


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Week 3 Menu <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Pieces by Sharon (Atrium) to 3:00 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Catholic Mass with Father Dean (Chapel) 2:00 Cinco De Mayo Party with "The Young at Heart Band" (Atrium) 6:00 Friday Night Movie: "The Outsiders" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge)
					1	2
Week 4 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Spring Piano Recital (Atrium) 	<ul style="list-style-type: none"> 9:00 Chair Yoga With Colleen (Exercise Room) 10:00 Congdon Wheelchair Clinic to (Court Activity Room) 3:30 *call Life Enrichment to book appointment* 3:30 Cribbage (Atrium) 	CINCO DE MAYO <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Sudoku Club (Chapel) *New Program* 1:00 Tunes on the Ivories (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) *cancelled* 9:00 Life Enrichment Half Day to Planning Meeting 12:00 10:30 United Worship with Rev. Karen (Chapel) 3:00 Sing for Fun with Vanessa (Chapel) 6:00 Evening Show: "My Next Guest with David Letterman" Season 5: Caitlin Clark (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) 2:00 Concerts in Care Alberta (Atrium) 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) 6:00 Cribbage (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 2:00 Mother's Day Tea with "Central Lions Band" (Atrium) 6:00 Friday Night Movie: "Unsung Hero" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 1:30 Piano Student Recital with Ava Tontino (Atrium)
3	4	5	6	7	8	9
Week 1 Menu <p>MOTHER'S DAY</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 	<ul style="list-style-type: none"> 9:00 Chair Yoga With Jeanette (Exercise Room) 10:30 Court Mystery Drive "sign up at reception" 10:30 Crosswords (Court Activity Room) 1:30 Fashion Show by Claudia (Atrium) 3:30 Cribbage (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Board Games (Atrium) 1:30 Ice Cream Sandwich Day "see you at your door!" 	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Exercise Room) 10:00 ProCare to Immunization Clinic (Manor Activity Room) 3:00 1:30 Afternoon Art with Madi (Court Activity Room) 6:00 Evening Show: "My Next Guest with David Letterman" Season 5: Charles Barkley (Games Lounge) 7:00 Sound Opportunities (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:30 Horse Races (Atrium) 6:00 Cribbage (Atrium) 	<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 "Emilio Demercato" (Atrium) 6:00 Friday Night Movie: "Akeelah & The Bee" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge)
10	11	12	13	14	15	16

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 and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) <p style="text-align: right; font-size: 2em;">17</p>	<p>VICTORIA DAY</p> <ul style="list-style-type: none"> 9:00 Chair Yoga With Colleen (Exercise Room) 1:30 Hangman (Court Activity Room) 3:30 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">18</p>	<p>PLANTING WEEK LE Picking Up Plants!</p> <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Sudoku Club (Chapel) *New Program* 1:00 Tunes on the Ivories (Atrium) <p style="text-align: right; font-size: 2em;">19</p>	<p>PLANTING WEEK We Are Planting In The Court!</p> <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) *cancelled* 3:00 Sing For Fun with Vanessa (Chapel) 6:00 Evening Show: "My Next Guest with David Letterman" Season 6: Jason Bateman (Games Lounge) <p style="text-align: right; font-size: 2em;">20</p>	<p>PLANTING WEEK We Are Planting In The Manor!</p> <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) *cancelled* 10:30 Anglican Worship with Rev. Colleen (Chapel) 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;">21</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 "Bob Gagnon" (Atrium) 6:00 Friday Night Movie: "Toscana" (Games Lounge) <p style="text-align: right; font-size: 2em;">22</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) 2:15 Bean Bag Toss (Atrium) *time change* <p style="text-align: right; font-size: 2em;">23</p>
<p>Week 3 Menu</p> <ul style="list-style-type: none"> Garden Watering 9:30 Pool Noodle Hockey (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) <p style="text-align: right; font-size: 2em;">24</p>	<ul style="list-style-type: none"> 9:00 Chair Yoga With Jeanette (Exercise Room) 10:30 Crosswords (Court Activity Room) 2:00 Court Birthday Tea with "Marcy Small" (Atrium) 3:30 Cribbage (Atrium) 6:30 Edmonton Suzuki Strings (Atrium) <p style="text-align: right; font-size: 2em;">25</p>	<ul style="list-style-type: none"> Garden Watering 9:30 Exercises (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:30 Balloon Badminton (Atrium) <p style="text-align: right; font-size: 2em;">26</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Penny Ante (Atrium) 1:30 Eat Street (Court Activity Room) 6:00 Evening Show: "My Next Guest with David Letterman" Season 6: Michael B. Jordan (Games Lounge) <p style="text-align: right; font-size: 2em;">27</p>	<ul style="list-style-type: none"> Garden Watering 9:30 Exercises (Exercise Room) 10:30 Anglican Worship with Rev. Jordan (Chapel) 1:30 Movie & Popcorn: "Robot & Frank" (Games Lounge) <p style="text-align: right; font-size: 2em;">28</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 "Lodge Pole Quintet" (Atrium) 6:00 Friday Night Movie: "The Longest Yard" (Games Lounge) 6:30 Shabbat Shervice with Cantor David (Chapel) <p style="text-align: right; font-size: 2em;">29</p>	<ul style="list-style-type: none"> Garden Watering 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) <p style="text-align: right; font-size: 2em;">30</p>
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 3:00 Hymn Sing (Chapel) <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

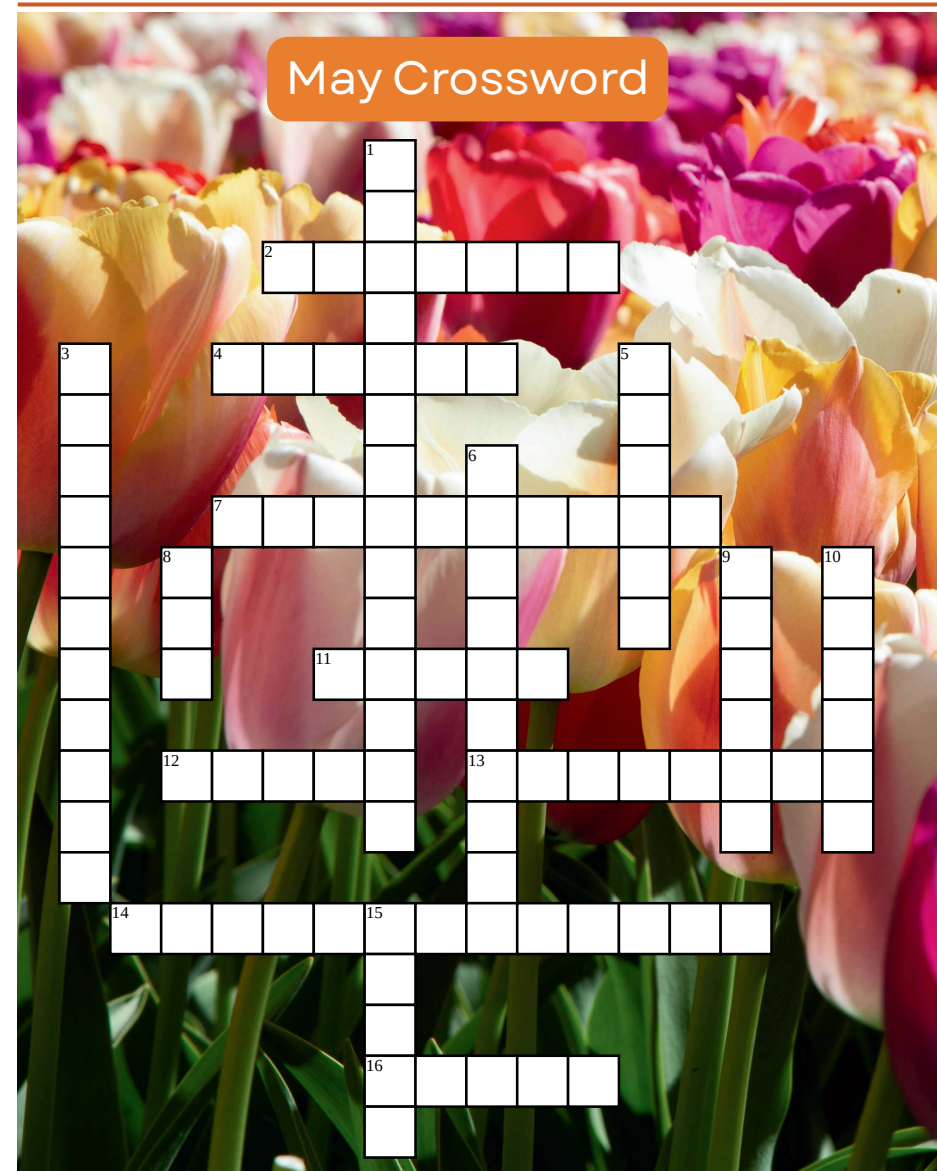
Co-ordinators: Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Kiran

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

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



THIS MONTH'S ACTIVITIES



May Crossword

Across

- 2. Birthstone
- 4. 2nd Zodiac sign
- 7. April showers brought these
- 11. How many people are celebrating their 1 year this May
- 12. Kimara and _____ started in May 22 years ago
- 13. May 4th: _____ Day
- 14. The first race of the triple crown
- 16. May 5: _____ de Mayo

Down

- 1. 2nd Saturday (for Minnesota)
- 3. Last Monday of the month
- 5. 1st Zodiac sign
- 6. 2nd Sunday
- 8. Susan birthday month, so we'll have _____
- 9. May 1
- 10. Who's birthday is tomorrow?
- 15. Who has the most years at Ecolab? (That started in May)

FUN FACTS

- Bald Eagles mate for life.
- Including its territories, France has 12 time zones, the most of any other country.
- It takes roughly 540 peanuts to make a jar of peanut butter.
- A silverback gorilla can lift over 1,763 pounds.
- Australia is wider than the moon.
- Competitive art used to be an Olympic sport.
- Lemons float in water, but limes sink.
- The Eiffel Tower was originally made for Barcelona.



Birthday Wishes

- May 03 - Edward S.
- May 16 - Hymie L.
- May 19 - Rick W.
- May 22 - George R.
- May 28 - Hope M.
- May 28 - Joan K.
- May 28 - Ron T.



Welcome Wagon

- Halie A.
- Najwa A.
- Jeff F.
- Gary G.
- Marilyn R.
- Gerry Y.
- Allan W.
- Elizabeth W.

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