

Sunday

Monday

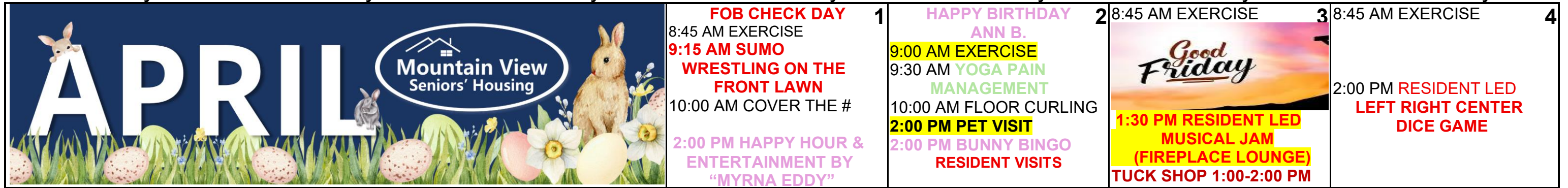
Tuesday

Wednesday

Thursday

Friday

Saturday



1:00 PM BERGEN **5**

EASTER SUNDAY
HE IS RISEN

8:45 ARMCHAIR YOGA **6**

Easter Monday

9:00 AM EXERCISE
10:00 AM DUTCH SHUFFLEBOARD
2:00 PM SUNDAE'S ON A MONDAY

8:45 AM EXERCISE **7**

10:00 AM FLOOR CURLING
10:00 AM ATB BANK DAY

2:00 PM RESIDENT/FAMILY MEETING
7:00 PM SUNDRE CHOIR (MAIN DINING ROOM)

FOB CHECK DAY 1
8:45 AM EXERCISE
9:15 AM SUMO WRESTLING ON THE FRONT LAWN
10:00 AM COVER THE #

2:00 PM HAPPY HOUR & ENTERTAINMENT BY "MYRNA EDDY"

8:45 AM EXERCISE **8**

9:00 AM YOGA PAIN MANAGEMENT
2:00 PM JEOPARDY
7:00 PM SUNDRE BELLS (MAIN DINING ROOM)

HAPPY BIRTHDAY ANN B. 2
9:00 AM EXERCISE
9:30 AM YOGA PAIN MANAGEMENT
10:00 AM FLOOR CURLING
2:00 PM PET VISIT
2:00 PM BUNNY BINGO
RESIDENT VISITS

HAPPY BIRTHDAY SHIRLEY B. 9
8:45 ARMCHAIR YOGA
9:00 AM EXERCISE
10:00 AM FLOOR CURLING
11:00 AM SENIOR TECH HELP
2:00 PM PET VISIT
2:00 PM BINGO
RESIDENT VISITS

8:45 AM EXERCISE **3**

Good Friday

1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)
TUCK SHOP 1:00-2:00 PM

8:45 AM EXERCISE **10**

2:00 PM DRUMMING IN THE DAY PROGRAM (MUST SIGN-UP TO ATTEND)

TUCK SHOP OPEN 1:00 PM - 2:00 PM

8:45 AM EXERCISE **4**

2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

8:45 AM EXERCISE **11**

10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE MCKENZIE
2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

1:00 PM ANGLICAN **12**

70 days until summer!

8:45 ARMCHAIR YOGA **13**
9:00 AM EXERCISE

10:00 AM COFFEE TIME WITH A SPECIAL SURPRISE GUEST (DAY PROGRAM)

1:30-2:00 PM ICE CREAM FLOATS

8:45 AM EXERCISE **14**

9:00 AM YOGA PAIN MANAGEMENT
10:00 AM FLOOR CURLING
11:00 AM LIBRARY SERVICE
2:00 PM SCRABBLE

8:45 AM EXERCISE **15**

9:15 AM OLDS WALMART LUNCH @ OLD'S LEGION
RESIDENT VISITS

8:45 ARMCHAIR YOGA **16**
9:00 AM EXERCISE
10:00 AM FLOOR CURLING
2:00 PM PET VISIT
2:00 PM BINGO

HAPPY BIRTHDAY CLARICE N. 17
8:45 AM EXERCISE
1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)
TUCK SHOP OPEN 1:00 PM - 2:00 PM

8:45 AM EXERCISE **18**

2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

1:00 PM UNITED **19**

8:45 ARMCHAIR YOGA **20**
9:00 AM EXERCISE

11:15 AM LUNCH @ CEDARS PUB
RESIDENT VISITS

8:45 AM EXERCISE **21**

9:00 AM YOGA PAIN MANAGEMENT
10:00 AM FLOOR CURLING
2:00 PM JEOPARDY

8:45 AM EXERCISE **22**

10:00 AM PERSONAL TOUCH FASHIONS
1:00 PM VOLUNTEER APPRECIATION W/ SPECIAL GUESTS MAYOR WARNICK & THE FOOTHILLS CENTENNIAL FIDDLERS

8:45 ARMCHAIR YOGA **23**
9:00 AM EXERCISE
10:00 AM FLOOR CURLING
2:00 PM BINGO
RESIDENT VISITS

8:45 AM EXERCISE **24**

1:30 PM FRIDAY AFTERNOON MATINEE WITH TERESA (MAIN FLOOR TV ROOM)
TUCK SHOP OPEN 1:00 PM - 2:00 PM

8:45 AM EXERCISE **25**

10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE MCKENZIE
2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

1:00 PM McDOUGAL **26**

8:45 ARMCHAIR YOGA **27**
9:00 AM EXERCISE

2:00 PM BIRTHDAY PARTY ENTERTAINMENT BY "MIKE ROLAND"

8:45 AM EXERCISE **28**

9:00 AM YOGA PAIN MANAGEMENT
10:00 AM FLOOR CURLING
11:00 AM LIBRARY SERVICE
2:00 PM MOVIE DAY

8:45 AM EXERCISE **29**
9:00 AM STANDING BALANCE

11:15 AM LUNCH @ BEARBERRY SALOON

8:45 ARMCHAIR YOGA **30**
9:00 AM EXERCISE
10:00 AM FLOOR CURLING
2:00 PM BINGO



ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE