

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium)  10:00 Coffee & Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel)  1:00 Ring Toss (Atrium) <p style="text-align: right; font-size: 2em;">1</p>	<ul style="list-style-type: none"> 9:00 Chair Yoga With Zoel (Exercise Room)  10:30 Morning Walks "meet in the Atrium" 1:30 Horse Races (Atrium)  3:30 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">2</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room)  10:30 Big Brain (Court Activity Room) 1:00 Tunes on the Ivories (Atrium)  1:30 Chaplain Visits <p style="text-align: right; font-size: 2em;">3</p>	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) *cancelled* 9:00 Life Enrichment to Half Day Planning Meeting 10:30 United Church Service with Rev. Karen (Chapel)  1:30 Afternoon Exercise (Court Exercise Room)  6:00 Evening Show: "My Next Guest with David Letterman" Season 2: Ellen DeGeneres (Games Lounge) <p style="text-align: right; font-size: 2em;">4</p>	<ul style="list-style-type: none"> 9:30 Exercises(Exercise Room) *cancelled* 10:30 Lutheran Worship with Rev. Greg (Chapel)  1:00 Edmonton Police Service Presentation: Fraud Prevention & Awareness (Atrium)  3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)  6:00 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">5</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  11:00 Catholic Mass with Father Dean (Chapel) 2:00 Friday Entertainment with "Erin Vanderplaten" (Atrium)  6:00 Friday Night Movie: "Queen of Chess" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) *added service*  <p style="text-align: right; font-size: 2em;">6</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room)  10:00 Coffee & Conversation (Atrium) *Independent*  1:00 Virtual Concert (Games Lounge) 2:00 Afternoon Walks (Retro) <p style="text-align: right; font-size: 2em;">7</p>
<p>Week 4 Menu</p> <p> Daylight Savings Time</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Mike Chenoweth"  10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel)  2:00 Pet Therapy (Retro)  <p style="text-align: right; font-size: 2em;">8</p>	<ul style="list-style-type: none"> 9:00 Chair Yoga With Colleen (Exercise Room)  10:00 Life Enrichment to In-Service Training 2:00 10:00 Pieces by Sharon to (Games Lounge) 3:00 3:30 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">9</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) *cancelled* 9:30 Optometry Clinic with Dr Kallal *Call Life Enrichment to Book Appointment* (Court Exercise Room)  10:30 Bean Bag Toss (Atrium) 1:30 Afternoon Art with Madi (Court Activity Room)  1:30 Brownie Day "see you at your door!"  1:30 Chaplain Visits <p style="text-align: right; font-size: 2em;">10</p>	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room)  10:30 Crosswords (Activity Room) 1:30 Kelly's Kitchen (Court Activity Room)  3:00 Sing For Fun (Chapel)  6:00 Evening Show: "My Next Guest with David Letterman" Season 2: Tiffany Haddish (Games Lounge) <p style="text-align: right; font-size: 2em;">11</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room)  10:30 Haven Birthday Tea with "Kelly Bourdage"  10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel)  1:30 Penny Ante (Atrium) 6:00 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">12</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 Old Smoothies" (Atrium)  6:00 Friday Night Movie: "John Candy: I Like Me" (Games Lounge)  <p style="text-align: right; font-size: 2em;">13</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room)  10:00 Coffee & Conversation (Atrium) *Independent*  1:00 Virtual Concert (Games Lounge) 2:30 Big Brain (Court Activity Room) <p style="text-align: right; font-size: 2em;">14</p>
<p>Week 1 Menu</p> <ul style="list-style-type: none"> 9:30 Pool Noodle Hockey (Atrium) *new program*  10:00 Coffee & Conversations *Independent* (Atrium)  10:30 Catholic Worship (Chapel)  1:00 Card Bingo (Atrium)  <p style="text-align: right; font-size: 2em;">15</p>	<ul style="list-style-type: none"> 9:00 Chair Yoga With Colleen (Exercise Room)  10:30 Morning Walks "meet in the Atrium" 1:30 Hangman (Court Activity Room) 3:30 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">16</p>	<p> ST PATRICK'S DAY!</p> <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room)  1:30 Chaplain Visits 2:00 St Patrick's Day Party with "Bob Gagnon" (Atrium) 6:00 Knowledge Cafe with U of A Students "Travelling the World Through Food" (Manor Activity Room)  <p style="text-align: right; font-size: 2em;">17</p>	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room)  10:00 Life Enrichment to Garage Sale 3:00 (Court Activity Room) 6:00 Evening Show: "My Next Guest with David Letterman" Season 2: Lewis Hamilton (Games Lounge) <p style="text-align: right; font-size: 2em;">18</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room)  10:30 Anglican Worship with Rev. Colleen (Chapel)  1:30 Memory Magic (Atrium) 2:00 Men's Club House (Court Activity Room) 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)  6:00 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">19</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 Jazz Trio" (Atrium)  6:00 Friday Night Movie: "The Last Right" (Games Lounge)  <p style="text-align: right; font-size: 2em;">20</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room)  10:00 Coffee & Conversation (Atrium) *Independent*  1:00 Virtual Concert (Games Lounge)  2:00 Afternoon Walks (Retro) <p style="text-align: right; font-size: 2em;">21</p>

MARCH 2026

LIFE ENRICHMENT PROGRAMS



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 Haven Entertainment with "Denis Bourdon" 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Student Violin Recital (Atrium) <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> 9:00 Chair Yoga with Colleen (Exercise Room) 10:30 Morning Walks "meet in the Atrium" 1:30 Penny Ante (Atrium) 1:30 Court Mystery Drive "sign up at reception" 3:30 Cribbage (Atrium) <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Brain Cloud (Court Activity Room) 1:30 Horse Races (Atrium) 1:30 Chaplain Visits 3:00 Afternoon Entertainment with Mary Ellen Davidson 6:00 Knowledge Cafe with U of A Students "My Ecuador Trip" (Manor Activity Room) <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Morning Crafts & Chats with Vanessa (Court Activity Room) 1:30 Eat Street with Rus (Court Activity Room) 3:00 Sing For Fun (Chapel) 6:00 Evening Show: "My Next Guest with David Letterman" Season 2: Melinda Gates (Games Lounge) <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Haven Entertainment with "Terry Jordan" 10:30 Anglican Worship with Rev. Jordan (Chapel) 1:30 Movie & Popcorn: "American Underdog" (Games Lounge) 6:00 Cribbage (Atrium) <p style="text-align: right;">26</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 "Dahlia Wakefield" (Atrium) 6:00 Friday Night Movie: "One Life" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) "Independent" 1:00 Virtual Concert (Games Lounge) 2:30 Bean Bag Toss (Atrium) <p style="text-align: right;">28</p>
<p>Week 3 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 Knowledge Cafe with U of A Students "Learning About AI" (Manor Activity Room) 3:00 Hymn Sing (Chapel) <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> 9:00 Chair Yoga with Colleen (Exercise Room) 10:30 Morning Walks "meet in the Atrium" 1:30 Court Birthday Tea with "Brad Ferguson" (Atrium) 3:30 Cribbage (Atrium) <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:30 Afternoon Art with Madi (Court Activity Room) 1:30 Chaplain Visits <p style="text-align: right;">*cancelled* 31</p>				

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

OUR BELIEF

That seniors should experience the utmost comfort, joy and fulfillment in a supportive and thriving community.

OUR RESPONSIBILITY

To partner with our residents and families to co-create and serve as the model of excellence for seniors' housing and care.

OUR MANDATE

To be in conversation, and connection with those that help shape and strengthen our community To promote evidence-based practice and innovation in seniors' care To have a solid business foundation that enables long-term sustainability and increased access to our services.

CONTACT

Life Enrichment
Main Phone
780-930-3736

Court Reception
780-483-5361

Nursing Station
780-930-3734

LIFE ENRICHMENT STAFF

Co-ordinators: Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Kiran

Supervisor: Chelcey Buck | Phone: 780-930-5817

Manager: Leana Nielsen | Phone: 780-930-5819



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

March Word Search

Q V A K Z T O P U W A H Z Z W W Y O G Y Y T U S
 I C B A A F K U K M J S S U L Q S N S H V S P O
 H I A R P V L F T W Z I D M S V A A O A S U G U
 E W S E L L E O F D O A M O O E U H T O J N T L
 I Y K A A A Z P W M O A Y C C R O V Z B O F E D
 F P E D N N P I X E L O F I C V R A T W E Y U I
 R F T I T H J X U Y R K R X E E O N G L L E F N
 T S B N T V O G E I H M G A R E O X A M X S C L
 R J A G S V T F F B U G X S C T S I S E R I B R
 E W L M J G L M W W G L U C S T N S F O D S R U
 E W L O L U J Q Q B T I P D Y P I Q I V D M P A
 J A E N R X Y A P A Q Z P K E A R V J E H C L T
 U R X T W X O P Z C B O U J D A V I I K N J H R
 N M U H K Z G E X J P O M A A R D T N T H U E E
 Q W L G S K X W X W O C O T I G P K G G Y J H E
 V E X U P Z S C G R A S S K K G X C F Z B I O H
 M A R C H M A D N E S E F F M G Y S X C E X O
 R T K G Q L G E P T H N F Q A R T C M F O Y U
 J H U Q N H Y D S H O F D F C V I M V F P P K S
 W E J Z V V R I K H U C R A F O P R W Z G B G E
 X R Z J O S P O L B T L I M T R V U O C V L X D
 P K V S P O R T R Q Q E R P H I Q I Q C A T U X
 D N H M S W N N I Z S W K K D W R T Z X A W I
 I S F Z T E P W K U V X L N L I F F Q G Y I T I

OUTDOOR ACTIVITY	READING MONTH	MARCH MADNESS
WARM WEATHER	BASKETBALL	TREEHOUSE
BOOK FAIR	SOCCER	FLOWER
SPRING	PLANT	GRASS
SPORT	TREE	FUN
SUN	BEE	BUG

FUN FACTS

- Bananas are radioactive!
- A penguin can reach depths of 550m in one dive.
- Finland is the happiest country on Earth.
- The world's oldest dog lived to 29.5 years old.
- The biggest butterfly in the world has a 31cm wingspan.
- A lightning bolt is five times hotter than the surface of the Sun.
- Giraffes hum to communicate with each other.
- Pine trees can tell if it's about to rain.
- Flamingoes aren't born pink.
- Your brain burns 400 - 500 calories per day.
- Hibernating animals don't dream.



Birthday Wishes

March 01 - Faye D-P.
 March 09 - Doreen H.
 March 15 - Don L.



Welcome Wagon

Gladys M.

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Canterbury
FOUNDATION
The Promise of Home

