









































































# DECEMBER 2025

## LIFE ENRICHMENT PROGRAMS



HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"><li>9:00 <b>Active Yoga With Zoel</b> (Exercise Room) </li><li>10:30 Big Brain (Court Activity Room)</li><li>1:30 <b>Eat Street with Rus</b> (Court Activity Room) </li><li>7:00 Edmonton Philharmonic (Atrium) </li></ul> <p><b>1</b></p>	<ul style="list-style-type: none"><li>9:30 <b>Exercises</b> (Exercise Room) </li><li>10:30 Crosswords (Court Activity Room)</li><li>1:30 <b>Chaplain Visits</b> </li><li>1:30 West End Singers (Atrium) </li></ul> <p><b>2</b></p>	<ul style="list-style-type: none"><li>9:30 Exercise (Exercise Room) <b>*cancelled*</b></li><li>9:00 to 12:00 <b>Life Enrichment Half Day Planning Meeting</b></li><li>10:30 United Church Service with Rev. Karen (Chapel) </li><li>1:30 <b>Afternoon Walks with Vanessa &amp; Austin "meet in the Atrium"</b></li><li>3:00 Sing For Fun (Chapel) </li><li>6:30 <b>Evening Show: "Murdoch Mysteries" Season 1: Episode 1</b> (Games Lounge) </li></ul> <p><b>3</b></p>	<ul style="list-style-type: none"><li>9:30 Exercises (Exercise Room) </li><li>10:00 <b>Walk &amp; Talk with Vanessa</b> </li><li>10:30 Lutheran Worship with Rev. Greg (Chapel) </li><li>2:00 <b>Health Arts Society</b> (Atrium) <b>4</b></li></ul>	<ul style="list-style-type: none"><li>9:30 <b>Exercises</b> (Exercise Room) </li><li>10:15 Moms &amp; Tots "Do, Re, Mi, ABC" (Atrium) </li><li>11:00 Catholic Mass with Father Dean (Chapel) </li><li>2:00 <b>Friday Entertainment with "Juke Box Leigh" (Atrium)</b> </li><li>6:00 <b>Friday Night Movie: "Caramelo"</b> (Games Lounge) </li></ul> <p><b>5</b></p>	<ul style="list-style-type: none"><li>9:30 <b>Exercises (Exercise Room)</b> </li><li>10:00 Coffee &amp; Conversation (Atrium) </li><li>1:00 <b>Virtual Concert</b> (Games Lounge) </li><li>2:30 Memory Magic (Atrium) <b>6</b></li></ul>
<p><b>Week 4 Menu</b></p> <ul style="list-style-type: none"><li>9:30 <b>Chair Yoga with Dianne</b> (Exercise Room) </li><li><b>*added program*</b></li><li>10:00 Coffee &amp; Conversation </li><li><b>*Independent*</b> (Atrium)</li><li>10:30 <b>Catholic Worship</b> (Chapel) </li></ul> <p><b>7</b></p>	<ul style="list-style-type: none"><li>9:00 <b>Chair Yoga With Zoel</b> (Exercise Room) </li><li>10:30 Crosswords (Court Activity Room) <b>*cancelled*</b></li><li>11:00 <b>Haven Christmas Luncheon (Atrium)</b> </li><li>2:00 Christmas Card Making (Activity Room) </li><li>6:30 <b>Edmonton Suzuki Strings (Atrium)</b> </li></ul> <p><b>8</b></p>	<ul style="list-style-type: none"><li>9:30 <b>Exercises</b> (Exercise Room) </li><li>10:30 Morning Art with Madi (Court Activity Room) </li><li>1:30 <b>Card Bingo</b> (Atrium) </li><li>1:30  Chaplain Visits</li></ul> <p><b>9</b></p>	<ul style="list-style-type: none"><li>9:30  Exercise (Exercise Room)</li><li>1:30  <b>Live Reindeer Races</b> (Atrium)</li><li>6:00 <b>Evening Show: "Murdoch Mysteries" Season 1: Episode 2</b> (Games Lounge) </li><li>6:30 The Diocese of Edmonton Children's Choir (Atrium) </li></ul> <p><b>10</b></p>	<ul style="list-style-type: none"><li>9:30 Exercises (Exercise Room) </li><li>9:30 to 3:00 <b>Ears to You Hearing Clinic (Library) "call Life Enrichment to book appointment"</b></li><li>10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel) </li><li>1:00 <b>Men's Club House</b> (Court Activity Room)</li><li>1:30 <b>Afternoon Walks with Kelly &amp; Vanessa "meet in the Atrium"</b> <b>11</b></li></ul>	<ul style="list-style-type: none"><li>9:30 <b>Exercises</b> (Exercise Room) </li><li>10:15 Tunes on the Ivory's (Atrium) </li><li>2:00 <b>Friday Entertainment with "Steven Tyler" (Atrium)</b> </li><li>6:00 <b>Friday Night Movie: "The Thursday Murder Club"</b> (Games Lounge) </li></ul> <p><b>12</b></p>	<ul style="list-style-type: none"><li>9:00 <b>Active Yoga with Pramila</b> (Exercise Room) </li><li>10:00 Coffee &amp; Conversation (Atrium) </li><li><b>*Independent*</b></li><li>2:00 <b>1:1 Visits</b> </li></ul> <p><b>13</b></p>
<p><b>Week 1 Menu</b></p> <ul style="list-style-type: none"><li>9:30  Balloon Badminton (Atrium)</li><li>10:00 <b>Haven Entertainment with David Woods</b> </li><li>10:00 Coffee &amp; Conversations <b>*Independent*</b> (Atrium) </li><li>10:30  Catholic Worship (Chapel)</li><li>1:30 <b>Nuova Musica</b> (Atrium) </li><li>2:00  Pet Therapy (Retro) <b>14</b></li></ul>	<ul style="list-style-type: none"><li>9:00  <b>Chair Yoga With Colleen</b> (Exercise Room)</li><li>10:30 Crosswords (Court Activity Room)</li><li>2:00 <b>A Cup of Cheer December Birthday Tea with "Fire Fighter Band" (Atrium)</b> </li></ul> <p><b>15</b></p>	<ul style="list-style-type: none"><li>9:30 Exercises (Exercise Room) </li><li>10:30 <b>Hangman</b> (Court Activity Room)</li><li>1:30 Chaplain Visits </li><li>1:30  <b>Cookies &amp; Cocoa "see you at your door!"</b></li><li>3:00 Afternoon Music with "Mary Ellen Davidson" (Retro) </li></ul> <p><b>16</b></p>	<ul style="list-style-type: none"><li>9:30 <b>Exercise (Exercise Room)</b> </li><li>10:30 Big Brain (Court Activity Room)</li><li>1:30  <b>Movie &amp; Popcorn: "Christmas with the Kranks" (Games Lounge)</b></li><li>6:00 <b>Evening Show: "Murdoch Mysteries" Season 1: Episode 3</b> (Games Lounge) </li><li>6:30 <b>When Christmas Hurts</b> (Chapel)</li></ul> <p><b>17</b></p>	<ul style="list-style-type: none"><li>9:30 <b>Exercises</b> (Exercise Room) </li><li>10:30 Anglican Worship with Rev. Colleen (Chapel) </li><li>2:00 <b>Christmas Discovery Box</b> (Court Activity Room)</li><li>4:30 <b>Christmas Dinner</b> </li></ul> <p><b>18</b></p>	<ul style="list-style-type: none"><li>9:30 <b>Exercises (Exercise Room)</b> </li><li>10:15 Tunes on the Ivory's (Atrium) </li><li>2:00  <b>Christmas Sweater Party with "Lindsay Nagy" (Atrium)</b></li><li>3:00 Christmas Photos (Atrium)</li><li>6:00 <b>Friday Night Movie: "Scrooge: A Christmas Carol"</b> (Games Lounge) </li><li>6:30  <b>Shabbat Service &amp; Hannukah Celebration with Cantor David (Chapel)</b></li></ul> <p><b>19</b></p>	<ul style="list-style-type: none"><li>9:30 <b>Exercises (Exercise Room)</b> </li><li>10:00 Coffee &amp; Conversation (Atrium) </li><li><b>*Independent*</b></li><li>1:00 Virtual Concert (Games Lounge) </li><li>2:30  <b>Bean Bag Toss</b> (Atrium) <b>20</b></li></ul>

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LIFE ENRICHMENT PROGRAMS



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





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### 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:

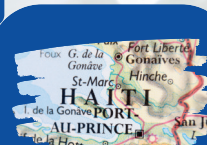
• **December 5, 1492:** Haiti was discovered by Christopher Columbus.

• **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 03 - Lynn T.  
December 04 - John C.  
December 13 - Elizabeth P.  
December 17 - Kamilla S.  
December 18 - Barbara W.  
December 22 - Olga S.  
December 25 - Alex. L.



### Welcome Wagon

Alex L.

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#### Crossword answers

**Across**  
4. Horseshoes  
5. Friday entertainment  
8. Ice cream day  
**Down**  
1. Duck races  
2. Yoga  
3. Pennyante  
6. Trivia  
7. Exercises  
9. Big brain  
10. Superhero