


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

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

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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


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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

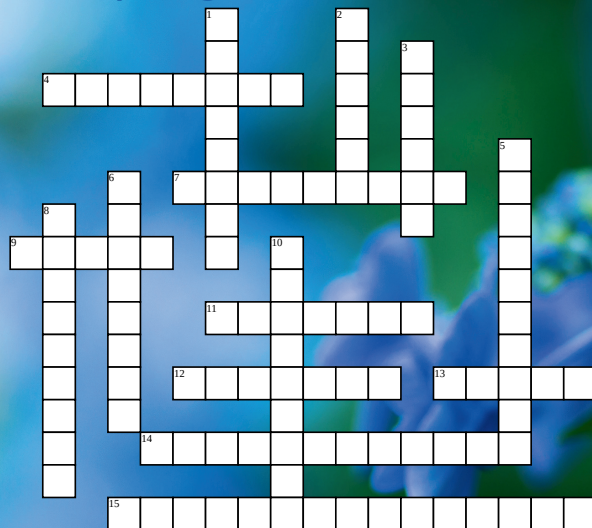
THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

Spring Crossword



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.

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.



Birthday Wishes

- April 27 - Mark H.
- April 29 - Jessie B.



Welcome Wagon

Jean P.

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