






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Ball Toss 1:30 Afternoon Art with Audra 2:00 Snacks and Conversation <p style="text-align: right;">1</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Chair Dancing 1:30 Music with Erica 2:00 Snacks and Conversation 5:00 Days End Discussions <p style="text-align: right;">2</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Pet Therapy 2:00 Friday Entertainment with "The Sunbeams" (Atrium) <p style="text-align: right;">3</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Music with "Mike Chenoweth" 1:30 Balloon Badminton 2:00 Snack and Conversation <p style="text-align: right;">4</p>
<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Bean Bag Toss 2:30 Virtual Tour "where will we go?" <p style="text-align: right;">5</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 9:30 Lane Coach Drive 1:30 Get Moving Afternoon Exercises! 2:00 Snacks and Conversation <p style="text-align: right;">6</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 9:00 Life Enrichment to Full Day 4:00 Planning Meeting <p style="text-align: right;">7</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 World Tales 12:30 Chaplain Visits 1:30 Kitchen Fun: All about Punch! 2:00 Snacks and Conversation <p style="text-align: right;">8</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Balloon Table Tennis 12:30 Lane Worship 12:45 Music with Marg 2:00 Snacks and Conversation 5:00 Days End Discussions <p style="text-align: right;">9</p>	<p>Morning Music</p> <p>PAJAMA DAY!</p> <ul style="list-style-type: none"> 10:00 Snowball Fight with Audra 10:15 Music & Meanders with Rus (Atrium) 2:00 Friday Entertainment With "Steven Tyler" (Atrium) <p style="text-align: right;">10</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Ball Toss 1:30 Afternoon Art with Audra <p style="text-align: right;">11</p>
<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Pet Therapy 2:30 Balloon Badminton <p style="text-align: right;">12</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Armchair Travel 1:30 Ball Toss 2:00 Snacks and Conversations <p style="text-align: right;">13</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Morning Sing Along 1:30 Sit & Be Fit 2:00 Snack and Conversation <p style="text-align: right;">14</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Chair Dancing 12:30 Chaplain Visits 1:30 Memory Magic 6:30 Music with "David Woods" (Atrium) <p style="text-align: right;">15</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Montessori Activity (Organizing) 12:45 Music with Marg 2:00 Snacks & Conversation 5:00 Days End Discussions <p style="text-align: right;">16</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 2:00 Friday Entertainment with "Emilio Demercato" (Atrium) <p style="text-align: right;">17</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Music Entertainment with "Dahlia Wakefield" 1:30 Bolongo Ball 2:00 Snacks and Conversation <p style="text-align: right;">18</p>



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<p>Morning Music</p> <ul style="list-style-type: none"> • 10:30 Bean Bag Toss • 2:30 Afternoon Walks with Austin <p style="text-align: right;">19</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Horse Races • 1:30 Afternoon Exercises • 2:00 Snacks & Conversation <p style="text-align: right;">20</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Memory Magic • 2:00 Chocolate Brownie Day "see you at your door!" <p style="text-align: right;">21</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 World Tales • 12:30 Chaplain Visits • 1:00 Virtual Tour "where will we go?" • 2:00 Snacks and Conversation <p style="text-align: right;">22</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:30 Piano with Rus • 12:45 Music with Marg • 2:00 Snacks & Conversations <p style="text-align: right;">23</p>	<p>Morning Music</p> <p>Centenarian Celebration</p> <ul style="list-style-type: none"> • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Friday Entertainment with "Central Lions Band" (Atrium) <p style="text-align: right;">24</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:00 Ball Toss • 1:30 1:1 Visits & Conversations • 2:00 Snack and Conversations <p style="text-align: right;">25</p>
<p>Morning Music</p> <ul style="list-style-type: none"> • 10:30 Balloon Badminton • 2:30 Afternoon Music & Colouring <p style="text-align: right;">26</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 9:30 Lane Mystery Drive • 2:00 Court Birthday Tea with "Gary Meyers" (Atrium)  <p style="text-align: right;">27</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:30 Morning Exercises • 1:00 Lane Birthday Tea with "Jukebox Leigh" <p style="text-align: right;">28</p>	<p>Morning Music</p> <p>Chinese New Year</p> <ul style="list-style-type: none"> • 10:00 Chair Dancing • 12:30 Chaplain Visits • 1:30 Watercolour Painting • 2:00 Snacks and Conversation <p style="text-align: right;">29</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:30 Piano with Rus • 12:45 Music with Marg • 2:00 Snacks & Conversations <p style="text-align: right;">30</p>	<p>Morning Music</p> <ul style="list-style-type: none"> • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Friday Entertainment with "Jeff Ramsey" (Atrium) <p style="text-align: right;">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

 Life Enrichment
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780-930-3736

 Court Reception
780-483-5361

 Nursing Station
780-930-3734


Canterbury
FOUNDATION
The Promise of Home



SUNDAY

MONDAY

TUESDAY

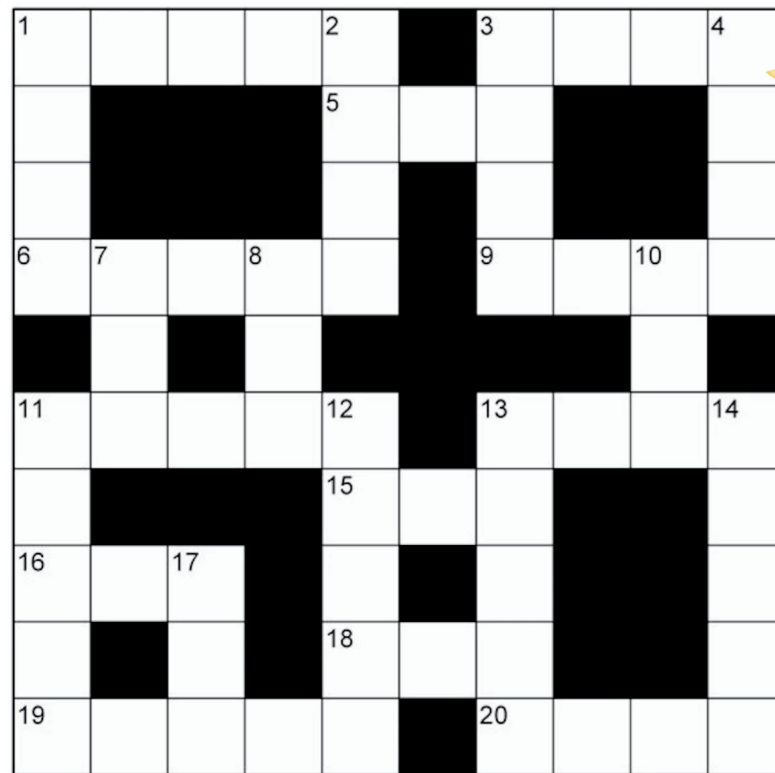
WEDNESDAY

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 3 - Audrey S.
January 4 - Marion S.



Welcome Wagon

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- Exc. Rm *Exercise Room*
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- A *Atrium*
- M *Manor*
- MLL *Manor Lobby Lounge*
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- FSL *Manor Fireside Lounge*
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