



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:30 United Worship with Rev. Colleen (Chapel) <b>*cancelled*</b></li> <li>1:30 Card Bingo (Atrium)</li> <li>6:30 Evening Show: "Bonanza" (Games Lounge)</li> </ul> <p style="text-align: right;"><b>1</b></p>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>1:30 Hangman (Court Activity Room)</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 Inspirational Stories (Court Activity Room)</li> <li>11:00 Catholic Mass with Father Dean (Chapel)</li> <li>2:00 Friday Entertainment with "The Sunbeams" (Atrium)</li> <li>6:00 Friday Night Movie: "Gifted Hands" (Games Lounge)</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Bolongo Ball (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul> <p style="text-align: right;"><b>4</b></p>
<p><b>Week 4 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Card Bingo (Atrium)</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>9:00 Active Yoga With Colleen (Exercise Room)</li> <li>10:30 Crosswords (Court Activity Room)</li> <li>1:30 Big Brain (Court Activity Room)</li> </ul> <p style="text-align: right;"><b>6</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room) <b>*cancelled*</b></li> <li>9:00 Life Enrichment to Full Day</li> <li>4:00 Planning Meeting!</li> <li>6:30 Cribbage (Atrium) <b>***Drop In***</b></li> </ul> <p style="text-align: right;"><b>7</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:30 Hangman (Court Activity Room)</li> <li>1:00 Eat Street with Rus to 2:30 (Court Activity Room)</li> <li>3:00 Sing For Fun (Chapel)</li> <li>7:00 St. Georges Ukrainian Choir (Atrium)</li> </ul> <p style="text-align: right;"><b>8</b></p>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>9:30 Court Mystery Drive "sign up at reception"</li> <li>10:30 Non Denominational Worship with Rev. Colleen (Chapel)</li> <li>1:30 Armchair Travel "where will we go?"</li> <li>3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!"</li> </ul> <p style="text-align: right;"><b>9</b></p>	<p><b>Pajama Day!</b></p> <ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 Music &amp; Meanders with Rus (Atrium)</li> <li>2:00 Friday Entertainment with "Steven Tyler" (Atrium)</li> <li>6:00 Friday Night Movie: "Rescued by Ruby" (Games Lounge)</li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Horseshoes (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul> <p style="text-align: right;"><b>11</b></p>
<p><b>Week 1 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:30 Hangman (Court Activity Room)</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>9:00 Active Yoga With Colleen (Exercise Room)</li> <li>10:00 Men's Club House : Fire Station Tour "meet at Court Reception"</li> </ul> <p style="text-align: center;"><b>CHRISTMAS TAKE DOWN</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room) <b>*cancelled*</b></li> <li style="text-align: center;"><b>CHRISTMAS TAKE DOWN</b></li> <li>6:30 Cribbage (Atrium) <b>***Drop In***</b></li> </ul> <p style="text-align: right;"><b>14</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room) <b>*cancelled*</b></li> <li style="text-align: center;"><b>CHRISTMAS TAKE DOWN</b></li> <li>6:30 Evening Show: "Bonanza" (Games Lounge)</li> </ul> <p style="text-align: right;"><b>15</b></p>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li style="text-align: center;"><b>CHRISTMAS TAKE DOWN</b></li> <li>10:30 Anglican Worship with Rev. Colleen (Chapel)</li> </ul> <p style="text-align: right;"><b>16</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>2:00 Friday Entertainment with "Emilio DeMercato" (Atrium)</li> <li>6:00 Friday Night Movie: "Lift" (Games Lounge)</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Bean Bag Toss (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> <li>3:30 Piano Recital (Atrium)</li> </ul> <p style="text-align: right;"><b>18</b></p>

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 and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 <b>Card Bingo (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>19</b></p>	<ul style="list-style-type: none"> <li>• 9:00 <b>Active Yoga With Colleen (Exercise Room)</b></li> <li>• 10:30 Crosswords (Court Activity Room)</li> <li>• 1:30 <b>Wheel of Fortune (Court Activity Room)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>20</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:15 <b>Trivia (Exercise Room)</b></li> <li>• 1:30 <b>Chocolate Brownie Day</b> "see you at your door!"</li> <li>• 6:30 Cribbage (Atrium) ***Drop In***</li> </ul> <p style="text-align: right; font-size: 2em;"><b>21</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:30 <b>Memory Magic (Atrium)</b></li> <li>• 1:00 <b>Virtual Tour "where should we go?" (Games Lounge)</b></li> <li>• 6:00 Evening Show: "Bonanza" (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>22</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Stretch &amp; Strength (Exercise Room)</b></li> <li>• 10:30 <b>Anglican Worship with Rev. Clare (Chapel)</b></li> <li>• 1:30 Music with Erica (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>23</b></p>	<p style="text-align: center;"><b>Centenarian Celebration</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 2:00 <b>Friday Entertainment with "Central Lions Band" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Sully" (Games Lounge)</b></li> <li>• 6:30 Sabbath Service with Cantor David (Chapel)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>24</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Physical Games: Ball Toss (Atrium)</b></li> <li>• 1:30 West Canada Art Center (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><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 and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:30 Hangman (Court Activity Room)</li> <li>• 3:00 <b>Hymn Sing (Chapel)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>26</b></p>	<ul style="list-style-type: none"> <li>• 9:00 <b>Active Yoga With Colleen (Exercise Room)</b></li> <li>• 10:30 Crosswords (Activity Room)</li> <li>• 1:00 <b>Men's Club House (Court Activity Room)</b></li> <li>• 2:00 <b>Court Birthday Tea with "Gary Meyers" (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>27</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:15 <b>Trivia (Exercise Room)</b></li> <li>• 1:00 <b>Arm Chair Travel "where will we go?" (Games Lounge)</b></li> <li>• 6:30 Cribbage (Atrium) ***Drop In***</li> </ul> <p style="text-align: right; font-size: 2em;"><b>28</b></p>	<p style="text-align: center;"><b>Chinese New Year</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 1:30 <b>Kelly's Kitchen to 2:30 (Court Activity Room)</b></li> <li>• 6:00 Evening Show: "Bonanza" (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>29</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Stretch &amp; Strength (Exercise Room)</b></li> <li>• 10:30 <b>Non Denominational Worship with Rev. Colleen (Chapel)</b></li> <li>• 1:30 Movie &amp; Popcorn "When we were boys" (Games Lounge)</li> <li>• 3:00 <b>Happy Hour (Manor Lobby Lounge) "don't forget your money!"</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>30</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 2:00 <b>Friday Entertainment with "Jeff Ramsey" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "American Symphony" (Games Lounge)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>31</b></p>	

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

### LEGEND

Exc. Rm	Exercise Room
GL	Games Lounge
A	Atrium
M	Manor
MLL	Manor Lobby Lounge
C	Chapel
CAR	Court Activity Room
FSL	Manor Fireside Lounge
	Formal Event/Attire

### LIFE ENRICHMENT STAFF

**Manager:** Leana Nielsen | Phone: 780-930-5819


**Team Lead:** Chelcey Buck | Phone: 780-930-5817

**Co-ordinators:** Vanessa, Erica, Kelly, Audra, Austin, Dana, Eric, Rus, Elora & Madi

### CONTACT

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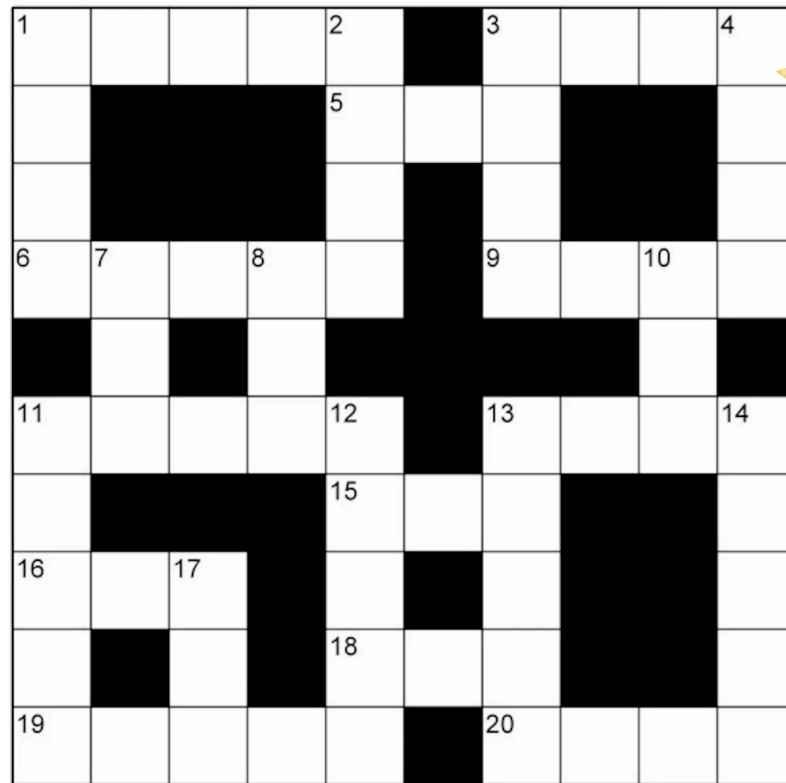
 Court Reception  
780-483-5361

 Nursing Station  
780-930-3734

  
The Promise of Home



### THIS MONTH'S ACTIVITIES



- ACROSS**
- 1. Lake in the Sierra Nevada
  - 3. Egg cell
  - 5. Turf
  - 6. Set with gems
  - 9. Member of mystical Muslim sect
  - 11. A poetic foot
  - 13. Fit of rage
  - 15. Choose
  - 16. Television frequency
  - 18. Jack in cribbage
  - 19. Pens
  - 20. Father

- DOWN**
- 1. High, clear ringing sound
  - 2. Catch sight of
  - 3. Chances
  - 4. Island in central Hawaii
  - 7. An age
  - 8. Sound of a cow
  - 10. Law enforcement agency
  - 11. Take sounding
  - 12. Scandinavian Fates
  - 13. Plunges knife into
  - 14. Shade
  - 17. At a great distance



**“You are never too old to set another goal or to dream a new dream.” C.S. Lewis**

**DREAM**



### Birthday Wishes

January 01 - Phyllis T.  
 January 19 - Mary D.  
 January 29 - Marion C.



### Welcome Wagon

Sheila W.  
 Catherine C.  
 Edward S.  
 Anne R.

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#### LEGEND

- Exc. Rm ..... Exercise Room
- GL ..... Games Lounge
- A ..... Atrium
- M ..... Manor
- MLL ..... Manor Lobby Lounge
- C ..... Chapel
- CAR ..... Court Activity Room
- FSL ..... Manor Fireside Lounge
- ..... Formal Event/Attire

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