



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Ring Toss (Atrium) 1 	<ul style="list-style-type: none"> 9:45 Chair Yoga With Zoel (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:30 Horse Races (Atrium) 2:00 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 2 6:30 Scrabble (Activity Room) 2 	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Big Brain (Court Activity Room) 1:00 Tunes on the Ivories (Atrium) 1:30 Coach Trip to Meadowlark "sign up in mailroom" *added trip* 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 3 	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 9:00 Life Enrichment Half Day to Planning Meeting 12:00 10:30 United Church Worship with Rev. Karen (Chapel) 1:15 Coach Trip: Southgate Mall "sign up in mailroom" 1:30 Afternoon Exercise (Court Exercise Room) 6:30 Tile Rummy (Activity Room) 4 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) *cancelled* 9:30 to 11:30 Spa Day! (Activity Room) 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!" 6:00 Cribbage (Atrium) 5 6:30 Shuffleboard Bowling (Activity Room) 5 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Catholic Mass with Father Dean (Chapel) 11:00 Tunes on the Ivories (Piano Lounge) 2:00 Friday Entertainment with "Erin Vanderplaten" (Atrium) 6:30 Friday Night Movie: "One Life" (Activity Room) 6:30 Shabbat Service with Cantor David (Chapel) *added service* 6 	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 9:30 Active Yoga with Pramila (Activity Room) *time change* 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 7
<p>Week 4 Menu</p> <p> Daylight Savings Time</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 8 	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:00 to 2:00 Life Enrichment In-Service Training 10:00 Pieces by Sharon (Games Lounge) 10:30 Trivia (Activity Room) *cancelled* 1:00 Book Reading (Activity Room) 2:00 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 9 6:30 Scrabble (Activity Room) 9 	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 9:30 to 2:30 Optometry Clinic with Dr Kallal *Call Life Enrichment to Book Appointment* (Court Exercise Room) 10:30 Bean Bag Toss (Atrium) 1:30 Manor Resident Meeting (Activity Room) 1:30 Brownie Day "see you at your door!" 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 10 	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:30 Crosswords (Court Activity Room) 1:30 Kelly's Kitchen (Court Activity Room) 3:00 Sing For Fun (Chapel) 6:30 Tile Rummy (Activity Room) 11 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:30 St Andrew's Coffee Party (Activity Room) 1:30 Penny Ante (Atrium) 6:00 Cribbage (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 12 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Tunes on the Ivories (Piano Lounge) 2:00 Friday Entertainment with "The Old Smoothies" (Atrium) 6:30 Friday Night Movie: "The Last Right" (Activity Room) 13 	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Hand & Foot Canasta (Activity Room) 2:30 Big Brain (Court Activity Room) 14
<p>Week 1 Menu</p> <ul style="list-style-type: none"> 9:30 Pool Noodle Hockey (Atrium) *new program* 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 15 	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:30 Hangman (Court Activity Room) 2:00 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) 16 	<p> ST PATRICK'S DAY</p> <ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 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" (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 17 	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 10:00 Life Enrichment Garage to Sale (Court Activity Room) 3:00 10:30 Coach Trip: Lunch & Mystery Drive "sign up in mailroom" 6:30 Tile Rummy (Activity Room) 18 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:00 Jeopardy (Activity Room) 2:00 Men's Club House (Court Activity Room) 2:00 Coffee & Conversation (Fireside Lounge) 3:00 Manor Happy Hour "don't forget your money!" 6:00 Cribbage (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 19 	<ul style="list-style-type: none"> 9:30 Exercise (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Tunes on the Ivories (Piano Lounge) 2:00 Friday Entertainment with "The Jazz Trio" (Atrium) 6:30 Friday Night Movie: "The Wonder" (Activity Room) 20 	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 9:30 Active Yoga with Pramila (Activity Room) *time change* 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room) 21



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 Student Violin Recital (Atrium) <p>22</p>	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:30 Penny Ante (Atrium) 2:00 Bible Study (Chapel) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) <p>23</p>	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Brain Cloud (Activity Room) 1:30 Horse Races (Atrium) 1:30 Gentle Stretch & Meditation (Activity Room) 6:00 Knowledge Cafe with U of A Students "My Ecuador Trip" (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-In*** <p>24</p>	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 9:30 Coach Trip: Dutch Delicious Bakery "sign up in mailroom" 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) 6:30 Tile Rummy (Activity Room) <p>25</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:15 Coach Trip: Italian Centre Sherwood Park "sign up in mailroom" 10:30 Anglican Worship with Rev. Jordan (Chapel) 10:30 Card Bingo (Activity Room) 2:00 Manor Birthday Tea 6:00 Cribbage (Atrium) 6:30 Shuffleboard Bowling (Activity Room) <p>26</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Tunes on the Ivories (Piano Lounge) 2:00 Friday Entertainment with "Dahlia Wakefield" (Atrium) 6:30 Friday Night Movie: "French Lover" (Activity Room) 6:30 Shabbat Service with Cantor David (Chapel) <p>27</p>	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 2:30 Bean Bag Toss (Atrium) <p>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" (Activity Room) 3:00 Hymn Sing (Chapel) <p>29</p>	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 1:00 Book Reading (Activity Room) 2:00 Court Birthday Tea with "Brad Ferguson" (Atrium) 2:00 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) <p>30</p>	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Big Brain (Court Activity Room) 1:15 Coach Trip: Premium Outlet Mall "sign up in mailroom" 1:30 Afternoon Art with Madi (Court Activity Room) 6:30 Cribbage (Fireside Lounge) **Drop-in** <p>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

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|------------------|---------------|---------------|
| 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!
- Finland is the happiest country on Earth.
- The world's oldest dog lived to 29.5 years old.
- A penguin can reach depths of 550m in one dive.
- 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 - Tony K. | March 12 - Norma K. |
| March 03 - John (Tony) K. | March 13 - Bernice C. |
| March 04 - Molly A. | March 14 - Gordon A. |
| March 05 - Lavina K. | March 23 - Moe T. |
| March 09 - Marianela M. | March 25 - Julia E. |
| March 10 - Jane F. | March 28 - June M. |



Welcome Wagon

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The Promise of Home

