




































SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>Week 3 Menu</div> <div><div>• 9:45 Active Yoga With Zoel (Activity Room) </div><div>• 10:30 Trivia (Activity Room)</div><div>• 1:30 Eat Street with Rus (Court Activity Room) </div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30  Scrabble (Activity Room)</div><div>• 7:00 Edmonton Philharmonic (Atrium) </div></div> <div>1</div>	<div><div>• 9:30  Coach Trip to Meadowlark “sign up in mailroom”</div><div>• 10:30 Christmas Card Making with Madi (Activity Room) </div><div>• 1:00 Book Reading (Activity Room) </div><div>• 1:30 West End Singers (Atrium) </div><div>• 6:30  Evening Series: “Man on the Inside” Season 2: Episode 1 (Activity Room)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-in***</div></div> <div>2</div>	<div><div>• 9:30 Active Yoga With Pramila (Activity Room) </div><div>• 9:00 to 12:00 Life Enrichment Half Day Planning Meeting</div><div>• 10:30  United Church Worship with Rev. Karen (Chapel)</div><div>• 1:15  Coach Trip to Greenland Garden Centre “sign up in mailroom”</div><div>• 3:00 Sing For Fun (Chapel) </div><div>• 6:30 Tile Rummy (Activity Room)</div></div> <div>3</div>	<div><div>• 9:30 Exercises (Activity Room) </div><div>• 9:30  Coach Trip: Italian Market “sign up in mailroom”</div><div>• 10:30 Lutheran Worship with Rev. Greg (Chapel) </div><div>• 2:00 Health Arts Society (Atrium) </div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div><div>• 7:00  Concordia Community Concert (Atrium)</div></div> <div>4</div>	<div><div>• 9:30 Exercises (Activity Room) </div><div>• 10:15 Mom & Tots “Do, Re, Mi, ABC” (Atrium) </div><div>• 10:30 Horse Races (Activity Room) </div><div>• 11:00 Catholic Mass with Father Dean (Chapel) </div><div>• 2:00  Friday Entertainment with “Juke Box Leigh” (Atrium)</div><div>• 6:30  Friday Night Movie: “The Family Stone” (Activity Room)</div></div> <div>5</div>	<div><div>• 9:30 Exercises (Court Exercise Room) </div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge) </div><div>• 2:30 Memory Magic (Atrium)</div></div> <div>6</div>
<div>Week 4 Menu</div> <div><div>• 10:15 Chair Yoga with Dianne (Activity Room)  *added program*</div><div>• 10:00 Coffee & Conversation  *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel) </div></div> <div>7</div>	<div><div>• 9:45 Chair Yoga With Zoel (Activity Room) </div><div>• 10:30 Telus Wise Seniors Presentation (Activity Room)</div><div>• 10:30 Trivia (Activity Room) *cancelled*</div><div>• 2:00  Christmas Card Making (Court Activity Room)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30  Scrabble (Activity Room)</div><div>• 6:30  Edmonton Suzuki Strings (Atrium)</div></div> <div>8</div>	<div><div>• 9:30  Coach Trip to Meadowlark “sign up in the mailroom”</div><div>• 10:30 Morning Art with Madi (Court Activity Room) </div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30  Coach Trip to Save-On & Winners “sign up in the mailroom”</div><div>• 1:30 Card Bingo (Atrium) </div><div>• 6:30  Evening Series: “Man on the Inside” Season 2: Episode 2 (Activity Room)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-In***</div></div> <div>9</div>	<div><div>• 9:30 Active Yoga With Pramila (Activity Room) </div><div>• 10:30  United Church Worship with Rev. Karen (Chapel)</div><div>• 1:30 Live Reindeer Races (Atrium) </div><div>• 6:30 Tile Rummy (Activity Room)</div><div>• 6:30  The Diocese of Edmonton Children’s Choir (Atrium)</div></div> <div>10</div>	<div><div>• 9:30 Exercises (Activity Room)</div><div>• 9:30 to 3:00  Ears to You Hearing Clinic (Court Library) “call Life Enrichment to book appointment”</div><div>• 10:30 Card Bingo (Activity Room) </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>• 2:30 Jeopardy: Christmas Edition! (Manor Activity Room)</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div> <div>11</div>	<div><div>• 9:30 Exercises (Activity Room) </div><div>• 10:15 Tunes on the Ivory’s (Atrium) </div><div>• 10:30 Horse Races (Activity Room) </div><div>• 2:00  Friday Entertainment with “Steven Tyler” (Atrium)</div><div>• 6:30  Friday Night Movie: “Crazy Rich Asians” (Activity Room)</div></div> <div>12</div>	<div><div>• 9:45 Active Yoga with Pramila (Activity Room) </div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Hand & Foot Canasta (Activity Room)</div></div> <div>13</div>
<div>Week 1 Menu</div> <div><div>• 9:30 Balloon Badminton (Atrium) </div><div>• 10:00 Coffee & Conversation  *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel) </div><div>• 1:30 Nuova Musica (Atrium) </div></div> <div>14</div>	<div><div>• 9:45 Chair Yoga With Colleen (Activity Room) </div><div>• 10:30 Trivia (Activity Room)</div><div>• 2:00  A Cup of Cheer December Birthday Tea with “Fire Fighter Band” (Atrium)</div><div>• 2:00  Bible Study (Activity Room)</div><div>• 6:30  Scrabble (Activity Room)</div></div> <div>15</div>	<div><div>• 9:30  Coach Trip to Meadowlark “sign up in the mailroom”</div><div>• 10:30 Hangman (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room) </div><div>• 1:30 Cookies & Cocoa “see you at your door!” </div><div>• 6:30  Evening Series: “Man on the Inside” Season 2: Episode 3 (Activity Room)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-in***</div></div> <div>16</div>	<div><div>• 9:30 Active Yoga with Pramila (Activity Room) </div><div>• 9:30  Coach Trip: Terra Losa “sign up in mailroom”</div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 2:00  Manor Wine & Cheese</div><div>• 6:30 Tile Rummy (Activity Room)</div><div>• 6:30  When Christmas Hurts (Chapel)</div></div> <div>17</div>	<div><div>• 9:30 Exercises (Activity Room) </div><div>• 10:30 Anglican Worship with Rev. Colleen (Chapel) </div><div>• 2:00 Christmas Discovery Box (Court Activity Room)</div><div>• 5:00  CHRISTMAS DINNER</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div> <div>18</div>	<div><div>• 9:30 Exercise (Activity Room) </div><div>• 10:15 Tunes on the Ivory’s (Atrium) </div><div>• 10:30 Horse Races (Activity Room) </div><div>• 2:00  Christmas Sweater Party with “Lindsay Nagy” (Atrium)</div><div>• 3:00 Christmas Photos (Atrium)</div><div>• 6:30  Friday Night Movie: “The Holiday” (Activity Room)</div><div>• 6:30  Shabbat Service & Hannukah Celebration with Cantor David (Chapel)</div></div> <div>19</div>	<div><div>• 9:30 Exercises (Court Exercise Room) </div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge) </div><div>• 1:00 Hand & Foot Canasta (Activity Room)</div><div>• 7:00  Coach Trip: Candy Cane Lane “sign up in mailroom”</div></div> <div>20</div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Week 2 Menu</div><div><div><div>• 9:30</div><div>Balloon Badminton (Atrium)</div><div></div></div><div><div>• 10:00</div><div>Coffee & Conversation *Independent* (Atrium)</div><div></div></div><div><div>• 10:30</div><div>Catholic Worship (Chapel)</div><div></div></div><div><div>• 1:00</div><div>Big Brain (Court Activity Room)</div><div></div></div><div><div>• 3:00</div><div>Hymn Sing (Chapel)</div><div></div></div></div><div>21</div></div>	<div><div><div>• 9:45</div><div>Chair Yoga With Colleen (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Trivia (Activity Room)</div><div></div></div><div><div>• 11:35</div><div>Tunes on the Ivory's (Piano Lounge)</div><div></div></div><div><div>• 1:30</div><div>“Run Run Rudolph” Nerf Gun Fun! (Atrium)</div><div></div></div><div><div>• 2:00</div><div>Bible Study (Chapel) *Venue Change*</div><div></div></div><div><div>• 6:30</div><div>Scrabble (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Jan & James (Piano Lounge)</div><div></div></div></div> <div>22</div>	<div><div><div>• 9:30</div><div>Coach Trip to Meadowlark “sign up in mailroom”</div><div></div></div><div><div>• 10:30</div><div>Crosswords (Court Activity Room)</div><div></div></div><div><div>• 1:00</div><div>Book Reading (Activity Room)</div><div></div></div><div><div>• 2:00</div><div>Lodge Pole Quintet (Atrium)</div><div></div></div><div><div>• 6:30</div><div>Evening Series: “Man on the Inside” Season 2: Episode 4 (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Cribbage (Fireside Lounge) ***Drop-In***</div><div></div></div></div> <div>23</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Reindeer Races (Atrium)</div><div></div></div><div><div>• 1:00</div><div>Christmas Letter Delivery</div><div></div></div><div><div>• 2:00</div><div>Christmas Movie: “White Christmas” (Games Lounge)</div><div></div></div><div><div>• 6:30</div><div>Tile Rummy (Activity Room)</div><div></div></div></div> <div>24</div>	<div><div></div><div>MERRY CHRISTMAS</div><div><div><div>• 10:30</div><div>Non-Denominational Worship with Rev. Colleen (Chapel)</div><div></div></div><div><div>• 1:30</div><div>Afternoon Music with “Vince Anderson” (Atrium)</div><div></div></div><div><div>• 6:30</div><div>Shuffleboard Bowling (Activity Room)</div><div></div></div></div><div>25</div></div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Bolongo Ball (Atrium)</div><div></div></div><div><div>• 10:30</div><div>Horse Races (Activity Room)</div><div></div></div><div><div>• 2:00</div><div>Friday Entertainment with “Mike Chenoweth” (Atrium)</div><div></div></div><div><div>• 6:30</div><div>Friday Night Movie: “Love Actually” (Activity Room)</div><div></div></div></div> <div>26</div>	<div><div><div>• 9:45</div><div>Active Yoga with Pramila (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Shuffleboard (Activity Room)</div><div></div></div><div><div>• 1:00</div><div>Virtual Concert (Games Lounge)</div><div></div></div></div> <div>27</div>
<div><div>Week 3 Menu</div><div><div><div>• 9:30</div><div>Balloon Badminton (Atrium)</div><div></div></div><div><div>• 10:00</div><div>Coffee & Conversation *Independent* (Atrium)</div><div></div></div><div><div>• 10:30</div><div>Catholic Worship (Chapel)</div><div></div></div><div><div>• 2:00</div><div>Ukel Ladies (Piano Lounge)</div><div></div></div></div><div>28</div></div>	<div><div><div>• 9:45</div><div>Chair Yoga With Jeanette (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Trivia (Activity Room)</div><div></div></div><div><div>• 1:30</div><div>Snowman Bowling (Atrium)</div><div></div></div><div><div>• 2:00</div><div>Bible Study (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Scrabble (Activity Room)</div><div></div></div></div> <div>29</div>	<div><div><div>• 9:30</div><div>Coach Trip to Meadowlark “sign up in mailroom”</div><div></div></div><div><div>• 10:30</div><div>Board Games (Atrium)</div><div></div></div><div><div>• 1:00</div><div>Book Reading (Activity Room)</div><div></div></div><div><div>• 1:30</div><div>Card Bingo (Atrium)</div><div></div></div><div><div>• 6:30</div><div>Evening Series: “Man on the Inside” Season 2: Episode 5 (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Cribbage (Fireside Lounge) **Drop-in**</div><div></div></div></div> <div>30</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>“The Vinyl Cafe” Stories with Kelly (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Tile Rummy (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>New Year’s Eve Party with “The Old Smoothies”</div><div></div></div></div> <div>31</div>	<div></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 02 - Barbara H.
December 04 - Rey N.
December 13 - Margaret A.
December 16 - Larry D.
December 17 - Anne M.
December 17 - Anne-Katherine N.
December 20 - Olga S.
December 25 - Christine S.
December 26 - Geoffrey S.



Welcome Wagon

Keith P.

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Crossword answers

- Across
4. Horseshoes
5. Friday entertainment
8. Ice cream day
- Down
1. Duck races
2. Yoga
3. Penny ante
6. Trivia
7. Exercises
9. Big brain
10. Superbingo