

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:30 Student Piano Recital with Ava Tontino (Atrium) 1 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Act. Rm) 2:00 Marian Macdonald Piano Playing (Atrium) 6:30 Edmonton Endpins Cello Group Performance (Atrium) 2 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Trivia (Exercise Room) 1:30 Card Bingo (Atrium) 6:30 Cribbage (Atrium) 3 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) *Cancelled* 9:00 to 12:00 LE Half Day Planning Meeting 10:30 United Worship with Pastor Karen (Chapel) 11:30 to 12:30 Ron Guetter and Friends playing background music over lunchtime. (Court Dining Room) 1:30 Ante Meridian Choir (Court Atrium) 2:30 Men's Club House (Meet at Court Reception) 6:00 Evening Show: "Bonanza" (Games Lounge) 4 7:00 Sound Opportunities Choir (Atrium) 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 5 10:00 Pieces by Sharon to 3:00 (Games Lounge) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Board Games *Independant* (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Court Mystery Drive "sign up at reception" 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Catholic Mass with Father Dean (Chapel) 2:00 Friday Entertainment with "Colleen Lazourk" (Atrium)  6:00 Friday Night Movie: "Steel Magnolias" (Games Lounge) 6 	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bolongo Ball (Atrium) 1:30 Alberta Northern Light Chorus (Atrium) 7
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:30 Piano Recital with Frank Ho's Students (Atrium) 8 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Court Activity Room) *cancelled* 1:30 Big Brain (Court Activity Room) 9 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10 10:15 Armchair Travel (Games Lounge) 1:30 Reindeer Target Shooting (Atrium) 6:30 Echo Singers (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Board Games *Independant* (Atrium) 2:00 Canterbury Court Wine & Cheese with "Terry Jordan" (Court Atrium) 11 6:30 Diocese of Edmonton Children's Choir (Atrium) 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 12 10:30 Non Denominational Worship with Rev. Colleen (Chapel) 2:00 Health Arts Society (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Music & Meanders with Rus (Atrium) 2:00 Friday Entertainment with "Jukebox Leigh" (Atrium) 6:00 Friday Night Movie: "Billy Elliott" (Games Lounge) 13 	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 14 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Horseshoes (Atrium) 2:00 Concordia Community Concert (Atrium)
<p>Week 1 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:30 Christmas Card Decorating to 11:30 with Kids Hockey Team (Atrium) 10:30 Catholic Worship (Chapel)  1:30 Nuova Musica Christmas Concert (Atrium) 15 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room)  10:30 Crosswords (Activity Room) 2:00 Court & Manor Birthday Tea with "Mike Chenoweth" (Atrium) 16 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 17 10:15 Trivia (Exercise Room) 12:45 to 2:45 Christmas Crafts with Rio Terrace Students (Atrium) 6:30 Cribbage (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Men's Clubhouse (Meet at Court Reception) 1:30 Christmas Movie "The Man who Invented Christmas" (Games Lounge) 6:30 Music with "Rich Eaton Songsters" (Atrium) 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:00 Laurier Heights Hand Bell Choir (Atrium) 1:30 Live Reindeer Races (Atrium) 6:30 "When Christmas Hurts." A Service of Prayer & Comfort with Rev. Colleen (Chapel) 19 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Music & Meanders with Rus (Atrium) 2:00 Christmas Sweater Party with "Sean Sonogo" (Atrium) 3:15 Christmas Photos (Court Dining Room) 4:30 CHRISTMAS DINNER 6:00 Friday Night Movie: "Miracle on 34th Street" (Games Lounge) 20 	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 21 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bean Bag Toss (Atrium) 1:00 Virtual Concert (Games Lounge)

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 and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:30 Student Piano Recital with "Helena Magerowski" (Atrium) • 3:00 Hymn Sing (Chapel) <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga With Diane (Exercise Room) • 10:30 Hanukkah Teaching & Celebration (Chapel) • 2:00 Christmas Card Delivery <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Christmas Inspirational Stories (Court Activity Room) • 1:30 Snowman Bowling! (Atrium) • 6:30 Cribbage (Atrium) <p style="text-align: right;">24</p>	<p>MERRY CHRISTMAS!!!</p> <ul style="list-style-type: none"> • 9:30 No Exercises Today! • 10:30 Non Denominal Worship with Rev. Colleen (Chapel) • 1:30 Music with "Vince Anderson" (Atrium) • 6:00 Evening Show: "Bonanza" (Games Lounge) <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 1:30 Super Bingo "you play we pay!" (Atrium) <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Armchair Travel (Games Lounge) • 2:00 Friday Entertainment with "Kelly Bourdage" (Atrium) • 6:00 Friday Night Movie: "Mahalia" (Games Lounge) <p style="text-align: right;">27</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) • 1:00 Virtual Concert (Games Lounge) <p style="text-align: right;">28</p>
<p>Week 3 Menu</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:30 Hangman (Court Activity Room) <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga With Pramila (Exercise Room) • 10:30 Crosswords (Activity Room) • 2:00 Court New Year's Eve Party with "The Young at Heart Band" (Atrium) <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Trivia (Exercise Room) • 1:30 Card Bingo (Atrium) • 3:00 New Year's Eve Montage (Games Lounge) • 6:30 Cribbage (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

CONTACT

Life Enrichment
Main Phone
780-930-3736

Court Reception
780-483-5361

Nursing Station
780-930-3734

Canterbury
FOUNDATION
The Promise of Home



THIS MONTH'S ACTIVITIES

Joy to the world!

J L C A E T V F V I Z R W M
 U H R G W H O Z A L D I B A
 E H F Y M G T A S M S C V N
 L I O L I I R A T S I C Z G
 E J P Y I N M I Q D W L G E
 O V I F I T Y V N H O R Y R
 N W A M S N A T E T E O D A
 V L L I B E W L T A U B G T
 C A R Z L L W O T X G Y Z A
 C H Z G C I J E B B R Z W F
 C T L R J S S M V J O N A X
 T I D I N G S U M R P H V M
 Z S X J J W T H K I V X E M
 H X J T G X X Y O N P B N V

Christmas Star Family Good Tidings
 Great Joy Manger Noel Silent Night



Birthday Wishes

December 22 - Floyd R.



Welcome Wagon

Erwin F.
 Silvia F.
 Colette S.

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

CONTACT

 Life Enrichment Main Phone 780-930-3736	 Court Reception 780-483-5361	 Nursing Station 780-930-3734
---	-------------------------------------	-------------------------------------

