


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>Week 3 Menu</b> <ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent*</li> <li>10:30 Physical Games: Bolongo Ball (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>1</b></p>
<b>Week 4 Menu</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Morning Music with "David Woods" (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Card Bingo (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>2</b></p>	<ul style="list-style-type: none"> <li>9:00 Active Yoga With Colleen (Exercise Room)</li> <li>10:00 Morning Musings with Eric</li> <li>10:30 Crosswords (Court Activity Room)</li> <li>1:30 Wheel of Fortune (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>3</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:15 Trivia (Exercise Room)</li> <li>1:30 Board Games (Atrium) *Independent</li> <li>1:30 Chaplain Visits</li> </ul> <p style="text-align: right; font-size: 2em;"><b>4</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room) *cancelled*</li> <li>9:00 Life Enrichment Half Day to Planning Meeting! 12:00</li> <li>10:30 United Worship with Rev. Karen (Chapel)</li> <li>1:30 Afternoon Chit Chat with Chelcey</li> <li>1:30 Memory Magic (Atrium)</li> <li>3:00 Sing For Fun (Chapel)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>5</b></p>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:00 Morning Music with "Bob Gagnon"</li> <li>10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>1:30 Music with Erica</li> <li>6:30 Days End Discussions</li> </ul> <p style="text-align: right; font-size: 2em;"><b>6</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>11:00 Roman Catholic Mass with Rev. Dean (Chapel)</li> <li>2:00 Friday Entertainment with "Jukebox Leigh" (Atrium)</li> <li>6:00 Friday Night Movie: "Walk, Ride, Rodeo" (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>7</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Horseshoes (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>8</b></p>
<b>Week 1 Menu</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Coffee &amp; Conversations *Independent* (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Hangman (Court Activity Room)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>9</b></p>	<ul style="list-style-type: none"> <li>9:00 Active Yoga With Colleen (Exc. Rm)</li> <li>10:00 Morning Musings With Eric</li> <li>10:30 Crosswords (Court Activity Room)</li> <li>1:30 New Comers Tea (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>10</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 Big Brain (Court Activity Room)</li> <li>1:30 Court Mystery Drive "sign up at reception"</li> <li>1:30 Chaplain Visits</li> <li>1:30 Card Bingo (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>11</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:00 Armchair Travel "where will we go?" (Games Lounge)</li> <li>1:30 Kelly's Kitchen to (Court Activity Room) 2:30</li> <li>6:30 Evening Show: "Bonanza" (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>12</b></p>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:15 Walks &amp; Conversations</li> <li>10:30 Non - Denominational Worship with Rev. Colleen (Chapel)</li> <li>1:30 Valentine's Day Cards (Atrium)</li> <li>3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!"</li> </ul> <p style="text-align: right; font-size: 2em;"><b>13</b></p>	<p style="text-align: center; color: blue;"><b>Valentine's Day!</b></p> <ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>1:30 Happy Hour "don't forget your money!"</li> <li>2:00 Valentine's Day Tea with "Central Lions Band" (Atrium)</li> <li>6:00 Friday Night Movie: "Love at First Sight" (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>14</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Bean Bag Toss (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>15</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Week 2 Menu</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Morning Music with "Roy Marleau"</li> <li>• 10:30 Catholic Worship (Chapel)</li> <li>• 1:00 <b>Virtual Concert (Games Lounge)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>16</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga with Colleen (Exercise Room) </li> <li>• 9:30 Morning Music with Eric (Retro)</li> <li>• 10:30 <b>Crosswords (Court Activity Room)</b></li> <li>• 1:30 <b>Super Bingo "you play, we pay!" (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>17</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:15 <b>Trivia (Exercise Room)</b></li> <li>• 1:30 <b>Chaplain Visits</b></li> <li>• 1:30 <b>Chocolate Brownie Day</b> "see you at your door"</li> </ul> <p style="text-align: right; font-size: 2em;"><b>18</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Memory Magic (Atrium)</li> <li>• 1:30 Card Bingo (Atrium)</li> <li>• 3:00 <b>Sing for Fun (Chapel)</b></li> <li>• 6:00 Evenings with Austin</li> <li>• 6:00 <b>Evening Show: "Bonanza" (Games Lounge)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>19</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exercise Room)</li> <li>• 10:00 <b>Haven Birthday Tea with "Mike Chenoweth"</b></li> <li>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>• 2:00 <b>Drums Alive "New Program" (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>20</b></p>	<p><b>Hawaiian Beach Party!</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 1:30 Hawaiian Dancers (Atrium)</li> <li>• 2:00 <b>Friday Entertainment with "Party Pals" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Ticket to Paradise" (Games Lounge)</b></li> <li>• 6:30 Shabbat Service with Cantor David (Chapel) </li> </ul> <p style="text-align: right; font-size: 2em;"><b>21</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Physical Games: Bologno Ball (Atrium)</b></li> <li>• 1:00 Walking Tour (Games Lounge)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>22</b></p>
<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton</b></li> <li>• 10:00 Coffee &amp; Conversations (Atrium) *independent*</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:30 Hangman (Court Activity Room)</li> <li>• 3:00 Hymn Sing (Chapel)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>23</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga with Colleen (Exercise Room)</li> <li>• 10:00 Morning Musings with Eric</li> <li>• 10:30 Crosswords (Court Activity Room)</li> <li>• 2:00 <b>Court Birthday Tea with "Terry Jordan" (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>24</b></p>	<p><b>Optometry Clinic with Dr Kallal *call Life Enrichment for appointment* (Games Lounge)</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:00 to 2:00 <b>RSV Immunization Clinic (TBD)</b></li> <li>• 1:00 Armchair Travel "where will we go?" (Games Lounge)</li> <li>• 1:30 <b>Chaplain Visits</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>25</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercise (Exercise Room)</b></li> <li>• 10:00 to 3:00 Plus Size Creations (Games Lounge)</li> <li>• 1:00 to 2:30 <b>Eat Street with Rus (Court Activity Room)</b></li> <li>• 3:00 <b>Men's Club House (Court Activity Room)</b></li> <li>• 6:00 Evenings with Austin</li> <li>• 6:00 <b>Evening Show: "Bonanza" (Games Lounge)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>26</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Stretch &amp; Strength (Exercise Room)</b></li> <li>• 10:15 Walks &amp; Conversations</li> <li>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>• 1:30 <b>Popcorn &amp; Movie "La Dolce Villa" (Games Lounge)</b></li> <li>• 3:00 Happy Hour (Manor Lobby Lounge) "don't forget your money"</li> <li>• 6:30 Days End Discussions</li> </ul> <p style="text-align: right; font-size: 2em;"><b>27</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 2:00 <b>Friday Entertainment with "Lindsey Nagy" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Remembering Gene Wilder" (Games Lounge)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>28</b></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

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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

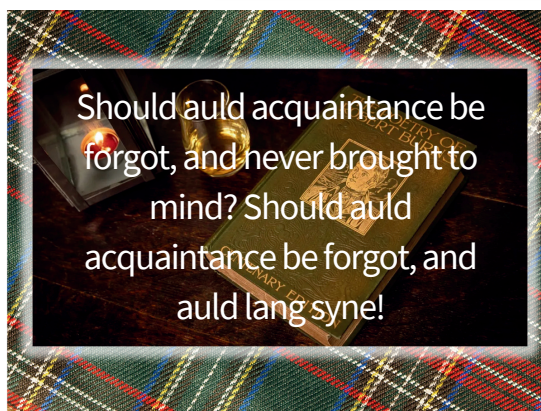
#### Valentine's Day Word Search

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  
 CHOCOLATES  
 FOREVER  
 I LOVE YOU  
 LOVE LETTER

CANDY  
 CUPID  
 HEARTS  
 KISSES  
 ROSES

CARD  
 FEBRUARY  
 HUGS  
 LOVE  
 VALENTINE



### Birthday Wishes


February 05 - Eva P.  
 February 13 - Michael F.  
 February 20 - Evelyn M.  
 February 24 - Jo R.



### Welcome Wagon

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