



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Active Yoga With Pramila (Activity Room)</li> <li>9:00 <b>Life Enrichment Full Day to Planning Meeting</b> 4:00</li> <li>10:30 United Church Worship with Rev. Karen (Chapel)</li> <li>6:30 <b>Tile Rummy (Activity Room)</b> <b>1</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Court Exercise Room) <b>*location change*</b></li> <li>10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>12:30 Shop Easy to (Lobby Lounge) 3:30</li> <li>2:00 <b>Easter Tea with Lindsay Nagy (Atrium)</b></li> <li>6:00 <b>Cribbage (Atrium)</b> <b>2</b></li> <li>6:30 Shuffleboard Bowling (Activity Room) <b>2</b></li> </ul>	<p><b>GOOD FRIDAY</b></p> <ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room)</b></li> <li>10:30 Horse Races (Activity 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>6:30 <b>Friday Night Movie: "Come Sunday" (Activity Room)</b> <b>3</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Court Exercise Room)</li> <li>10:30 Shuffleboard (Activity Room)</li> <li>1:00 <b>Easter Egg Hunt with "Connecting Seniors with Care" U of A Volunteers (Atrium)</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 &amp; Conversation <b>*Independent*</b> (Atrium)</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>9:45 <b>Chair Yoga With Colleen (Activity Room)</b></li> <li>10:00 Pieces by Sharon (Manor Lobby Lounge) 3:00</li> <li>10:30 <b>Trivia (Activity Room)</b></li> <li>1:00 Book Reading (Activity Room)</li> <li>1:30 <b>Super Bingo "you play, we pay!" (Atrium)</b></li> <li>2:15 Bible Study (Activity Room) <b>*New Time!*</b></li> <li>3:30 <b>Cribbage (Atrium)</b> <b>6</b></li> <li>6:30 <b>Scrabble (Activity Room)</b> <b>6</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room) "It's Back!"</b></li> <li>9:30 Coach Trip to Meadowlark "sign up in mailroom"</li> <li>10:30 <b>Walker Safety Presentation (Court Activity Room)</b></li> <li>11:00 <b>Walker Repair Clinic (Court Activity Room) "call Life Enrichment to book appointment"</b> 4:00</li> <li>1:00 Tunes on the Ivories (Atrium)</li> <li>1:30 <b>Coach Trip to Meadowlark "sign up in mailroom"</b></li> <li>6:30 <b>Cribbage (Fireside Lounge) ***Drop-In***</b> <b>7</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Active Yoga With Pramila (Activity 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>6:30 <b>Tile Rummy (Activity Room)</b> <b>8</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>10:30 <b>Card Bingo (Activity Room)</b></li> <li>10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</li> <li>1:30 <b>Gentle Stretch &amp; Meditation (Activity Room)</b></li> <li>3:00 Manor Happy Hour "don't forget your money!"</li> <li>6:00 <b>Cribbage (Atrium)</b></li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> <li>7:00 <b>Zorianka Ukrainian Dancers (Atrium)</b> <b>9</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room)</b></li> <li>10:30 <b>Presentation with Jean Cote: "How Edmonton's West Began" (Activity Room)</b></li> <li>2:00 <b>Friday Entertainment with "Terry Jorden" (Atrium)</b></li> <li>6:30 <b>Friday Night Movie: "The Choral" (Activity Room)</b> <b>10</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Court Exercise Room)</li> <li>10:30 <b>Shuffleboard (Activity Room)</b></li> <li>1:00 Virtual Concert (Games Lounge)</li> <li>1:00 <b>Hand &amp; Foot Canasta (Activity Room)</b></li> <li>2:30 <b>Bean Bag Toss (Atrium)</b> <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 &amp; Conversation <b>*Independent*</b> (Atrium)</li> <li>10:30 <b>Catholic Worship (Chapel)</b></li> <li>1:00 <b>Card Bingo (Atrium)</b> <b>12</b></li> </ul>	<ul style="list-style-type: none"> <li>9:45 <b>Chair Yoga With Colleen (Activity Room)</b></li> <li>10:30 <b>Trivia (Activity Room)</b></li> <li>11:35 <b>Tunes on the Ivories (Piano Lounge)</b></li> <li>1:00 Book Reading (Activity Room)</li> <li>1:30 <b>Hangman (Court Activity Room)</b></li> <li>2:15 Bible Study (Activity Room) <b>*New Time!*</b></li> <li>3:30 <b>Cribbage (Atrium)</b></li> <li>6:30 <b>Scrabble (Activity Room)</b> <b>13</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room) "It's Back!"</b></li> <li>9:30 <b>Coach Trip to Meadowlark "sign up in mailroom"</b></li> <li>10:30 Brain Cloud (Court Activity Room)</li> <li>1:30 <b>Drums &amp; Fun! (Activity Room) "New Program"</b></li> <li>1:30 Brownie Day "see you at your door!"</li> <li>6:30 <b>Cribbage (Fireside Lounge) ***Drop-in***</b></li> <li>6:30 <b>Ekos Singers (Atrium)</b> <b>14</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Active Yoga with Pramila (Activity Room)</b></li> <li>9:30 Coach Trip: Save-On/Winners "sign up in mailroom"</li> <li>10:30 <b>Big Brain (Court Activity Room)</b></li> <li>11:00 <b>Knife Sharpening Collection. "sign up at reception"</b> 12:00</li> <li>1:30 <b>Garden Planning Meeting (Activity Room)</b></li> <li>1:30 Horse Races (Atrium)</li> <li>6:30 <b>Tile Rummy (Activity Room)</b></li> <li>6:30 <b>Dioscese of Edmonton Children's Choir (Atrium)</b> <b>15</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</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)</li> <li>6:30 <b>Shuffleboard Bowling (Activity Room)</b> <b>16</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercise (Activity Room)</b></li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>10:30 <b>Horse Races (Activity Room)</b></li> <li>11:00 Tunes on the Ivories (Piano Lounge)</li> <li>12:30 <b>Knife Sharpening Return (At your Door) 1:30</b></li> <li>2:00 <b>Friday Entertainment with "The Britz" (Atrium)</b></li> <li>6:30 <b>Friday Night Movie: "Is This Thing On?" (Activity Room)</b> <b>17</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Manor Open House to 3:00</b></li> <li>9:30 Exercises (Court Exercise Room)</li> <li>10:30 <b>Shuffleboard (Activity Room)</b></li> <li>1:00 Virtual Concert (Games Lounge)</li> <li>1:00 <b>Hand &amp; Foot Canasta (Activity Room)</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 (Atrium)</b> </li> <li>10:00 Coffee &amp; Conversation  *Independent* (Atrium)</li> <li>10:30 <b>Catholic Worship (Chapel)</b> </li> </ul> <p><b>19</b></p>	<ul style="list-style-type: none"> <li>9:45 <b>Chair Yoga With Colleen (Activity Room)</b> </li> <li>10:30 Trivia (Activity Room)</li> <li>11:35 <b>Tunes on the Ivories (Piano Lounge)</b> </li> <li>1:00 Book Reading (Activity Room)</li> <li>1:30 <b>Penny Ante (Atrium)</b> </li> <li>2:15 Bible Study (Activity Room) <b>*New Time!*</b></li> <li>3:30 Cribbage (Atrium)</li> <li>6:30 <b>Scrabble (Activity Room)</b></li> </ul> <p><b>20</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room) *It's Back!*</b> </li> <li>10:00 <b>CareRx Immunization to Clinic: Covid, RSV &amp; Pneumonia (Court Activity Room)</b> </li> <li>6:30 Cribbage (Fireside Lounge)</li> </ul> <p>***Drop-In*** <b>21</b></p>	<ul style="list-style-type: none"> <li>9:30 Active Yoga with Pramila (Activity Room)</li> <li>10:30 <b>Coach Trip to Meadowlark "sign up in mailroom"</b> </li> <li>10:30 Crosswords (Court Activity Room)</li> <li>1:30 <b>Coach Trip: Muttart Conservatory "sign up in mailroom"</b> </li> <li>1:30 Hanagman (Court Activity Room)</li> <li>3:00 <b>Sing For Fun (Chapel)</b> </li> <li>6:30 Tile Rummy (Activity Room)</li> </ul> <p><b>22</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>9:30 <b>Ears to You Hearing Clinic (Court Library) *call Life Enrichment to Book Appointment*</b></li> <li>10:30 <b>Anglican Worship with Rev. Jordan (Chapel)</b> </li> <li>10:30 Card Bingo (Activity Room)</li> <li>1:30 <b>Afternoon Art with Madi (Court Activity Room)</b> </li> <li>3:00 Manor Happy Hour "don't forget your money!" </li> <li>6:00 <b>Cribbage (Atrium)</b></li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul> <p><b>23</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room)</b></li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium) </li> <li>10:30 <b>Horse Races (Activity Room)</b> </li> <li>11:00 Tunes on the Ivories (Piano Lounge) </li> <li>2:00 <b>Friday Entertainment with "Gary Meyers" (Atrium)</b> </li> <li>6:30 <b>Friday Night Movie: "The Mastermind" (Activity Room)</b> </li> <li>6:30 Shabbat Service with Cantor David (Chapel) </li> </ul> <p><b>24</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Court Exercise Room) </li> <li>10:30 <b>Shuffleboard (Activity Room)</b></li> <li>1:00 Virtual Concert (Games Lounge) </li> <li>1:00 <b>Hand &amp; Foot Canasta (Activity Room)</b></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 (Atrium)</b> </li> <li>10:00 Coffee &amp; Conversation  *Independent* (Atrium)</li> <li>10:30 <b>Catholic Worship (Chapel)</b></li> <li>3:00 Hymn Sing (Chapel) </li> </ul> <p><b>26</b></p>	<ul style="list-style-type: none"> <li>9:45 Chair Yoga With Colleen (Activity Room) </li> <li>10:30 <b>Trivia (Activity Room)</b></li> <li>1:00 Book Reading (Activity Room) </li> <li>2:00 <b>Court Birthday Tea with "Juke Box Leigh" (Atrium)</b> </li> <li>2:15 Bible Study (Activity Room) <b>*New Time!*</b></li> <li>3:30 Cribbage (Atrium)</li> <li>6:30 <b>Scrabble (Activity Room)</b></li> </ul> <p><b>27</b></p>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room) *It's Back!*</b> </li> <li>9:30 Coach Trip to Meadowlark "sign up in mailroom" </li> <li>10:30 <b>Sudoku Club (Chapel) *New Program*</b></li> <li>1:00 Jeopardy (Activity Room)</li> <li>2:30 <b>Men's Club House (Court Activity Room)</b></li> <li>6:30 Cribbage (Fireside Lounge) <b>**Drop-in**</b></li> </ul> <p><b>28</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room) </li> <li>12:00 <b>Life Enrichment BBQ! to (Manor Dining Room) 1:00 *order forms can be purchased at reception*</b> </li> <li>1:30 Card Bingo (Atrium) </li> <li>6:30 <b>Tile Rummy (Activity Room)</b></li> </ul> <p><b>29</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room) </li> <li>10:30 <b>Brain Cloud (Manor Activity Room)</b></li> <li>10:30 Non-Denominational Worship with Rev. Colleen </li> <li>2:00 <b>Manor Birthday Tea</b> </li> <li>6:30 Shuffleboard Bowling (Activity Room)</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





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?
- 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.
  - 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?

### 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 02 - Ann G      | April 13 - Rose K.   |
| April 05 - Loris W.   | April 23 - Jill A.   |
| April 10 - Bruce W.   | April 28 - Sandi S.  |
| April 11 - Gerry L.   | April 29 - Gloria G. |
| April 11 - Dorothy M. | April 29 - Gail E.   |
| April 12 - Sheila K.  |                      |



## Welcome Wagon

New Residents Here...

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The Promise of Home

