

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room) <b>*cancelled*</b></li> <li>9:00 <b>Life Enrichment Full Day to Planning Meeting</b> (Court Activity Room)</li> <li>10:30 United Worship with Rev. Karen (Chapel)</li> <li>6:00 <b>Evening Show: "My Next Guest with David Letterman" Season 3: Robert Downey Jr.</b> (Games Lounge) <b>1</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>9:30 <b>Spa Day! to (Court Activity Room)</b></li> <li>10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>12:30 Shop Easy to (Manor Lobby Lounge) 3:30</li> <li>2:00 <b>Easter Tea with "Lindsay Nagy" (Atrium)</b></li> <li>6:00 Cribbage (Atrium) <b>2</b></li> </ul>	<p><b>GOOD FRIDAY</b></p> <ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Good Friday Ecumenical Worship (Chapel)</b></li> <li>11:00 Catholic Mass with Father Dean (Chapel) <b>*cancelled*</b></li> <li>2:00 <b>Friday Entertainment with "Randy Glen" (Atrium)</b></li> <li>6:00 <b>Friday Night Movie: "Champagne Problems" (Games Lounge)</b> <b>3</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>1:00 <b>Easter Egg Hunt with Connecting Seniors with Care U of A Volunteers (Atrium)</b> <b>4</b></li> </ul>
<p><b>Week 4 Menu</b></p> <p><b>EASTER SUNDAY</b></p> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton (Atrium)</b></li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 <b>Catholic Worship (Chapel)</b> <b>5</b></li> </ul>	<p><b>EASTER MONDAY</b></p> <ul style="list-style-type: none"> <li>9:00 <b>Chair Yoga With Colleen (Exercise Room)</b></li> <li>10:00 Pieces by Sharon to (Games Lounge) 3:00</li> <li>10:30 Morning Walks "meet in the Atrium"</li> <li>1:30 <b>Super Bingo "you play, we pay!" (Atrium)</b> <b>6</b></li> <li>3:30 Cribbage (Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Walker Safety Presentation (Court Activity Room)</b></li> <li>11:00 <b>Walker Repair Clinic to (Court Activity Room) 4:00 *call Life Enrichment to Book Appointment*</b></li> <li>1:00 <b>Tunes on the Ivories (Atrium)</b> <b>7</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercise (Exercise Room)</b></li> <li>10:30 Crosswords (Court Activity Room)</li> <li>1:30 <b>Kelly's Kitchen (Court Activity Room)</b></li> <li>3:00 Sing for Fun (Chapel)</li> <li>6:00 <b>Evening Show: "My Next Guest with David Letterman" Season 3: Dave Chappelle (Games Lounge)</b> <b>8</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</li> <li>1:30 <b>Penny Ante (Atrium)</b></li> <li>3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)</li> <li>6:00 <b>Cribbage (Atrium)</b></li> <li>7:00 Zorianka Ukrainian Daners (Atrium) <b>9</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Presentation with Jean Cote: "How Edmonton's West Began" (Manor Activity Room)</b></li> <li>2:00 <b>Friday Entertainment with "Terry Jorden" (Atrium)</b></li> <li>6:00 <b>Friday Night Movie: "The Mastermind" (Games Lounge)</b> <b>10</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>1:00 <b>Virtual Concert (Games Lounge)</b></li> <li>2:30 Bean Bag Toss (Atrium) <b>11</b></li> </ul>
<p><b>Week 1 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 <b>Pool Noodle Hockey (Atrium)</b></li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 <b>Catholic Worship (Chapel)</b></li> <li>1:00 Card Bingo (Atrium) <b>12</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 <b>Chair Yoga With Colleen (Exercise Room)</b></li> <li>10:30 Morning Walks "meet in the Atrium"</li> <li>1:30 <b>Hangman (Court Activity Room)</b></li> <li>3:30 Cribbage (Atrium) <b>13</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Brain Cloud (Court Activity Room)</b></li> <li>1:30 Brownie Day "see you at your door!"</li> <li>6:30 <b>Ekos Singers (Atrium)</b> <b>14</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:30 Big Brain (Court Activity Room)</li> <li>1:30 <b>Horse Races (Atrium)</b></li> <li>6:00 <b>Evening Show: "My Next Guest with David Letterman" Season 4: Will Smith (Games Lounge)</b></li> <li>6:30 <b>Diocese of Edmonton Children's Choir (Atrium)</b> <b>15</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:15 <b>Life Enrichment to In-Service Training 12:15</b></li> <li>10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>1:00 <b>Norquest Poetry Slam (Atrium)</b></li> <li>6:00 Cribbage (Atrium) <b>16</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>2:00 <b>Friday Entertainment with "The Britz" (Atrium)</b></li> <li>6:00 <b>Friday Night Movie: "Annie Hall" (Games Lounge)</b> <b>17</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>1:00 <b>Virtual Concert (Games Lounge)</b> <b>18</b></li> </ul>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Week 2 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton</b> (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 <b>Catholic Worship</b> (Chapel)</li> </ul> <p><b>19</b></p>	<ul style="list-style-type: none"> <li>9:00 Chair Yoga With Colleen (Exercise Room)</li> <li>10:30 <b>Morning Walks</b> "meet in the Atrium"</li> <li>1:30 <b>Penny Ante</b> (Atrium)</li> <li>3:30 Cribbage (Atrium)</li> </ul> <p><b>20</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room)</li> <li>10:00 <b>CareRx Immunization to Clinic: Covid, RSV &amp; Pneumonia</b> (Court Activity Room)</li> </ul> <p><b>21</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room)</li> <li>10:30 Crosswords (Activity Room)</li> <li>1:30 <b>Hangman</b> (Court Activity Room)</li> <li>3:00 Sing For Fun (Chapel)</li> <li>6:00 <b>Evening Show: "My Next Guest with David Letterman"</b> Season 4: Ryan Reynolds (Games Lounge)</li> </ul> <p><b>22</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>9:30 <b>Ears to You Hearing Clinic to (Court Library) *call Life Enrichment to Book Appointment*</b></li> <li>10:30 Anglican Worship with Rev. Jordan (Chapel)</li> <li>1:30 <b>Afternoon Art with Madi</b> (Court Activity Room)</li> <li>3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)</li> <li>6:00 <b>Cribbage</b> (Atrium)</li> </ul> <p><b>23</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room)</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>2:00 <b>Friday Entertainment with "Gary Meyers"</b> (Atrium)</li> <li>6:00 <b>Friday Night Movie: "Train Dreams"</b> (Games Lounge)</li> <li>6:30 <b>Shabbat Service with Cantor David</b> (Chapel)</li> </ul> <p><b>24</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>1:00 <b>Virtual Concert</b> (Games Lounge)</li> <li>2:30 Big Brain (Court Activity Room)</li> </ul> <p><b>25</b></p>
<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton</b> (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 <b>Catholic Worship</b> (Chapel)</li> <li>3:00 <b>Hymn Sing</b> (Chapel)</li> </ul> <p><b>26</b></p>	<ul style="list-style-type: none"> <li>9:00 Chair Yoga With Colleen (Exercise Room)</li> <li>10:30 <b>Morning Walks</b> "meet in the Atrium"</li> <li>2:00 Court Birthday Tea with "Juke Box Leigh" (Atrium)</li> <li>3:30 Cribbage (Atrium)</li> </ul> <p><b>27</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Sudoku Club</b> (Court Activity Room) *New Program*</li> <li>1:30 Court Mystery Drive "sign up at reception"</li> <li>2:30 <b>Men's Club House</b> (Court Activity Room)</li> </ul> <p><b>28</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>11:30 <b>Life Enrichment BBQ!</b> (Dining Room) *order forms can be purchased at reception*</li> <li>1:30 Card Bingo (Atrium)</li> <li>6:00 <b>Evening Show: "My Next Guest with David Letterman"</b> Season 4: Kevin Durant (Games Lounge)</li> </ul> <p><b>29</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room)</li> <li>10:30 Non-Denominational Worship with Rev. Colleen (Chapel)</li> <li>1:30 <b>Movie &amp; Popcorn: "Notting Hill"</b> (Games Lounge)</li> </ul> <p><b>30</b></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



The Promise of Home



### THIS MONTH'S ACTIVITIES

### Spring Crossword

#### FUN FACTS

- The oldest living land animal is a 192-year-old tortoise named Jonathan.
- Mosquitoes are the deadliest animals on Earth due to the diseases they transmit.
- You travel 2.5 million km a day around the Sun without realising.
- The biggest butterfly in the world has a 31cm wingspan.
- A group of stingrays is called a fever.
- Termite queens can live up to 100 years.
- The national animal of Scotland is the Unicorn.
- The Alaskan town of Talkeetna had a cat as mayor for 20 years.

**Across**

4. A day set aside for planting trees.

7. A winged insect that comes in a variety of colors.

9. The first month of spring.

11. What happens in April to bring May flowers?

12. After it rains, what is something colorful you might see in the sky?

13. What do the flowers do in the Spring?

14. A basketball tournament that occurs during a spring month.

15. What is it called when time is moved one hour back?

**Down**

1. Small round beetles that are often red with black dots.

2. A colorful plant with leaves and petals.

3. A small pool of water.

5. A day to play pranks.

6. A name for a young duck.

8. A grassweed with a yellow flower.

10. Animal who shows if spring is coming.



## Birthday Wishes

- April 06 - Dorothy H.
- April 06 - Jeff F.
- April 07 - Rex B.
- April 12 - Margaret R.
- April 14 - Sam A.
- April 21 - Morley B.
- April 29 - Bernie M.
- April 30 - Janet V.



## Welcome Wagon

- Haile A.
- Eleanor B.
- Marlene B.
- Jeff F.
- Marilyn R.
- David S.
- Audrey Y.

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