



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 2 Menu</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversations (Atrium) *independent* • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) <p style="text-align: right; font-size: 2em;">19</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga with Colleen (Exercise Room)  • 10:30 Crosswords (Court Activity Room) • 1:30 Wheel of Fortune (Court Activity Room) <p style="text-align: right; font-size: 2em;">20</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Trivia (Exercise Room) • 1:30 Chaplain Visits • 1:30 Chocolate Brownie Day "see you at your door" • 6:30 Cribbage (Atrium) ***Drop In*** <p style="text-align: right; font-size: 2em;">21</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Memory Magic (Atrium) • 1:00 Virtual Tour "where should we go?" (Games Lounge) • 6:00 Evenings with Austin • 6:00 Evening Show: "Bonanza" (Games Lounge) <p style="text-align: right; font-size: 2em;">22</p>	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:00 Morning Music with "The Runningboards" • 10:30 Anglican Worship with Rev. Clare (Chapel) • 1:30 Music with Erica (Atrium) <p style="text-align: right; font-size: 2em;">23</p>	<p>Centenarian Celebration</p> <ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Music & Meanders with Rus • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Friday Entertainment with "Central Lions Band" (Atrium) • 6:00 Friday Night Movie: "Sully" (Games Lounge) • 6:30 Sabbath Service with Cantor David (Chapel)  <p style="text-align: right; font-size: 2em;">24</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Physical Games: Ball Toss (Atrium) • 1:30 West Canada Art Center (Atrium) <p style="text-align: right; font-size: 2em;">25</p>
<p>Week 3 Menu</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton • 10:00 Coffee & Conversations (Atrium) *independent* • 10:30 Catholic Worship (Chapel) • 1:30 Hangman (Court Activity Room) • 3:00 Hymn Sing (Chapel) <p style="text-align: right; font-size: 2em;">26</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga with Colleen (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 1:00 Men's Club House (Court Activity Room) • 2:00 Court New Year's Party with "The Young at Heart Band" (Atrium) <p style="text-align: right; font-size: 2em;">27</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Trivia (Exercise Room) • 1:00 Armchair Travel "where will we go?" (Games Lounge) • 1:30 Chaplain Visits • 6:30 Cribbage (Atrium) ***Drop In*** <p style="text-align: right; font-size: 2em;">28</p>	<p>Chinese New Year</p> <ul style="list-style-type: none"> • 9:30 Exercise (Exercise Room) • 10:30 1:1 Visits • 1:30 Kelly's Kitchen (Court Activity Room) • 6:00 Evenings with Austin • 6:00 Evening Show: "Bonanza" (Games Lounge) <p style="text-align: right; font-size: 2em;">29</p>	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:00 Music with "Bob Gagnon" (Haven) • 10:30 Non Denominational Worship with Rev. Colleen (Chapel) • 1:30 Popcorn & Movie "When we were boys" (Games Lounge) • 3:00 Happy Hour (Manor Lobby Lounge) "don't forget your money" • 6:30 Days End Discussions <p style="text-align: right; font-size: 2em;">30</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Music & Meanders with Rus • 10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Friday Entertainment with "Jeff Ramsey" (Atrium) • 6:00 Friday Night Movie: "American Symphony" (Games Lounge) <p style="text-align: right; font-size: 2em;">31</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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 Nursing Station
780-930-3734


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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 5 - Sidney F.
January 18 - Matilde B.



Welcome Wagon

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

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