


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tranquility Suite "Now Open" By Appointment Only Please Call 780-989-7834 Tranquility A calm, peaceful state, without any disturbance: Calmness; Serenity.	No Morning Programs 1 8:00 – 12 Noon Annual Generator Testing "Power Will Be Off" 1:00 - 4:00 (3 rd – 7 th) Brenda's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart & Tasty Treats	10:00 – 11:00 2 Walk For Wellness 10:00 – 4:00 Brody's Video/Zoom Calls 1:30 – 4:00 "St. David's Day" Hallway Social "Welsh Cakes" 1:30 Refreshment Cart & Tasty Treats	9:00 – 11:00 (3 rd -7 th) 3 Corridor Fitness Classes Instructor's Brenda & Brody 10:00 – 4:00 Andrea's Video/Zoom Calls 1:00 – 4:00 #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart	Women's History Month 4 9:00 – 11:00 (3 rd & 4 th) Brody's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart & Tasty Treats 2:00 – 3:00 (3 rd Floor) Travelogue: "Exploring Venice, Italy"	Happy "108 th Birthday! LF 5 9:00 – 11:00 (5 th , 6 th) Brody's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart 1:30 (4 th Floor) Travelogue: "Exploring Venice, Italy" 2:30 (5 th Floor) Travelogue: "Exploring Venice, Italy"	10:30 – 11:30 6 Brenda's Tuck Cart 1:00 – 4:00 Suite #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 2:00 Fresh Air Frolic 6:00 Corridor Programs Night Owl's (4 th Floor)
10:30 – 11:30 7 Walk For Wellness Destination "Calgary" 1:00 – 4:00 #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 6:00 Corridor Programs Night Owl's (3 rd Floor)	9:00 - 11:00 (3 rd -7 th) 8 Corridor Fitness Classes Instructor's Brenda & Brody 1:00 – 3:00 "Women's Day" Hallway Social's 1:30 Refreshment Cart 4:00 & 4:45 (2 Seating's) Garneau Grill "Open" Light Classical Concert	10:00 – 11:00 9 "Walk For Wellness" 10:00 – 4:00 Brody's Video/Zoom Calls 1:30 – 3:00 (6 th & 7 th) "St. Patrick's Day Bingo" In the Hall 1:30 Refreshment Cart & Tasty Treats	9:00 – 11:00 (3 rd -7 th) 10 Corridor Fitness Classes Instructor's Brenda & Brody 10:00 – 4:00 Andrea's Video/Zoom Calls 1:00 – 4:00 #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart	Tools Day – Tool Time 11 9:00 – 11:00 (3 rd & 4 th) Brody's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart & Tasty Treats 2:00 "Spring Is Coming" Patio Fresh Air Frolic Enjoy The Great Outdoors!	National Sleep Month 12 "Weekend Night Owl's" 9:00-11:00 (5 th , 6 th & 7 th) Brody's Corridor Fitness & Mental Aerobics Classes 9:00 – 4:00 Beaumont Foot Care" By Appointment 1:30 Refreshment Cart & Tasty Treats	10:30 – 11:00 13 Brenda's Tuck Cart 1:00 – 4:00 Suite #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 2:00 Fresh Air Frolic 6:00 Corridor Programs Night Owl's (6 th Floor)
10:30 – 11:30 14 Walk For Wellness Destination "Calgary" 1:00 – 4:00 #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 6:00 Corridor Programs Night Owl's (7 th Floor)	9:00 – 11:00 (3 rd -7 th) 15 Corridor Fitness Classes Instructor's Brenda & Brody 1:00– 3:00 Hallway Socials "Signs Of Spring" 1:30 Refreshment Cart Tasty Treats 4:00 & 4:45 Garneau Grill Monday Night Bingo!	Don't Wear Green Day! 16 10:00 – 11:00 "Walk For Wellness" 10:00 – 4:00 Brody's Video/Zoom Calls 1:30 – 3:30 (4 th & 5 th) "St. Patrick's Day Bingo" In The Hall 1:30 Refreshment Cart	Wear Green Day! 17 10:00 – 2:00 "St. Patrick's Day" Hallway Fun & Games 1:30 Refreshment Cart 4:00 – 4:45 The Clover Bar "St. Patrick's Day Dinner"  <small>St. Patrick's Day</small>	National Poultry Day 18 9:00 -11:00 (5 th , 6 th & 7 th) Brody's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart & Tasty Treats 2:00 "Spring Is In The Air" Patio Fresh Air Frolic Enjoy The Great Outdoors!	World Storytelling Day 19 9:00 -11:00 (5 th , 6 th & 7 th) Brody's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart & Tasty Treats 2:00 "Spring Is In The Air" Patio Fresh Air Frolic Enjoy The Great Outdoors!	10:30 – 11:00 20 Brenda's Tuck Cart 1:00 – 4:00 Suite #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 2:00 Patio Fresh Air Frolic 6:00 Corridor Programs Night Owl's (4 th Floor)
10:30 – 11:30 21 Walk For Wellness Destination "Calgary" 1:00 – 4:00 #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 6:00 Corridor Programs Night Owl's (5 th Floor)	9:00 – 11:00 (3 rd -7 th) 22 Corridor Fitness Classes Instructor's Brenda & Brody 9:00 – 4:00 "Beaumont Foot Care" By Appointment 1:30 – 3:00 Hallway Social 1:30 Refreshment Cart 4:00 & 4:45 Garneau Grill Monday Night Bingo!	10:00 – 11:00 23 "Walk For Wellness" 10:00 – 4:00 Brody's Video/Zoom Calls 1:30 – 3:30 (6 th & 7 th) "Paul's Easter Basket Bingo" In the Hall Celebrity Caller: Big Mama 1:30 Refreshment Cart	9:00 – 11:00 (3 rd -7 th) 24 Corridor Fitness Classes Instructor's Brenda & Brody 10:00 – 4:00 Andrea's Video/Zoom Calls 1:00 – 4:00 Suite #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart	Memory Day 25 9:00 -11:00 (3 rd & 4 th) Brody's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart & Tasty Treats 2:00 "Spring Is In The Air" Patio Fresh Air Frolic Enjoy The Great Outdoors!	Wear Purple Day 26 9:00 -11:00 (5 th , 6 th & 7 th) Brody's Corridor Fitness & Mental Aerobics Classes 1:30 Refreshment Cart & Tasty Treats 2:00 "Spring Is In The Air" Patio Fresh Air Frolic Enjoy The Great Outdoors!	10:30 -11:00 27 Brenda's Tuck Cart 1:00 – 4:00 Suite #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 2:00 Fresh Air Frolic 6:00 Corridor Programs Night Owl's (6 th Floor)
10:30 – 11:30 28 Walk For Wellness Destination "Calgary" 1:00 – 4:00 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart 6:00 Corridor Programs Night Owl's (7 th Floor)	9:00 – 11:00 (3 rd -7 th) 29 Corridor Fitness Classes Instructor's Brenda & Brody 1:00 – 3:00 Hallway Socials Easter "Hot Cross Buns" 1:30 Refreshment Cart Tasty Treats 4:00 & 4:45 Garneau Grill Monday Night Bingo!	10:00 – 11:00 30 "Walk For Wellness" 10:00 – 4:00 Brody's Video/Zoom Calls 1:30 - 3:30 (4 th & 5 th) "Paul's Easter Basket Bingo" In The Hall Celebrity Caller: Big Mama 1:30 Refreshment Cart	9:00-11:00 (3 rd -7 th) 31 Corridor Fitness Classes Instructor's Brenda & Brody 10:00 – 4:00 Andrea's Video/Zoom Calls 1:00 – 4:00 Suite #401 Tranquility Suite Sessions By Appointment Only 1:30 Refreshment Cart	