



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:30 Shuffleboard (Activity Room) 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Virtual Concert (Games Lounge) 1
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) <p>2</p>	<ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 11:30 Knife Sharpening Service to *Knife Collection* 12:30 "sign up at reception" 1:30 Irene Lantz 111th Birthday Bash (Atrium) 2:00 Bible Study (Activity Room) 6:30 Scrabble/Whist (Activity Room) 3 	<ul style="list-style-type: none"> 9:00 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in the mailroom" 10:00 Pieces by Sharon to 3:00 1:00 ASL (American Sign Language) Session # 9 (Court Activity Room) 1:00 Book Reading (Activity Room) 6:30 Evening Series (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 4 	<p>ASH WEDNESDAY</p> <ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 United Worship with Rev. Karen (Chapel) 1:15 Coach Trip to L'OCA Crestwood "sign up in the mailroom" 6:30 Tile Rummy (Activity Room) 5 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) *cancelled* 9:00 to 12:00 Life Enrichment Half Day Planning Day 10:30 Lutheran Worship with Rev. Greg (Chapel) 11:30 Knife Sharpening Service to *Knife Return* 1:30 Coach Trip: Southgate Mall "sign up in the mailroom" 2:00 Drums Alive (Activity Room) 6:30 Shuffleboard Bowling (Activity Room) 6 	<p>MARDI GRAS </p> <ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Roman Catholic Mass with Rev. Dean 1:30 Happy Hour "don't forget your money" (Atrium) 2:00 Friday Entertainment with "Central Lions Band" (Atrium) 6:30 Friday Night Movie: "The Grand Budapest Hotel" (Activity Room) <p>7</p>	<ul style="list-style-type: none"> 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 8
<p> DAYLIGHT SAVINGS TIME</p> <p>Week 1 Menu </p> <ul style="list-style-type: none"> 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) <p>9</p>	<ul style="list-style-type: none"> 9:45 Active Yoga With Dianne (Activity Room) 10:30 Trivia (Activity Room) 2:00 Golden Giggle Comedy Act (Atrium) 2:00 Bible Study (Activity Room) 6:30 Scrabble/Whist (Activity Room) 10 	<ul style="list-style-type: none"> 9:00 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 12:00 to 1:00 LE Hamburger BBQ by Rus "Get your order form at reception for \$15" (Manor Dining Room) 1:30 ASL (American Sign Language) Session #10 (Court Activity Room) 1:30 Manor Resident Meeting (Activity Room) 6:30 Evening Series (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 11 	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 10:30 Jeopardy *New Program* (Court Activity Room) 12:30 Shop Easy (Manor Lobby Lounge) 1:30 to 2:30 Kelly's Kitchen (Court Activity Room) 3:00 Sing For Fun (Chapel) 6:30 Tile Rummy (Activity Room) 12 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Coach Trip to Greenland "sign up in the mailroom" 10:30 Non-Denominational Worship with Rev. Carol & Rev. Jim (Chapel) 1:30 Big Brain (Activity Room) 2:00 Cookies & Conversation (Fireside Lounge) 3:00 Manor Happy Hour "don't forget your money!" 6:30 Shuffleboard Bowling (Activity Room) 13 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 9:30 Coach Trip to Bountiful Market "sign up in mailroom" 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 2:00 Friday Entertainment with "Erin Vanderplatten" (Atrium) 6:30 Friday Night Movie: "The China Syndrome" (Activity Room) <p>14</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:30 Shuffleboard (Activity Room) 10:30 Physical Games: Bean Bag Toss (Atrium) 1:00 Virtual Concert (Court Games Lounge) 15



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 2 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 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"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 2:00 Afternoon Entertainment with "Bob Gagnon" (Atrium) 2:00 Bible Study (Activity Room) 6:30 Scrabble/Whist (Activity Room) <p>17</p>	<ul style="list-style-type: none"> 9:00 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:15 Big Brain (Court Activity Room) 1:00 Book Reading (Activity Room) 1:30 Chocolate Brownie Day "see you at your door!" 2:30 Google Review "How To" Info. Session (Activity Room) 6:30 Evening Series (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-In*** <p>18</p>	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 9:30 Coach Trip to The Enjoy Centre "sign up in mailroom" 10:30 Memory Magic (Atrium) 1:30 Horse Races (Atrium) 5:45 Jubilations Dinner Theatre 6:30 Tile Rummy (Act. Rm) <p>19</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:00 Card Bingo (Activity Room) 10:30 Non-Denominational Worship with Rus 1:30 Memory Magic (Atrium) 2:00 Drums Alive (Activity Room) 6:30 Shuffleboard Bowling (Activity Room) <p>20</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 2:00 Friday Entertainment with "The Britz" (Atrium) 6:30 Friday Night Movie: "The Holdovers" (Activity Room) 6:30 Shabbat Service with Cantor David (Chapel) <p>21</p>	<ul style="list-style-type: none"> 10:30 Shuffleboard (Activity Room) 1:00 Recital (Atrium) <p>22</p>
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 3:00 Hymn Sing (Chapel) <p>23</p>	<ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 2:00 Bible Study (Activity Room) 2:00 Court Birthday Tea with "Marten Borch" (Atrium) 6:30 Scrabble/Whist (Activity Room) <p>24</p>	<ul style="list-style-type: none"> 9:00 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:15 World Tales (Court Activity Room) 1:00 Book Reading (Activity Room) 1:30 Card Bingo (Atrium) 6:30 Evening Series "Comedy" (Activity Room) 6:30 Cribbage (Fireside Lounge) **Drop-in** <p>25</p>	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:00 Life Enrichment to GARAGE SALE! 3:00 (Court Activity Room) 10:00 Plus Size Creations to (Manor Lobby Lounge) 3:00 3:00 Sing For Fun (Chapel) 6:30 Tile Rummy (Activity Room) <p>26</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:00 ASL (American Sign Language) Session #11 10:30 Anglican Worship with Rev. David Bruce (Chapel) 2:00 Manor Birthday Tea 3:00 Happy Hour "don't forget your money!" 6:30 Shuffleboard Bowling (Activity Room) <p>27</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Morning Music with Rus (Atrium) 10:30 Horse Races (Activity Room) 2:00 Friday Entertainment with "Steven Tyler" (Atrium) 6:30 Friday Night Movie: "Knives Out" (Activity Room) <p>28</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:30 Shuffleboard (Activity Room) 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) 10:30 Catholic Worship (Chapel) 1:30 Crosswords (Court Activity Room) 3:00 Hymn Sing (Chapel) <p>30</p>	<ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 1:00 Jeopardy *New Program* (Activity Room) 2:00 Bible Study *location change* (Manor Private Dining Room) 6:30 Scrabble/Whist (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
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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



Birthday Wishes

- | | |
|-----------------------|---------------------|
| March 01 - Tony K. | March 25 - Julia E. |
| March 04 - Molly A. | March 28 - June M. |
| March 05 - Lavina C. | |
| March 07 - Maurice B. | |
| March 09 - Carl G. | |
| March 12 - Norma K. | |
| March 13 - Bernice C. | |
| March 19 - Doris A. | |
| March 23 - Maurice T. | |



Welcome Wagon

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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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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

CONTACT

<p>Life Enrichment Main Phone 780-930-3736</p>	<p>Court Reception 780-483-5361</p>	<p>Nursing Station 780-930-3734</p>
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