

Court Reception
780-483-5361

Nursing Station
780-930-3734



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

ST. PATRICK'S DAY WORD SEARCH

c i r e l a n d s i p
 j s w e u m a r c h t
 p f p a c u h s d a r
 f a o i k a e p s r a
 a o t u y h e a h t i
 l e p r r e e h a u n
 u m a a i t r r m w b
 i e r r o c e s r x o
 r r a s d l k p o t w
 i a d g g o l d e h n
 s l e a r v l l k t d
 h d s c h e s a i n t
 k w e e r r e f r i e
 h c g o h o l n t f k

Irish
Emerald
Clover
Lucky
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March

Spring is nearly here!

Happy St. Patrick's Day

"May the blessings of each day be the blessings you need the most."
—IRISH BLESSING

You make our day!

Mardi Gras



Birthday Wishes

- March 01 - Elizabeth C.
- March 18 - Mack J.
- March 23 - George B.
- March 28 - Anne R.



Welcome Wagon

- Barry B.
- Colette S.

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