



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
			<b>Week 3 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Active Yoga With Pramila (Activity Room)</b></li> <li>10:30 United Church Worship with Rev. Colleen (Chapel) <b>*cancelled*</b></li> <li>1:30 <b>Card Bingo (Atrium)</b></li> <li>6:30 Tile Rummy (Activity Room)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>9:30 <b>Coach Trip to Meadowlark</b> "sign up in the mailroom"</li> <li>10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>1:00 <b>Coach Trip to Muttart</b> "sign up in mailroom"</li> <li>1:30 Hangman (Court Activity Room)</li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Activity Room)</li> <li>10:30 <b>Big Brain (Court Activity Room)</b></li> <li>10:30 Horse Races (Activity Room)</li> <li>11:00 Catholic Mass with Father Dean (Chapel)</li> <li>2:00 <b>Friday Entertainment with "The Sunbeams" (Atrium)</b></li> <li>6:30 Friday Night Movie: "Our Souls at Night" (Activity Room)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Atrium)</b></li> <li>10:00 Shuffleboard (Activity Room)</li> <li>10:30 <b>Physical Games: Bolongo Ball (Atrium)</b></li> <li>1:00 <b>Virtual Concert (Games Lounge)</b></li> </ul>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>			
			<b>Week 4 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton (Atrium)</b></li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 <b>Card Bingo (Atrium)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:45 <b>Active Yoga With Colleen (Activity Room)</b></li> <li>10:30 Trivia (Activity Room)</li> <li>1:30 <b>Big Brain (Court Activity Room)</b></li> <li>2:00 Bible Study (Activity Room)</li> <li>6:30 <b>Scrabble/Whist (Activity Room)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercises (Activity Room) <b>*cancelled*</b></li> <li>9:00 <b>Life Enrichment to Full Day 4:00 Planning Meeting!</b></li> <li>1:00 Book Reading (Activity Room)</li> <li>6:30 Cribbage (Activity Room)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Active Yoga With Pramila (Activity Room)</b></li> <li>10:30 Hangman (Court Activity Room)</li> <li>1:00 <b>Eat Street with Rus to 2:30 (Court Activity Room)</b></li> <li>3:00 Sing for Fun (Chapel)</li> <li>6:30 Tile Rummy (Activity Room)</li> <li>7:00 <b>St. Georges Ukrainian Choir (Atrium)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>10:30 <b>Non Denominational Worship with Rev. Colleen (Chapel)</b></li> <li>2:00 Cookies &amp; Conversations (Fire Side Lounge)</li> <li>3:00 <b>Manor Happy Hour "don't forget your money!"</b></li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul>	<p><b>PAJAMA DAY!</b></p> <ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Activity Room)</li> <li>9:30 <b>Coach Trip to Meadowlark</b> "sign up in mailroom"</li> <li>10:30 <b>Music &amp; Meanders with Rus (Atrium)</b></li> <li>10:30 Horse Races (Activity Room)</li> <li>2:00 <b>Friday Entertainment with "Steven Tyler" (Atrium)</b></li> <li>6:30 <b>Friday Night Movie: "Gifted Hands" (Activity Room)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 <b>Shuffleboard (Activity Room)</b></li> <li>10:30 Physical Games: Horseshoes (Atrium)</li> <li>1:00 <b>Virtual Concert (Games Lounge)</b></li> </ul>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Week 1 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton (Atrium)</b></li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:30 <b>Hangman (Court Activity Room)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:45 <b>Active Yoga With Colleen (Activity Room)</b></li> <li>10:00 <b>Men's Club House : Fire Station Tour</b> "meet at Court Reception"</li> <li><b>CHRISTMAS TAKE DOWN</b></li> <li>2:00 Bible Study (Activity Room)</li> <li>6:30 <b>Scrabble/Whist (Activity Room)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercises (Exercise Room) <b>*cancelled*</b></li> <li><b>CHRISTMAS TAKE DOWN</b></li> <li>1:30 <b>Manor Resident Meeting (Activity Room)</b></li> <li>6:30 Cribbage (Activity Room) <b>***Drop-in***</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Active Yoga with Pramila (Activity Room)</b></li> <li><b>CHRISTMAS TAKE DOWN</b></li> <li>6:30 Tile Rummy (Activity Room)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Activity Room)</b></li> <li><b>CHRISTMAS TAKE DOWN</b></li> <li>10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Activity Room)</li> <li>9:30 <b>Coach Trip to Meadowlark</b> "sign up in mailroom"</li> <li>10:15 <b>Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</b></li> <li>10:30 Horse Races (Activity Room)</li> <li>2:00 <b>Friday Entertainment with "Emilio DeMercato" (Atrium)</b></li> <li>6:30 <b>Friday Night Movie: "A Little Chaos" (Activity Room)</b></li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 <b>Shuffleboard (Activity Room)</b></li> <li>10:30 Physical Games: Bean Bag Toss (Atrium)</li> <li>1:00 <b>Virtual Concert (Court Games Lounge)</b></li> <li>3:30 <b>Piano Recital (Atrium)</b></li> </ul>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Week 2 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Card Bingo (Atrium)</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>9:45 Active Yoga With Colleen (Activity Room)</li> <li>10:30 Trivia (Activity Room)</li> <li>1:30 Wheel of Fortune (Court Activity Room)</li> <li>2:00 Bible Study (Activity Room)</li> <li>6:30 Scrabble/Whist (Activity Room)</li> </ul> <p style="text-align: right;"><b>20</b></p>	<ul style="list-style-type: none"> <li>9:00 Exercises (Activity Room)</li> <li>9:30 Coach Trip to Meadowlark "sign up in mailroom"</li> <li>1:00 Book Reading (Activity Room)</li> <li>1:30 Chocolate Brownie Day "see you at your door!"</li> <li>6:30 Cribbage (Activity Room) ***Drop-In***</li> </ul> <p style="text-align: right;"><b>21</b></p>	<ul style="list-style-type: none"> <li>9:30 Active Yoga with Pramila (Activity Room)</li> <li>9:30 Coach Trip to Save-On &amp; Winners "sign up in mailroom"</li> <li>10:30 Memory Magic (Atrium)</li> <li>1:00 ASL (American Sign Language) Session #6 (Activity Room)</li> <li>4:30 Robbie Burns Dinner</li> <li>6:30 Tile Rummy (Act. Rm)</li> </ul> <p style="text-align: right;"><b>22</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>10:30 Szechuan Castle Lunch &amp; Drive "sign up in mailroom"</li> <li>10:30 Anglican Worship with Rev. Clare (Chapel)</li> <li>1:30 Music with Erica (Atrium)</li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul> <p style="text-align: right;"><b>23</b></p>	<p><b>Centenarian Celebration</b></p> <ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Activity Room)</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>10:30 Horse Races (Activity Room)</li> <li>2:00 Friday Entertainment with "Central Lions Band" (Atrium)</li> <li>6:30 Friday Night Movie: "Shirley" (Activity Room)</li> <li>6:30 Sabbath Service with Cantor David (Chapel)</li> </ul> <p style="text-align: right;"><b>24</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Shuffleboard (Activity Room)</li> <li>10:30 Physical Games: Ball Toss (Atrium)</li> <li>1:30 West Canada Art Center (Atrium)</li> </ul> <p style="text-align: right;"><b>25</b></p>
<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:30 Big Brain (Court Activity Room)</li> <li>3:00 Hymn Sing (Chapel)</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>9:45 Active Yoga With Colleen (Activity Room)</li> <li>10:30 Trivia (Activity Room)</li> <li>1:00 Men's Club House (Court Activity Room)</li> <li>2:00 Bible Study (Activity Room)</li> <li>2:00 Court Birthday Tea with "Gary Meyers" (Atrium)</li> <li>6:30 Scrabble/Whist (Activity Room)</li> </ul> <p style="text-align: right;"><b>27</b></p>	<ul style="list-style-type: none"> <li>9:00 Exercises (Activity Room)</li> <li>9:30 Coach Trip to Meadowlark "sign up in mailroom"</li> <li>10:00 ASL (American Sign Language) Session #7 (Activity Room)</li> <li>1:00 Book Reading (Private Dining Room) *location change*</li> <li>1:00 Drums Alive! *New Program* (Activity Room)</li> <li>6:30 Cribbage (Activity Room) **Drop-in**</li> </ul> <p style="text-align: right;"><b>28</b></p>	<p><b>Chinese New Year</b></p> <ul style="list-style-type: none"> <li>9:30 Active Yoga With Pramila (Activity Room)</li> <li>10:30 Card Bingo (Activity Room)</li> <li>1:30 Kelly's Kitchen to (Court Activity Room) 2:30</li> <li>6:30 Tile Rummy (Activity Room)</li> </ul> <p style="text-align: right;"><b>29</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>9:30 Coach Trip to Italian Market "sign up in mailroom"</li> <li>10:30 Non Denominational Worship with Rev. Colleen (Chapel)</li> <li>2:00 Manor Birthday Tea</li> <li>3:00 Happy Hour (Manor Lobby Lounge) "don't forget your money!"</li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul> <p style="text-align: right;"><b>30</b></p>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Activity Room)</li> <li>10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>10:30 Horse Races (Activity Room)</li> <li>2:00 Friday Entertainment with "Jeff Ramsey" (Atrium)</li> <li>6:30 Friday Night Movie: "Aloha" (Activity Room)</li> </ul> <p style="text-align: right;"><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

 Life Enrichment  
Main Phone  
780-930-3736

 Court Reception  
780-483-5361

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780-930-3734

  
The Promise of Home



SUNDAY

MONDAY

TUESDAY

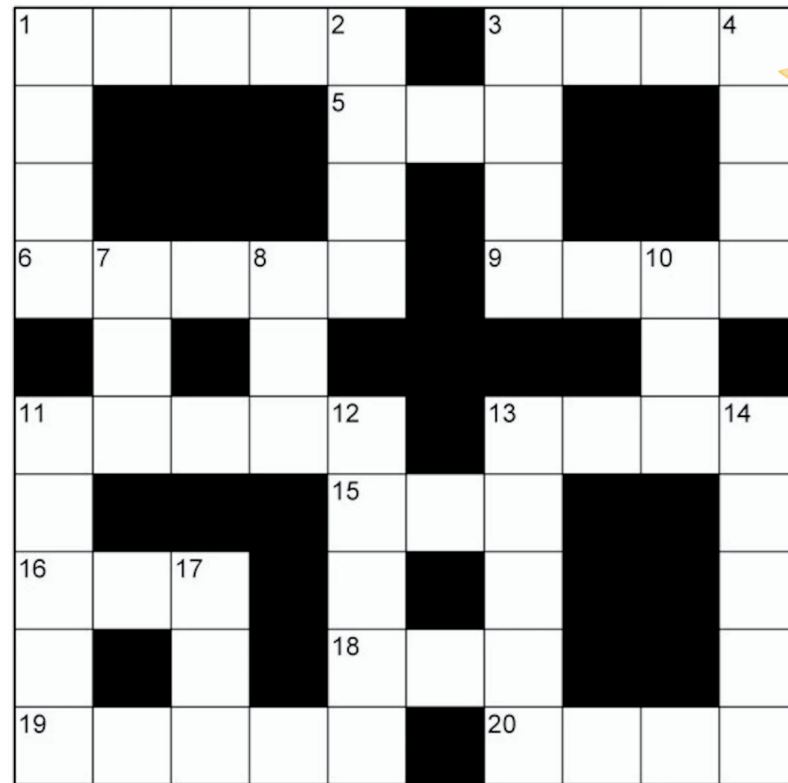
WEDNESDAY

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 1 - Phyllis E.
- January 8 - Wilma D.
- January 14 - Doug C.
- January 18 - Yvonne R.
- January 31 - Mary K.




### *Welcome Wagon*

- Gibson B.
- Joan B.

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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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