



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Horse Races  2:30 Memory Joggers <p style="text-align: center;">1</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Balloon Taps 1:30 Afternoon Fun with Chelcey 2:00 Snacks and Conversations <p style="text-align: center;">2</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Ball Toss  1:30 Afternoon Entertainment with "Steven Tyler"  2:00 Snacks and Conversations <p style="text-align: center;">3</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 9:00 Life Enrichment Half Day to Planning Meeting 12:00 12:30 Chaplain Visits *cancelled* 1:30 Balloon Badminton  2:00 Snacks and Conversation <p style="text-align: center;">4</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Tunes on the Ivories  1:30 Let's Go Fishing!  2:00 Snacks and Conversation <p style="text-align: center;">5</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Ring Toss 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  2:00 Friday Entertainment with "Erin Vanderplaten" (Atrium)  2:00 Snack & Conversation <p style="text-align: center;">6</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Balloon Ping Pong 1:00 Basketball  2:00 Snack and Conversation <p style="text-align: center;">7</p>
<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Morning Exercise  1:00 Balloon Badminton  <p style="text-align: center;">8</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Life Enrichment to In-Service Training 2:00 2:00 Snacks and Conversation 3:00 Ball Toss <p style="text-align: center;">9</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Sit & Be Fit  1:30 Brownie Day  "see you at your door!" 2:00 Snacks & Conversation <p style="text-align: center;">10</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Morning Art  12:30 Chaplain Visits 1:30 Bean Bag Toss  2:00 Snacks & Conversation <p style="text-align: center;">11</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Tunes on the Ivories  1:00 Fun with Stamps 2:00 Snacks and Conversation <p style="text-align: center;">12</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Balloon Taps 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  2:00 Friday Entertainment with "The Old Smoothies" (Atrium)  2:00 Snack and Conversation <p style="text-align: center;">13</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Lane Entertainment with "Roy Marleau"  1:30 Afternoon Walks 2:00 Snacks & Conversations <p style="text-align: center;">14</p>
<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Morning Art  2:30 Afternoon Fun with Austin <p style="text-align: center;">15</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Ring Toss 1:30 Basketball  2:00 Snacks and Conversations <p style="text-align: center;">16</p>	<p>Morning Music</p> <ul style="list-style-type: none">  ST. PATRICK'S DAY! 10:00 Balloon Ping Pong 2:00 St. Patrick's Day Party with "Bob Gagnon"  2:00 Snack and Conversation <p style="text-align: center;">17</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Balloon Badminton  12:30 Chaplain Visits 1:30 Memory Joggers 2:00 Snack & Conversation 6:30 Lane Entertainment with "Jim Hepler"  <p style="text-align: center;">18</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Lane Mystery Dive  10:00 Tunes on the Ivories  1:00 Let's Go Fishing!  2:00 Snacks & Conversation <p style="text-align: center;">19</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Bean Bag Toss  10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  2:00 Friday Entertainment with "The Jazz Trio" (Atrium)  2:00 Snack & Conversation <p style="text-align: center;">20</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Pet Therapy  2:00 Snacks and Conversation 1:00 Basketball  <p style="text-align: center;">21</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Morning Music</p> <ul style="list-style-type: none"> • 10:30 Morning Exercise • 1:00 Ring Toss <p style="text-align: right; font-size: 2em;">22</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Horse Races • 1:30 Balloon Ping Pong • 2:00 Snacks & Conversations <p style="text-align: right; font-size: 2em;">23</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Sing A Long • 1:30 Balloon Badminton • 2:00 Snacks & Conversations <p style="text-align: right; font-size: 2em;">24</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Morning Art • 12:30 Chaplain Visits • 1:30 Ball Toss • 2:00 Snacks & Conversations <p style="text-align: right; font-size: 2em;">25</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Tunes on the Ivories • 1:00 Fun with Stamps • 2:00 Snacks & Conversations <p style="text-align: right; font-size: 2em;">26</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:15 Basketball • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Friday Entertainment with "Dahlia Wakefield" (Atrium) • 2:00 Snack & Conversation <p style="text-align: right; font-size: 2em;">27</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Lane Entertainment with "Johnson Philips" • 1:30 Balloon Taps • 2:00 Snack and Conversations <p style="text-align: right; font-size: 2em;">28</p>
<p>Morning Music</p> <ul style="list-style-type: none"> • 10:30 Balloon Badminton • 2:30 Bean Bag Toss <p style="text-align: right; font-size: 2em;">29</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Lane Mystery Drive • 2:00 Court Birthday Tea with "Brad Ferguson" (Atrium) • 2:00 Snacks & Conversations <p style="text-align: right; font-size: 2em;">30</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Sit & Be Fit • 1:30 Lane Birthday Tea with "Juke Box Leigh" • 2:00 Snack & Conversation <p style="text-align: right; font-size: 2em;">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 S E F F M G Y S X C E X O
 R T K G Q L G E P 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 M 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.
- Giraffes hum to communicate with each other.
- A lightning bolt is five times hotter than the surface of the Sun.
- Flamingoes aren't born pink.
- Pine trees can tell if it's about to rain.
- Your brain burns 400 - 500 calories per day.
- Hibernating animals don't dream.



Birthday Wishes

March 01 - Ann S.
 March 26 - Kenneth G.



Welcome Wagon

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

