



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Week 3 Menu <ul style="list-style-type: none"> • 9:30 Exercises (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Physical Games: Bolongo Ball (Atrium) • 1:00 Virtual Concert (Games Lounge) 1
Week 4 Menu <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) 2	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 1:30 Wheel of Fortune (Atrium) 3	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Trivia (Exercise Room) • 1:30 Board Games (Atrium) *Independent 4	<ul style="list-style-type: none"> • 9:30 Exercise (Exercise Room) *cancelled* • 9:00 Life Enrichment Half Day to Planning Meeting 12:00 • 10:30 United Worship with Rev. Karen (Chapel) • 1:30 Memory Magic (Atrium) • 3:00 Sing For Fun (Chapel) 5	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:30 Lutheran Worship with Rev. Greg (Chapel) • 1:30 Music with Erica (Atrium) 6	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 11:00 Roman Catholic Mass with Rev. Dean (Chapel) • 2:00 Friday Entertainment with "Jukebox Leigh" (Atrium) • 6:00 Friday Night Movie: "Walk. Ride. Rodeo." (Games Lounge) 7	<ul style="list-style-type: none"> • 9:30 Exercises (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Physical Games: Horseshoes (Atrium) • 1:00 Virtual Concert (Games Lounge) 8
Week 1 Menu <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel)  • 1:00 Hangman (Court Activity Room) 9	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exercise Room)  • 10:30 Crosswords (Court Activity Room) • 1:30 Resident Newcomers Tea (Atrium) 10	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Big Brain (Court Activity Room) • 1:30 Court Mystery Drive "sign up at reception" • 1:30 Card Bingo (Atrium) 11	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Armchair Travel "where will we go?" (Games Lounge) • 1:30 Kelly's Kitchen (Court Activity Room) 2:30 • 6:30 Evening Show: "Bonanza" (Games Lounge) 12	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:30 Non-Denominational Worship with Rev. Colleen (Chapel) • 1:30 Valentine's Day Cards (Atrium) • 3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!" 13	VALENTINE'S DAY! <ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 1:30 Happy Hour "don't forget your money!" • 2:00 Valentine's Day Tea with "Central Lions Band" (Atrium) • 6:00 Friday Night Movie: "Love at First Sight" (Games Lounge) 14	<ul style="list-style-type: none"> • 9:30 Exercises (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Physical Games: Bean Bag Toss (Atrium) • 1:00 Virtual Concert (Games Lounge) 15

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<p>Week 2 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Virtual Concert (Games Lounge) <p>16</p>	<p>FAMILY DAY!</p> <ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:30 Super Bingo "you play, we pay!" (Atrium) <p>17</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Trivia (Exercise Room) 1:30 Chocolate Brownie Day "see you at your door!" <p>18</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Memory Magic (Atrium) 1:30 Card Bingo (Atrium) 3:00 Sing For Fun (Chapel) 6:00 Evening Show: "Bonanza" (Games Lounge) <p>19</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 2:00 Drums Alive *New Program* (Atrium) <p>20</p>	<p>Hawaiian Beach Party!</p> <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 1:30 Hawaiian Dancers (Atrium) 2:00 Friday Entertainment with "Party Pals" (Atrium) 6:00 Friday Night Movie: "Ticket to Paradise" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) <p>21</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Walking Tour (Games Lounge) <p>22</p>
<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:30 Hangman (Court Activity Room) 3:00 Hymn Sing (Chapel) <p>23</p>	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Activity Room) 2:00 Court Birthday Tea with "Terry Jordan" (Atrium) <p>24</p>	<p>Optometry Clinic with Dr Kallal *Call Life Enrichment for an appointment* (Games Lounge)</p> <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 RSV Immunization Clinic to 2:00 (TBD) 1:00 Arm Chair Travel "where will we go?" (Games Lounge) <p>25</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Plus Size Creations to 3:00 (Games Lounge) 1:00 Eat Street with Rus (Court Activity Room) to 2:30 3:00 Men's Club House (Court Activity Room) 6:00 Evening Show: "Bonanza" (Games Lounge) <p>26</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Movie & Popcorn "La Dolce Villa" (Games Lounge) 3:00 Happy Hour (Manor Lobby Lounge) "don't forget your money!" <p>27</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 2:00 Friday Entertainment with "Lindsey Nagy" (Atrium) 6:00 Friday Night Movie: "Remembering Gene Wilder" (Games Lounge) <p>28</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 & Madi

CONTACT

 Life Enrichment Main Phone 780-930-3736	 Court Reception 780-483-5361	 Nursing Station 780-930-3734
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SUNDAY

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FRIDAY

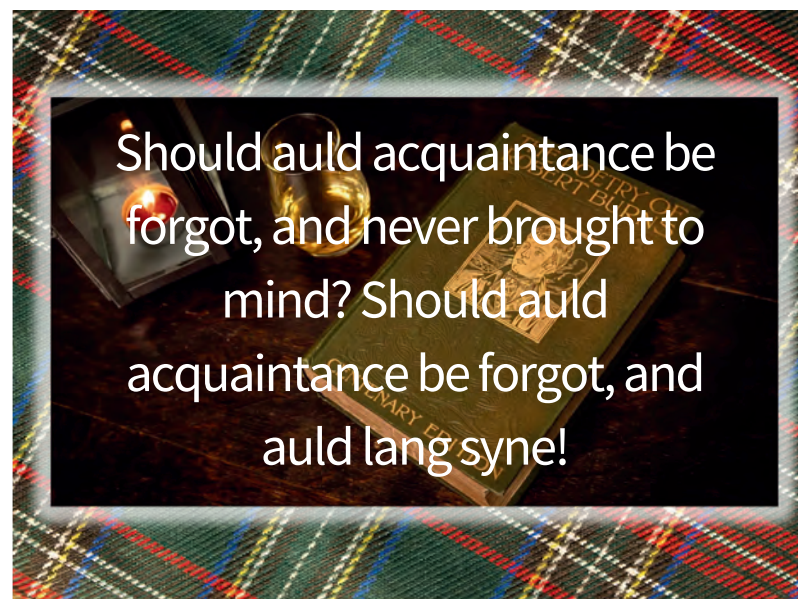
SATURDAY

THIS MONTH'S ACTIVITIES

Valentine's Day Word Search

K H T A S F S G F Z Z S P L M
 E J S D W X M F R F E Z O M W
 R W Q T E V O L W S O V H J X
 Q O X P V S L I S N E V H X Z
 V U S T Y D P I L L L F B S Z
 Y D N A C M K D E O R O S E S
 C H O C O L A T E S V R O A F
 S D C R Z Z T Y X H C E Y H E
 T X I B C E L E U Z E V Y U B
 R H E P R X N G X N A E B O R
 A L C X U I S B R E Z R O D U
 E C F S M C S F Y V Y E V G A
 H X A E V A L E N T I N E R R
 D I B R U L X G Q E S R H C Y
 A P D Q D V X N I X T M M C E

BE MINE	CANDY	CARD
CHOCOLATES	CUPID	FEBRUARY
FOREVER	HEARTS	HUGS
I LOVE YOU	KISSES	LOVE
LOVE LETTER	ROSES	VALENTINE



Birthday Wishes

February 04 - Santo C.
 February 07 - Margaret M.
 February 16 - Margaret W.
 February 18 - Catherine C.
 February 20 - Frank C.
 February 25 - Erwin F.
 February 27 - Alice J.



Welcome Wagon

Susan A.
 Leon L.
 Jo-Anne L.
 Morley B.
 Patricia B.
 Jessie B.
 Gerald S.

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