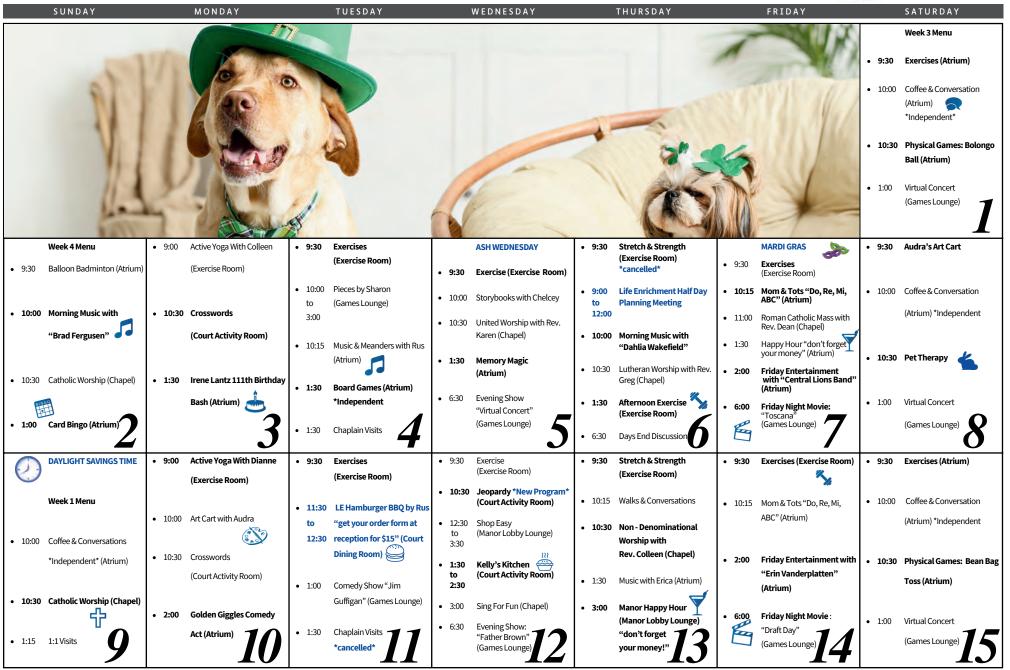
MARCH 2025

LIFE ENRICHMENT PROGRAMS





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LIFE ENRICHMENT PROGRAMS



	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	Week 2 Menu		ST PATRICK'S DAY	• 9:30	Exercises (Exercise Room)	• 9:30	Exercises (Exercise Room)	• 9:30	Stretch & Strength	• 9:30	Exercises (Exercise Room)	• 9:30	Inspirational Stories
• 9:30	Balloon Badminton (Atrium)	• 9:00	Active Yoga with Colleen (Exercise Room)	• 10:00	Music with Rus (Retro)	• 10:30	Memory Magic (Atrium)	• 10:00	(Exercise Room) Haven Birthday Tea with	• 10:15	Mom & Tots "Do, Re, Mi, ABC" (Atrium)	• 10:00	Coffee and Conversation
• 10:00	Coffee & Conversation *Independent* (Atrium)		1:1 Visits Crosswords	• 10:15	Big Brain (Court Activity Room)	• 1:30	Horse Races (Atrium)		"Ali Bright"	• 2:00	Friday Entertainment with "The Britz" (Atrium)		(Atrium) *Independent
• 10:30	Catholic Worship (Chapel)	• 1:30	(Court Activity Room) Inspirational Stories	• 1:00	Chaplain Visits	• 6:00	Evenings with Austin		Non-Denominational Worship with Rus (Chapel)	• 6:00	Friday Night Movie: "Six Triple Eight" (Games Lounge)	• 10:30	Obie Fun!
• 1:00	Virtual Concert (Games Lounge)	• 2:00	Afternoon Entertainment with Bob Gagnon (Atrium)	• 1:30	Chocolate Brownie Day "see you at your door"	• 6:00	Evening Show: "Virtual Concert" (Games Lounge)	• 1:30	Memory Magic (Atrium)	• 6:30	Shabbat Service with Cantor David (Chapel)	• 1:00	Recital (Atrium)
	Week 3 Menu	• 9:00	Active Yoga with Colleen (Exercise Room)	• 9:30	Exercises (Exercise Room)	• 9:30	Exercise (Exercise Room)	• 9:30	Stretch & Strength (Exercise Room)	• 9:30	Exercises	• 9:30	Exercises (Atrium)
• 10:00 • 10:30	*Independent* (Atrium) Catholic Worship (Chapel)	10:0010:30	8	• 10:00 • 1:15	World Tales	• 10:00 to 3:00	Life Enrichment GARAGE SALE! (Court Activity Room)	• 10:30	Anglican Worship with Rev. David Bruce (Chapel)	• 10:15	(Exercise Room) Morning Music with Rus (Atrium)	• 10:00	Coffee and Conversation (Atrium) *Independent
• 1:15 • 3:00	Music & Art with Audra Hymn Sing (Chapel) 23	• 2:00	Court Birthday Tea with "Marten Borch" (Atrium)		"sign up at reception"	• 10:00 to 3:00	Plus Size Creations (Manor Lobby Lounge)	• 1:30	Popcorn & Movie "Grand Budapest Hotel" (Games Lounge)	• 2:00	Friday Entertainment with	• 10:30	Physical Games: Bolongo
• 9:30	Week 4 Menu Balloon Badminton	• 9:00	Active Yoga with Colleen (Exercise Room)	• 1:30	Card Bingo (Atrium)	• 3:00	Sing For Fun (Chapel)		(Junies Louinge)		"Steven Tyler" (Atrium)		Ball (Atrium)
• 10:00 • 10:30	Coffee & Conversations (Atrium) *independent* Catholic Worship (Chapel)	10:0010:30		1:303:00	Chaplain Visits Afternoon Music with "Mary	• 6:00 • 6:00	Evenings with Austin Evening Show:	• 3:00	Happy Hour (Manor Lobby Lounge) "don't forget your money"	• 6:00	Friday Night Movie: "Book Club"	• 1:00	Virtual Concert (GL)
1:303:00	Crosswords (Court Activity Room) Hymn Sing (Chapel)	• 2:30	Big Brain (Court Activity Room)	,	Ellen Davidson (Retro)		"Father Brown" (Games Lounge)	• 6:30	Days End Discussions 27		(Games Lounge)		<i>29</i>

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











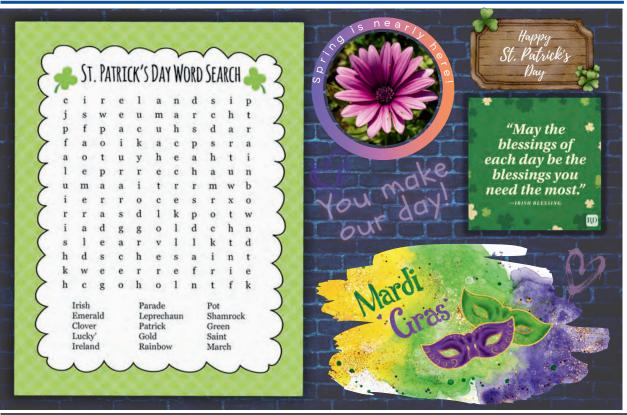
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LIFE ENRICHMENT PROGRAMS



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

THIS MONTH'S ACTIVITIES





March 02 - Irene L.





Welcome Wagon

Cemal A. Ahmedin I. Jim B.

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 Fed Formal Event/Attire

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