


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 & Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:30 Student Piano Recital with Ava Tontino (Atrium) <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 2:00 Marian Macdonald Piano Playing (Atrium) • 6:30 Edmonton Endpins Cello Group Performance (Atrium) <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Trivia (Exercise Room) • 1:30 Chaplain Visits • 1:30 Card Bingo (Atrium) • 6:30 Cribbage (Atrium) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • 9:00 to 12:00 LE Half Day Planning Meeting • 9:30 Exercise (Exercise Room) *cancelled* • 10:30 United Church Service with Rev. Karen (Chapel) • 1:30 Ante Meridian Choir (Atrium) • 2:30 Men's Club House (Meet at Court Reception) • 6:00 Evening Show: "Bonanza" (Games Lounge) • 7:00 Sound Opportunities Choir (Atrium) <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:00 Pieces by Sharon to (Games Lounge) 3:00 • 10:00 Haven Birthday Tea with "Brad Ferguson" • 1:30 Board Games *Independent* (Atrium) • 6:30 Days End Discussions <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Music & Meanders • 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) <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Atrium) • 10:00 Coffee & Conversation (Atrium) *Independent • 10:30 Physical Games: Bolongo Ball (Atrium) • 1:30 Alberta Northern Light Chorus (Atrium) <p style="text-align: right;">7</p>
<p>Week 4 Menu</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Morning Music with "Heather and Ryu" (Haven) • 10:30 Catholic Worship (Chapel) • 1:30 Piano Recital with Frank Ho's Students (Court Atrium) <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exercise Room) • 10:30 Crosswords (Court Activity Room) *cancelled* • 11:30 Haven Christmas Luncheon with "Colleen Lazourk" • 1:30 Big Brain (Court Activity Room) <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Armchair Travel (Games Lounge) • 1:30 Chaplain Visit • 1:30 Reindeer Target Practice (Atrium) • 6:30 Echo Singers (Court Atrium) <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • 9:30 Exercise (Exercise Room) • 10:30 Board Games *Independent* (Atrium) • 1:30 Christmas Movie: "Christmas on the Square" • 6:30 Diocese of Edmonton Children's Choir (Court Atrium) <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:30 Non Denominational Worship with Rev. Colleen (Chapel) • 2:00 Health Arts Society (Atrium) • 6:30 Days End Discussions <p style="text-align: right;">12</p>	<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) <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Atrium) • 10:00 Coffee & Conversation (Atrium) *Independent • 10:30 Physical Games: Horseshoes (Atrium) • 2:00 Concordia Community Concert (Atrium) <p style="text-align: right;">14</p>
<p>Week 1 Menu</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:30 Christmas Card Decorating with Kids Hockey Team 11:30 (Atrium)  • 10:30 Catholic Worship (Chapel) • 1:30 Nuova Musica Christmas Concert (Atrium) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exc. Rm) • 10:00 Audra's Activity Cart • 10:30 Crosswords (Court Activity Room) • 2:00 Court & Manor Birthday Tea with Mike Chanoweth (Atrium) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Trivia (Exercise Room) • 12:45 Christmas Crafts with Rio to Terrace Students 2:45 • 6:30 Cribbage (Atrium) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • 9:30 Exercise (Exercise Room) • 10:00 Men's Club House (Meet at Court Reception) • 1:30 Christmas Movie "The Man who Invented Christmas" (Games Lounge) • Rich Eaton Songsters (Atrium) • 6:30 <p style="text-align: right;">18</p>	<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) <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Music & Meanders with Rus (Atrium) • 2:00 Friday 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) <p style="text-align: right;">20</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) <p style="text-align: right;">21</p>

DECEMBER 2024


LIFE ENRICHMENT PROGRAMS



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 Morning Music with "Larry Renn" 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 Hannukah 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 with Kelly (Court Activity Room) 10:30 Music with Erica (Haven) 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 Denominational Worship with Rev. Colleen (Chapel) 1:30 Music with "Vince Anderson" (Atrium) 6:00 Evenings with Austin 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) 10:00 Art with Audra 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) 10:15 1:1 Visits with Austin 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 (GL) <p style="text-align: right;">28</p>
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton 10:00 Coffee & Conversations 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 (Court Activity Room) 2:00 Court New Year's 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
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780-483-5361

 Nursing Station
780-930-3734


Canterbury
FOUNDATION
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 3 - Marilyn T.
 December 4 - John C.
 December 13 - Elizabeth P.
 December 18 - Barbara W.



Welcome Wagon

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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
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