



































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 & Conversation (Atrium)  *Independent* 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Virtual Concert (Games Lounge) <p style="text-align: right; font-size: 2em;">1</p>
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Morning Music with "Brad Ferguson"  10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium)  <p style="text-align: right; font-size: 2em;">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 style="text-align: right; font-size: 2em;">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 1:30 Chaplain Visits <p style="text-align: right; font-size: 2em;">4</p>	<p>ASH WEDNESDAY</p> <ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Storybooks with Chelcey 10:30 United Worship with Rev. Karen (Chapel) 1:30 Memory Magic (Atrium) 6:30 Evening Show "Virtual Concert" (Games Lounge) <p style="text-align: right; font-size: 2em;">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 10:00 Morning Music with "Dahlia Wakefield" 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Afternoon Exercise (Exercise Room)  6:30 Days End Discussion <p style="text-align: right; font-size: 2em;">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 Lions Band" (Atrium) 6:00 Friday Night Movie: "Toscana" (Games Lounge)  <p style="text-align: right; font-size: 2em;">7</p>	<ul style="list-style-type: none"> 9:30 Audra's Art Cart 10:00 Coffee & Conversation (Atrium) *Independent 10:30 Pet Therapy  1:00 Virtual Concert (Games Lounge) <p style="text-align: right; font-size: 2em;">8</p>
<p> DAYLIGHT SAVINGS TIME</p> <p>Week 1 Menu</p> <ul style="list-style-type: none"> 10:00 Coffee & Conversations *Independent* (Atrium) 10:30 Catholic Worship (Chapel)  1:15 1:1 Visits <p style="text-align: right; font-size: 2em;">9</p>	<ul style="list-style-type: none"> 9:00 Active Yoga With Dianne (Exercise Room) 10:00 Art Cart with Audra  10:30 Crosswords (Court Activity Room) 2:00 Golden Giggles Comedy Act (Atrium) <p style="text-align: right; font-size: 2em;">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) 1:30 Chaplain Visits *cancelled* <p style="text-align: right; font-size: 2em;">11</p>	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Jeopardy *New Program* (Court Activity Room) 12:30 to 3:30 Shop Easy (Manor Lobby Lounge) 1:30 to 2:30 Kelly's Kitchen (Court Activity Room)  3:00 Sing For Fun (Chapel) 6:30 Evening Show: "Father Brown" (Games Lounge) <p style="text-align: right; font-size: 2em;">12</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room)  10:15 Walks & Conversations 10:30 Non-Denominational Worship with Rev. Colleen (Chapel) 1:30 Music with Erica (Atrium) 3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!"  <p style="text-align: right; font-size: 2em;">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 style="text-align: right; font-size: 2em;">14</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Coffee & Conversation (Atrium) *Independent 10:30 Physical Games: Bean Bag Toss (Atrium) 1:00 Virtual Concert (Games Lounge) <p style="text-align: right; font-size: 2em;">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 & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel)  1:00 Virtual Concert (Games Lounge) 16 	<p>ST PATRICK'S DAY</p> <ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room)  10:00 1:1 Visits 10:30 Crosswords (Court Activity Room) 1:30 Inspirational Stories 2:00 Afternoon Entertainment with Bob Gagnon (Atrium) 17 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Music with Rus (Retro)  10:15 Big Brain (Court Activity Room) 1:00 Chaplain Visits 1:30 Chocolate Brownie Day "see you at your door" 18 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Memory Magic (Atrium) 1:30 Horse Races (Atrium) 6:00 Evenings with Austin 6:00 Evening Show: "Virtual Concert" (Games Lounge) 19 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:00 Haven Birthday Tea with "Ali Bright"  10:30 Non-Denominational Worship with Rus (Chapel)  1:30 Memory Magic (Atrium) 20 	<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)  21 	<ul style="list-style-type: none"> 9:30 Inspirational Stories 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Obie Fun! 1:00 Recital (Atrium)  22
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 10:00 Coffee & Conversations *Independent* (Atrium) 10:30 Catholic Worship (Chapel)  1:15 Music & Art with Audra 3:00 Hymn Sing (Chapel) 23 	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 Morning Manicures 10:30 Crosswords (Court Activity Room)  2:00 Court Birthday Tea with "Marten Borch" (Atrium) 24 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 World Tales 1:15 Court Mystery Drive "sign up at reception"  1:30 Card Bingo (Atrium) 1:30 Chaplain Visits 3:00 Afternoon Music with "Mary Ellen Davidson" (Retro) 25 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Life Enrichment to GARAGE SALE! (Court Activity Room) 3:00 10:00 Plus Size Creations (Manor Lobby Lounge) 3:00 3:00 Sing For Fun (Chapel) 6:00 Evening Show: "Father Brown" (Games Lounge) 26 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Anglican Worship with Rev. David Bruce (Chapel) 1:30 Popcorn & Movie "Grand Budapest Hotel" (Games Lounge) 3:00 Happy Hour (Manor Lobby Lounge)  "don't forget your money" 6:30 Days End Discussions 27 	<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) 28 	<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 (GL) 29
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton 10:00 Coffee & Conversations (Atrium) *Independent* 10:30 Catholic Worship (Chapel) 1:30 Crosswords (Court Activity Room) 3:00 Hymn Sing (Chapel) 30 	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 1:1 Visits 10:30 Crosswords (Court Activity Room) 2:30 Big Brain (Court Activity Room) 31 	<ul style="list-style-type: none"> 1:30 Card Bingo (Atrium) 3:00 Afternoon Music with "Mary Ellen Davidson" (Retro) 25 	<ul style="list-style-type: none"> 3:00 Sing For Fun (Chapel) 6:00 Evening Show: "Father Brown" (Games Lounge) 26 	<ul style="list-style-type: none"> 3:00 Happy Hour (Manor Lobby Lounge)  "don't forget your money" 6:30 Days End Discussions 27 	<ul style="list-style-type: none"> 6:00 Friday Night Movie: "Book Club" (Games Lounge) 28 	<ul style="list-style-type: none"> 1:00 Virtual Concert (GL) 29

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
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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 c p s r a
a o t u y h e a h t i
l e p r r e c 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 c 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 Parade Leprechaun Pot Shamrock
Clover Patrick Green
Lucky' Gold Saint
Ireland Rainbow 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 02 - Irene L.



Welcome Wagon

Cemal A.
Ahmedin I.
Jim B.

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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

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Canterbury
FOUNDATION
The Promise of Home

