





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>Week 3 Menu</div> <div><div>• 9:00 Active Yoga With Zoel (Exercise Room) </div><div>• 10:30 Big Brain (Activity Room)</div><div>• 1:30 Eat Street with Rus (Court Activity Room) </div><div>• 7:00 Edmonton Philharmonic (Atrium) </div></div> <div>1</div>	<div>• 8:45 Coach Trip to Meadowlark  “sign up at reception”</div> <div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Crosswords (Court Activity Room)</div> <div>• 1:30 West End Singers (Atrium) </div> <div>2</div>	<div>• 9:30 Exercise (Exercise Room)  *cancelled*</div> <div>• 9:00 to 12:00 Life Enrichment Half Day Planning Meeting</div> <div>• 10:30 United Worship with Rev. Karen (Chapel) </div> <div>• 1:30 Afternoon Walks with Vanessa & Austin “meet in the Atrium”</div> <div>• 3:00 Sing for Fun (Chapel) </div> <div>• 6:00 Evening Show: “Murdoch Mysteries” Season 1: Episode 1 (Games Lounge) </div> <div>3</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Lutheran Worship with Rev. Greg (Chapel) </div> <div>• 2:00 Health Arts Society (Atrium) </div> <div>• 7:00 Concordia Community Concert (Atrium) </div> <div>4</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:15 Mom & Tots “Do, Re, Mi, ABC” (Atrium) </div> <div>• 11:00 Catholic Mass with Father Dean (Chapel) </div> <div>• 2:00 Friday Entertainment with “Juke Box Leigh” (Atrium) </div> <div>• 6:00 Friday Night Movie: “Caramelo” (Games Lounge) </div> <div>5</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:00 Coffee and Conversation (Atrium) *Independent </div> <div>• 1:00 Virtual Concert (Games Lounge) </div> <div>• 2:30 Memory Magic (Atrium)</div> <div>6</div>
<div>Week 4 Menu</div> <div><div>• 9:30 Chair Yoga with Dianne (Exercise Room)  *Added Program</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent </div><div>• 10:30 Catholic Worship (Chapel) </div></div> <div>7</div>	<div>• 9:00 Chair Yoga With Zoel (Exercise Room) </div> <div>• 10:30 Telus Wise Seniors Presentation (Manor Activity Room)</div> <div>• 10:30 Crosswords (Court Activity Room)  *cancelled*</div> <div>• 2:00 Christmas Card Making (Court Activity Room)</div> <div>• 6:30 Edmonton Suzuki Strings (Atrium) </div> <div>8</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Morning Art with Madi (Court Activity Room) </div> <div>• 1:30 Card Bingo (Atrium) </div> <div>9</div>	<div>• 9:30 Exercise (Exercise Room) </div> <div>• 11:30 Court Christmas Luncheon</div> <div>• 1:30 Live Reindeer Races (Atrium) </div> <div>• 6:00 Evening Show: “Murdoch Mysteries” Season 1: Episode 2 (Games Lounge) </div> <div>• 6:30 Diocese of Edmonton Children’s Choir (Atrium) </div> <div>10</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 9:30 to 3:00 Ears to You Hearing Clinic (Library) “call Life Enrichment to book appointment”</div> <div>• 10:15 Court Mystery Drive “sign up at reception” </div> <div>• 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) </div> <div>• 1:00 Men’s Club House (Court Activity Room)</div> <div>• 1:30 Afternoon Walks with Vanessa & Kelly “meet in the Atrium”</div> <div>11</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:15 Tunes on the Ivory’s (Atrium) </div> <div>• 2:00 Friday Entertainment with “Steven Tyler” (Atrium) </div> <div>• 6:00 Friday Night Movie : “The Thursday Murder Club” (Games Lounge) </div> <div>12</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:00 Coffee and Conversation (Atrium) *Independent </div> <div>• 1:00 Virtual Concert (Games Lounge) </div> <div>13</div>
<div>Week 1 Menu</div> <div><div>• 9:30 Balloon Badminton (Atrium) </div><div>• 10:00 Coffee and Conversation (Atrium) *Independent </div><div>• 10:30 Catholic Worship (Chapel) </div><div>• 1:30 Nuova Musica (Atrium) </div></div> <div>14</div>	<div>• 9:00 Chair Yoga With Colleen (Exercise Room) </div> <div>• 10:30 Crosswords (Court Activity Room)</div> <div>• 2:00 A Cup of Cheer December Birthday Tea with “Fire Fighter Band” (Atrium) </div> <div>15</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Hangman (Court Activity Room)</div> <div>• 1:30 Cookies & Cocoa “see you at your door!” </div> <div>16</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Big Brain (Court Activity Room)</div> <div>• 1:30 Movie & Popcorn: “Christmas with the Kranks” (Games Lounge) </div> <div>• 6:00 Evening Show: “Murdoch Mysteries” Season 1: Episode 3 (Games Lounge) </div> <div>• 6:30 When Christmas Hurts (Chapel)</div> <div>17</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Anglican Worship with Rev. Colleen (Chapel) </div> <div>• 2:00 Christmas Discovery Box (Court Activity Room)</div> <div>• 4:30 CHRISTMAS DINNER </div> <div>18</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:15 Tunes on the Ivory’s (Atrium) </div> <div>• 2:00 Christmas Sweater Party with “Lindsay Nagy” (Atrium) </div> <div>• 3:00 Christmas Photos (Atrium)</div> <div>• 6:00 Friday Night Movie: “Scrooge: A Christmas Carol” (Games Lounge) </div> <div>• 6:30 Shabbat Service & Hannukah Celebration with Cantor David (Chapel) </div> <div>19</div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:00 Coffee and Conversation (Atrium) *Independent </div> <div>• 1:00 Virtual Concert (Games Lounge) </div> <div>• 2:30 Bean Bag Toss (Atrium) </div> <div>20</div>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Week 2 Menu</div> <div><div><div>• 9:30</div><div>Balloon Badminton</div><div>(Atrium)</div></div><div><div>• 10:00</div><div>Coffee and Conversation</div><div>(Atrium) *Independent</div></div><div><div>• 10:30</div><div>Catholic Worship (Chapel)</div></div><div><div>• 1:00</div><div>Big Brain</div><div>(Court Activity Room)</div></div><div><div>• 3:00</div><div>Hymn Sing</div><div>(Chapel)</div></div></div> <div>21</div>	<div><div><div>• 9:00</div><div>Chair Yoga With Colleen</div><div>(Exercise Room)</div></div><div><div>• 10:30</div><div>Christmas Bingo</div><div>(Atrium)</div></div><div><div>• 1:30</div><div>“Run Run Rudolph” Nerf Gun Fun!</div><div>(Atrium)</div></div></div> <div>22</div>	<div><div><div>• 9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>• 10:30</div><div>Crosswords</div><div>(Court Activity Room)</div></div><div><div>• 2:00</div><div>Lodge Pole Quintet</div><div>(Atrium)</div></div></div> <div>23</div>	<div><div><div>• 9:30</div><div>Exercises (Exercise Room)</div></div><div><div>• 10:30</div><div>Reindeer Races (Atrium)</div></div><div><div>• 1:00</div><div>Christmas Letter Delivery</div></div><div><div>• 2:00</div><div>Christmas movie: “White Christmas”</div><div>(Games Lounge)</div></div><div><div>• 6:00</div><div>Evening Show: “Murdoch Mysteries”</div><div>Season 1: Episode 4</div><div>(Games Lounge)</div></div></div> <div>24</div>	<div><div><div>• 10:30</div><div>Non-Denominational Worship with Rev. Collen</div><div>(Chapel)</div></div><div><div>• 1:30</div><div>Afternoon Music with “Vince Anderson”</div><div>(Atrium)</div></div></div> <div>25</div>	<div><div><div>• 9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>• 10:30</div><div>Bolongo Ball (Atrium)</div></div><div><div>• 2:00</div><div>Friday Entertainment with “Mike Chenoweth”</div><div>(Atrium)</div></div><div><div>• 6:00</div><div>Friday Night Movie: “The Holiday”</div><div>(Games Lounge)</div></div></div> <div>26</div>	<div><div><div>• 9:00</div><div>Active Yoga with Pramila</div><div>(Exercise Room)</div></div><div><div>• 10:00</div><div>Coffee and Conversation</div><div>(Atrium) *Independent</div></div><div><div>• 1:00</div><div>Virtual Concert</div><div>(Games Lounge)</div></div></div> <div>27</div>
<div>Week 3 Menu</div> <div><div><div>• 9:30</div><div>Balloon Badminton</div><div>(Atrium)</div></div><div><div>• 10:00</div><div>Coffee and Conversation</div><div>(Atrium) *Independent</div></div><div><div>• 10:30</div><div>Catholic Worship (Chapel)</div></div><div><div>• 2:00</div><div>Ukel Ladies</div><div>(Manor Piano Lounge)</div></div></div> <div>28</div>	<div><div><div>• 9:00</div><div>Chair Yoga With Jeanette</div><div>(Exercise Room)</div></div><div><div>• 10:30</div><div>Big Brain</div><div>(Court Activity Room)</div></div><div><div>• 1:30</div><div>Snowman Bowling</div><div>(Atrium)</div></div></div> <div>29</div>	<div><div><div>• 9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>• 10:30</div><div>Board Games</div><div>(Atrium)</div></div><div><div>• 1:30</div><div>Card Bingo</div><div>(Atrium)</div></div></div> <div>30</div>	<div><div><div>• 9:30</div><div>Exercises (Exercise Room)</div></div><div><div>• 10:30</div><div>Crosswords</div><div>(Court Activity Room)</div></div><div><div>• 2:00</div><div>Court New Year’s Eve Party with “The Young at Heart Band”</div><div>(Atrium)</div></div><div><div>• 6:00</div><div>Evening Show: “Murdoch Mysteries”</div><div>Season 1: Episode 5</div><div>(Games Lounge)</div></div></div> <div>31</div>			

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

OUR BELIEF

That seniors should experience the utmost comfort, joy and fulfillment in a supportive and thriving community.

OUR RESPONSIBILITY

To partner with our residents and families to co-create and serve as the model of excellence for seniors' housing and care.

OUR MANDATE

To be in conversation, and connection with those that help shape and strengthen our community To promote evidence-based practice and innovation in seniors' care To have a solid business foundation that enables long-term sustainability and increased access to our services.

CONTACT



Life Enrichment
Main Phone
780-930-3736



Court Reception
780-483-5361



Nursing Station
780-930-3734

LIFE ENRICHMENT STAFF

Co-ordinators: Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Kiran
Supervisor: Chelcey Buck | Phone: 780-930-5817
Manager: Leana Nielsen | Phone: 780-930-5819



THIS MONTH'S ACTIVITIES

Christmas Wordsearch

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

- | | | | |
|----------------|---------------|-------------|------------|
| Roast Potatoes | Party Poppers | Decorations | Baby Jesus |
| Mince Pie | Christmas | Wise Men | Stocking |
| presents | Grandpa | Sprouts | Pudding |
| Granny | Donkey | Stable | Joseph |
| Turkey | Frost | Daddy | Mummy |
| Snow | Mary | Tree | Nan |

Significant December Historical Events:

- December 5, 1492: Haiti was discovered by Christopher Columbus.
- December 1, 1640: Portugal declared independence from Spain.
- December 3, 1967: The first successful heart transplant was performed by Dr. Christiaan Barnard at Cape Town, South Africa.
- December 1, 1990: England was connected to mainland Europe for the first time since the Ice Age.
- December 25th - Christmas Day, commemorating the birth of Jesus of Nazareth.



Birthday Wishes

- December 12 - Susan A.
- December 13 - Olga Z.
- December 16 - Les D.
- December 16 - Carol H.
- December 20 - Gloree L.
- December 22 - Floyd R.



Welcome Wagon

- Sam A.
- Stephanie F.
- Erna J.
- Eric L.
- Janice L.
- Mary M.
- Myles M.
- Jan S.

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Canterbury
FOUNDATION
The Promise of Home



- Crossword answers
- | | |
|------------------|----------------|
| Across | Down |
| 4. Horseshoes | 1. Duckraces |
| 5. Entertainment | 2. Yoga |
| 8. Icecream | 3. Pennyante |
| | 6. Trivia |
| | 7. Exercises |
| | 9. Bigbrain |
| | 10. Superbingo |