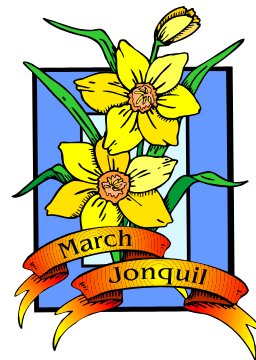









Heritage House

March 2020

*May you have warm words on a cold evening,
A full moon on a dark night,
And the road downhill all the way home.
An Irish Blessing*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|---|
| 1 1:30 Inter-Denominational Church Service with Pastor David  | 2 10:30 Today's Topics 11:00 Active Games 1:45 Reading with Glen Allan Grade 4's 3:30 Exercises 4:00 Morgan on the Piano 6pm Oilers Hockey on TV | 3 10:15 Protestant Communion (LH) 10:30 JAVA Club 10:30 Today's Topics 11:30 Relaxing Moments 1:30 Active Games 1:30 Manicures 2:30 Coffee Social 6:30pm Oilers Hockey on TV | 4 10:30 Today's Topics 2:30 Short Stories 3:30 Exercises 5:00 Diner's Club (Chinese Food) 6:45-7:45 Linking Generations Family/Student/Resident Meet & Greet (LH) | 5 10:45 St. Thomas Anglican Church 2:00 Bingo (LH) 2:30 Decorating for St. Patrick's Day 3:30-4:30 Linking Generations (LH) 6:30pm Oilers Hockey on TV 7:00 Pub Night (LH) | 6 10:30 Today's Topics 11:00 Tabletop Exercise 1:30 Coffee Social 2:30 Short Stories 3:30 Exercises | 7  8pm Oilers Hockey on TV |
| 8 Daylight savings - spring ahead! 10:30 The Park Church  | 9 10:30 Tabletop Exercise 11:00 Relaxing Moments 1:45 Games Day with Holy Spirit Grade 4's 2:45 Men's Group 3:30 Exercises 4:00 Morgan on the Piano 7pm Oilers Hockey on TV | 10 10:30 JAVA Time 10:30 Bus Trip to Salisbury Greenhouse 11:30 Friendly Visits 1:45 Welcome Tea with Margie 2:45 Trivia 3:30 Exercises | 11 10:30 Baking "Crazy Mixed up Chocolate Cake!" 1:30 Strathcona Library Book Mobile 1:30 Sing Along 2:00 Popcorn Social 7pm Oilers Hockey on TV | 12 10:45 Hymn Sing 2:15 Story Building 3:30 Exercises | 13   | 14 10:30 "The Leftovers" perform |

Key: (LH) = Laurier House

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
| 15  | 16 10:30 <i>Resident/Family Council Meeting</i> 11:00 Active Games 1:30 Story Building 2:30 Smoothie Social 3:30 Exercises 4:00 Morgan on the Piano | 17 <i>St. Patrick's Day</i> 11:30 Relaxing Moments 1:30 Travel Club "Ireland" 2:45 Green Punch Social & Trivia 3:30 Exercises | 18 10:30 Baking - Banana Muffins 3:00 Sing Along | 19 10:45 OLPH Roman Catholic Mass 2:00 Bingo (LH) 2:15 Short Stories 3:15 Harp Relaxation 3:30 Exercises 4:00 Harp Singalong 7:00 Pub Night (LH) | 20 First day of Spring 10:30 Springtime Trivia 1:30 Relaxing Moments 2:30 Men's group 3:30 Exercises 6:15 BINGO | 21  |
| 22 2:00 Heartland Alliance Church  | 23 10:30 Art Class with Carolyn 1:30 Lemonade Social 2:45 Annette's 102nd Birthday Party 3:30 Exercises <i>7pm Oilers Hockey on TV</i> | 24 10:30 JAVA Time 10:30 Today's Topics 1:30 Bus Trip to the Sherwood Park Museum 1:30 Manicures 2:45 Coffee Social 4:00 Exercises | 25 1:45 Sun catcher craft 3:30 Exercises <i>6:15 Irish Songs with Lorraine Godfrey</i> <i>7:30pm Oilers Hockey on TV</i> | 26 10:45 United Church 2:00 Bingo (LH) 2:15 Sing Along 3:30 Exercises 3:30-4:30 Linking Generations (LH) 7:00 Pub Night (LH) | 27 10:30 Exercises 11:00 iPad Games <i>1:30 Dance with Lam-Chops</i> <i>1:45 Ballet (LH)</i> 3:00 Friendly Visits <i>7pm Oilers Hockey on TV</i> | 28 10:30 Today's Topics 11:00 Hangman 1:30 Short Stories 2:30 JAVA Time |
| 29 1:30 St. Thomas Anglican Church <i>6pm Oilers Hockey on TV</i> | 30 10:30 Today's Topics 11:00 Active Games 1:30 Cards and Games 2:30 Smoothie Social 3:30 Exercises | 31 10:30 JAVA Club 10:30 Relaxing Moments 1:30 Manicures 2:45 Creative Hands 3:30 Exercises <i>7pm Oilers Hockey on TV</i> |  March 4th Linda G. March 6th Ilse P. March 8th Adam Z. March 9th Savat P. March 23rd Annette F. | | | <div> ZODIAC <u>Pisces</u> Feb. 20 – Mar. 20 <u>Aries</u> Mar. 21 – Apr. 19 </div> <div> Please be advised that the monthly calendar is subject to <u>last minute</u> changes. If you have any questions, please contact Recreation @ 780-417-4330 or keeley.eigner@capitalcare.net Visit CapitalCare on Facebook! </div> |