





































SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Ball Toss</div><div></div></div><div><div>• 1:30</div><div>Christmas Colouring</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversations</div><div></div></div></div> <div>1</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Sit & Be Fit</div><div></div></div><div><div>• 1:30</div><div>Christmas Crafts</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversations</div><div></div></div></div> <div>2</div>	<div>Morning Music</div> <div><div><div>• 9:00</div><div>Life Enrichment Half Day to Planning Meeting</div><div>12:00</div></div><div><div>• 12:30</div><div>Chaplain Visits</div><div></div></div><div><div>• 1:30</div><div>Balloon Badminton</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversation</div><div></div></div></div> <div>3</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Magnetic Fishing</div><div></div></div><div><div>• 12:45</div><div>Lane Worship</div><div></div></div><div><div>• 12:45</div><div>Music with Marg</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversation</div><div></div></div></div> <div>4</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Snowball Bowling</div><div></div></div><div><div>• 2:00</div><div>Friday Entertainment with “Juke Box Leigh” (Atrium)</div><div></div></div><div><div>• 2:00</div><div>Snack & Conversation</div><div></div></div><div><div>• 3:30</div><div>Afternoon Fun with Madi</div><div></div></div></div> <div>5</div>	<div>Morning Music</div> <div><div><div>• 10:30</div><div>Inspirational Stories</div><div></div></div><div><div>• 1:30</div><div>Afternoon Exercise</div><div></div></div><div><div>• 2:00</div><div>Snack and Conversation</div><div></div></div></div> <div>6</div>
<div>Morning Music</div> <div>No Life Enrichment Programming Today</div> <div>7</div>	<div>Morning Music</div> <div><div><div>• 9:30</div><div>Basketball</div><div></div></div><div>*time change*</div><div><div>• 1:30</div><div>Christmas Stories</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversation</div><div></div></div></div> <div>8</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Morning Sing-A-Long</div><div></div></div><div><div>• 1:30</div><div>Baking Christmas Cookies</div><div></div></div><div><div>• 2:00</div><div>Snacks & Conversation</div><div></div></div></div> <div>9</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Bean Bag Toss</div><div></div></div><div><div>• 12:30</div><div>Chaplain Visits</div><div>*cancelled*</div></div><div><div>• 1:30</div><div>Memory Joggers</div><div></div></div><div><div>• 2:00</div><div>Snacks & Conversation</div><div></div></div></div> <div>10</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Fun with Stamps</div><div></div></div><div><div>• 12:45</div><div>Music with Marg</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversation</div><div></div></div></div> <div>11</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Balloon Taps</div><div></div></div><div><div>• 2:00</div><div>Friday Entertainment with “Steven Tyler” (Atrium)</div><div></div></div><div><div>• 2:00</div><div>Snack and Conversation</div><div></div></div><div><div>• 3:30</div><div>Afternoon Art with Austin</div><div></div></div></div> <div>12</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Lane Entertainment with “Brad Fergusen”</div><div></div></div><div><div>• 1:00</div><div>Balloon Ping Pong</div><div></div></div><div><div>• 2:00</div><div>Snacks & Conversations</div><div></div></div></div> <div>13</div>
<div>Morning Music</div> <div><div><div>• 10:15</div><div>Basketball</div><div></div></div><div><div>• 1:00</div><div>Afternoon Fun with Kiran</div><div></div></div></div> <div>14</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Horse Races</div><div></div></div><div><div>• 2:00</div><div>A Cup of Cheer December Birthday Tea with “Fire Fighter Band” (Atrium)</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversations</div><div></div></div><div><div>• 3:30</div><div>Ball Toss</div><div></div></div><div>*Time Change*</div><div>15</div></div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Balloon Badminton</div><div></div></div><div><div>• 1:30</div><div>Cookies & Cocoa “see you at your door”</div><div></div></div><div><div>• 2:00</div><div>Snack and Conversation</div><div></div></div><div><div>• 3:00</div><div>Afternoon Music with “Mary Ellen Davidson” (Retro)</div><div></div></div></div> <div>16</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Christmas Crafts</div><div></div></div><div><div>• 12:30</div><div>Chaplain Visits</div><div>*cancelled*</div></div><div><div>• 1:00</div><div>Piano with Rus</div><div></div></div><div><div>• 2:00</div><div>Snack & Conversation</div><div></div></div><div><div>• 6:30</div><div>When Christmas Hurts (Chapel)</div><div></div></div></div> <div>17</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Magnetic Fishing</div><div></div></div><div><div>• 11:00</div><div>Lane Christmas Luncheon with “Sean Sonego” (Atrium)</div><div></div></div><div><div>• 12:45</div><div>Music with Marg</div><div></div></div><div><div>• 2:00</div><div>Snacks & Conversation</div><div></div></div><div><div>• 4:30</div><div>CHRISTMAS DINNER</div><div></div></div></div> <div>18</div>	<div>Morning Music</div> <div><div><div>• 10:00</div><div>Bean Bag Toss</div><div></div></div><div><div>• 2:00</div><div>Christmas Sweater Party with “Lindsay Nagy” (Atrium)</div><div></div></div><div><div>• 2:00</div><div>Snack & Conversation</div><div></div></div><div><div>• 3:00</div><div>Christmas Photos (Atrium)</div><div></div></div><div><div>• 3:30</div><div>Afternoon Fun with Austin</div><div></div></div></div> <div>19</div>	<div>Morning Music</div> <div><div><div>• 10:30</div><div>Balloon Badminton</div><div></div></div><div><div>• 1:30</div><div>Nerf Gun Fun!</div><div></div></div><div><div>• 2:00</div><div>Snacks and Conversation</div><div></div></div><div><div>• 5:00</div><div>Coach Trip: Candy Cane Lane</div><div></div></div></div> <div>20</div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Morning Music</div> <div><div>• 10:30 Morning Exercise</div><div>• 2:30 Afternoon Walks</div></div> <div>21</div>	<div>Morning Music</div> <div><div>• 10:00 Reindeer Races</div><div>• 2:00 Snacks & Conversations</div><div>• 3:15 Rudolph's Rapid-Fire Range Nerf Gun Fun!</div></div> <div>22</div>	<div>Morning Music</div> <div><div>• 10:00 Morning Art with Elora</div><div>• 1:30 Afternoon Exercise</div><div>• 2:00 Lodge Pole Quintet (Atrium)</div><div>• 2:00 Snacks & Conversations</div></div> <div>23</div>	<div>Morning Music</div> <div><div>• 10:00 Balloon Badminton</div><div>• 12:30 Chaplain Visits *cancelled*</div><div>• 1:00 Christmas Discovery Box with Leana</div><div>• 2:00 Snacks & Conversations</div><div>• 2:00 Christmas Movie: "The Man Who Invented Christmas"</div></div> <div>24</div>	<div></div> <div>Morning Music</div> <div><div>• 10:00 Christmas Morning Music with "Vince Anderson"</div><div>• 2:00 Snacks & Conversations</div></div> <div>25</div>	<div>Morning Music</div> <div><div>• 10:00 Bolongo Ball</div><div>• 2:00 Friday Entertainment with "Mike Chenoweth" (Atrium)</div><div>• 2:00 Snack & Conversation</div><div>• 3:30 Days End Discussions</div></div> <div>26</div>	<div>Morning Music</div> <div><div>• 10:00 Lane Entertainment with "Kelly Bourbage"</div><div>• 1:00 Basketball</div><div>• 2:00 Snack and Conversations</div></div> <div>27</div>
<div>Morning Music</div> <div><div>• 10:15 Bean Bag Toss</div><div>• 1:00 Balloon Ping Pong</div></div> <div>28</div>	<div>Morning Music</div> <div><div>• 10:00 Basketball</div><div>• 1:30 Inspirational Stories</div><div>• 2:00 Snacks & Conversations</div></div> <div>29</div>	<div>Morning Music</div> <div><div>• 10:00 Balloon Badminton</div><div>• 1:30 Memory Joggers</div><div>• 2:00 Snack & Conversation</div></div> <div>30</div>	<div>Morning Music</div> <div><div>• 10:00 Table Ping Pong</div><div>• 12:30 Chaplain Visits *cancelled*</div><div>• 2:00 Snacks and Conversation</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

Canterbury
FOUNDATION

The Promise of Home



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

Mince Pie

presents

Granny

Turkey

Snow

Party Poppers

Christmas

Grandpa

Donkey

Frost

Mary

Decorations

Wise Men

Sprouts

Stable

Daddy

Tree

Baby Jesus

Stocking

Pudding

Joseph

Mummy

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 11 - Kristine R.

December 14 - Edith L.





Welcome Wagon

Ann S.

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FOUNDATION
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ACCREDITED
ACCREDITATION
AGREEMENT
CANADA

Across

4. Horseshoes

5. Friday entertainment

8. Ice cream day

1. Duck races

2. Yoga

3. Penny ante

6. Trivia

7. Exercises

9. Big brain

10. Superbingo

Down

1. Duck races

2. Yoga

3. Penny ante

Crossword answers