




| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|--|
| <p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 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"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 11:30 Knife Sharpening Service to *Knife Collection* "sign up at reception" 2:00 Bible Study (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"> 9:00 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 1:00 Book Reading (Activity Room) 1:30 Coach Trip to Southgate "sign up in the mailroom" 6:30 Cribbage (Activity Room) ***Drop-in*** <p style="text-align: right;">3</p> | <ul style="list-style-type: none"> 9:00 to 12:00 Life Enrichment Planning Meeting 9:30 Active Yoga With Pramila (Activity Room) 10:30 United Church Worship with Rev. Karen (Chapel) 12:30 to 1:30 Knife Sharpening Service *Knife Return* 1:30 Ante Meridian Choir (Atrium) 2:30 Men's Club House (Meet at Court Reception) 6:30 Tile Rummy (Activity Room) 7:00 Sound Opportunities Choir (Atrium) <p style="text-align: right;">4</p> | <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Coach Trip to Dutch Delicious Bakery "sign up in mailroom" 10:00 Pieces by Sharon (Games Lounge) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:00 ASL (American Sign Language) Session #3 (Activity Room) 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right;">5</p> | <ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Reindeer Races (Activity Room) 11:00 Catholic Mass with Father Dean (Chapel) 2:00 Friday Entertainment with "Colleen Lazourk" (Atrium) 6:30 Friday Night Movie: "Steel Magnolias" (Activity Room) <p style="text-align: right;">6</p> | <ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Shuffleboard (Activity Room) 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) 10:30 Catholic Worship (Chapel) 1:30 Piano Recital with Frank Ho's Students (Atrium) <p style="text-align: right;">8</p> | <ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) *cancelled* 1:30 Big Brain (Court Activity Room) 2:00 Bible Study (Activity Room) 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right;">9</p> | <ul style="list-style-type: none"> 9:00 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 1:00 Book Reading (Activity Room) 1:30 Reindeer Target Practice (Atrium) 6:30 Echo Singers (Atrium) <p style="text-align: right;">10</p> | <ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:30 ASL (American Sign Language) Session #4 (Activity Room) 5:30 Knowledge Café with U of A Students (Activity Room) 6:30 Tile Rummy (Activity Room) 6:30 Diocese of Edmonton Children's Choir (Atrium) <p style="text-align: right;">11</p> | <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Greenland & Mystery Lunch "sign up in mailroom" 10:30 Non Denominational Worship with Rev. Colleen (Chapel) 1:00 Manor Town Hall Meeting (Activity Room) 2:00 Health Arts Society (Atrium) 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right;">12</p> | <ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 9:30 Coach Trip to Save-On & Winners (Gateway Blvd) "sign up in mailroom" 10:30 Music & Meanders with Rus (Atrium) 10:30 Reindeer Races (Activity Room) 2:00 Friday Entertainment with "Jukebox Leigh" (Atrium) 6:30 Friday Night Movie: "Billy Elliott" (Activity Room) <p style="text-align: right;">13</p> | <ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Shuffleboard (Activity Room) 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 Catholic Worship (Chapel) 10:30 Christmas Card Making with Kids Hockey Team (Atrium) 11:30 1:30 Nuova Musica Christmas Concert (Atrium) <p style="text-align: right;">15</p> | <ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 2:00 Court & Manor Birthday Tea with "Mike Chenoweth" (Atrium) 2:00 Bible Study (Activity Room) *cancelled* 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right;">16</p> | <ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 12:45 to 2:45 Christmas Crafts with Rio Terrace Students (Atrium) 1:00 Book Reading (Activity Room) 6:30 Cribbage (Activity Room) ***Drop-in*** <p style="text-align: right;">17</p> | <ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 10:00 Men's Clubhouse (Meet at Court Reception) 10:30 Card Bingo (Activity Room) 2:00 Manor Wine & Cheese with "Mary Ellen Davidson" 6:30 Evening Music with "Rich Eaton Songsters" (Atrium) 6:30 Tile Rummy (Activity Room) <p style="text-align: right;">18</p> | <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Anglican Holy Communion with Rev. Colleen (Chapel) 1:00 Laurier Heights Hand Bell Choir (Atrium) 1:30 Live Reindeer Races (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 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 Stretch & Strength (Activity Room) 10:30 Music & Meanders with Rus (Atrium) 10:30 Reindeer Races (Activity Room) 2:00 Christmas Sweater Party with "Sean Sonego" (Atrium) 3:15 Christmas Photos (Court Dining Room) 5:00 CHRISTMAS DINNER 6:30 Friday Night Movie: "The Man who Invented Christmas" (Activity Room) <p style="text-align: right;">20</p> | <ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Shuffleboard (Activity Room) 10:30 Physical Games: Bean Bag Toss (Atrium) 1:00 Virtual Concert (Court Games Lounge) <p style="text-align: right;">21</p> |

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|---|--|--|---|--|---|--|
| <p>Week 2 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 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"> 9:30 Coach Trip to Meadowlark "Sign up in the mailroom" 9:45 Active Yoga With Diane (Activity Room) 10:30 Hanukkah Teaching & Celebration (Chapel) 1:30 Coach Trip to Meadowlark "sign up in the mailroom" 2:00 Bible Study (Activity Room) 2:00 Christmas Card Delivery 5:00 Knowledge Café with U of A Students (Activity Room) 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right;">23</p> | <ul style="list-style-type: none"> 9:00 Exercises (Activity Room) 10:30 Christmas Inspirational Stories with Kelly (Court Activity Room) 1:00 Book Reading (Activity Room) 1:30 Snowman Bowling! (Atrium) 6:30 Cribbage (Activity Room) ***Drop-In*** <p style="text-align: right;">24</p> | <p>MERRY CHRISTMAS!!! No Yoga Today!</p> <ul style="list-style-type: none"> 10:30 Non Denomenational Worship with Rev. Colleen (Chapel) 1:30 Music with "Vince Anderson" (Atrium) 6:30 Tile Rummy (Act. Rm) <p style="text-align: right;">25</p> | <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) *cancelled* 9:30 Balloon Badminton (Atrium) 1:30 Super Bingo "you play we pay!" (Atrium) 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right;">26</p> | <ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:30 Reindeer Races (Activity Room) 2:00 Friday Entertainment with "Kelly Bourdage" (Atrium) 6:30 Friday Night Movie: "Mahalia" (Activity Room) <p style="text-align: right;">27</p> | <ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Shuffleboard (Activity Room) 10:30 Physical Games: Ball Toss (Atrium) 1:00 Virtual Concert (Court 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) 10:30 Catholic Worship (Chapel) 1:30 Hangman (Court Activity Room) <p style="text-align: right;">29</p> | <ul style="list-style-type: none"> 9:45 Active Yoga With Pramila (Activity Room) 10:30 Trivia (Activity Room) 2:00 Court New Year's Eve Party with "The Young at Heart" (Atrium) 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right;">30</p> | <ul style="list-style-type: none"> 9:00 Exercises (Activity Room) 1:00 Book Reading (Activity Room) 4:30 New Year's Eve Dinner 6:30 Manor New Year's Eve Party with "Old Smoothies" <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





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



Merry Christmas



Birthday Wishes

December 2 - Barbara H.
 December 2 - Jesse W.
 December 13 - Margaret A.
 December 17 - Anne - Katherin N.
 December 17 - Anne M.
 December 20 - Gloree L.
 December 20 - Olga S.
 December 25 - Christine S.
 December 26 - Geoffrey S.



Welcome Wagon

Alice K.
 Margaret A.

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