

FEBRUARY 2026

LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) 	<ul style="list-style-type: none"> • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 1:30 Horse Races (Atrium) • 3:30 Cribbage (Atrium) *New Program* 	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Brain Cloud (Court Activity Room) *New Program* • 1:30 Chaplain Visits *cancelled* • 1:30 Afternoon Art with Madi (Court Activity Room) • 3:00 Afternoon Music with Mary Ellen Davidson (Retro) 	<ul style="list-style-type: none"> • 9:30 Exercise (Exercise Room) *cancelled* • 9:00 to 12:00 Life Enrichment Half Day Planning Meeting • 10:00 Telus Wise Presentation: How to Protect Yourself from Scams (Manor Activity Room) • 10:30 United Church Service with Rev. Karen (Chapel) • 1:30 Afternoon Exercise (Court Exercise Room) • 6:00 Evening Show: "My Next Guest with David Letterman" Season 1: Barack Obama (Games Lounge) • 6:00 Cribbage (Atrium) *New Program* 	<ul style="list-style-type: none"> • 9:30 Exercises(Exercise Room) • 10:30 Haven Birthday Tea with "Brad Ferguson" • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Gentle Stretch & Meditation (Exercise Room) *New Program* • 2:00 Men's Club House (Court Activity Room) • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) • 6:00 Friday Night Movie: "Rush" (Games Lounge) 	 OLYMPIC OPENING CEREMONY <ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 11:00 Catholic Mass with Father Dean (Chapel) • 2:00 Friday Entertainment with "Lindsay Nagy" (Atrium) • 6:00 Friday Night Movie: "Rush" (Games Lounge) 	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Coffee & Conversation (Atrium) *Independent* • 1:00 Virtual Concert (Games Lounge) • 2:00 1:1 Visits (Retro)
1	2	3	4	5	6	7
Week 1 Menu  SUPER BOWL SUNDAY <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Haven Entertainment with "Roy Marleau" • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 2:00 Pet Therapy (Retro) 	<ul style="list-style-type: none"> • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 1:30 Memory Magic (Atrium) • 3:30 Cribbage (Atrium) *New Program* 	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 United Worship with Rev. Karen (Chapel) • 10:30 Board Games (Atrium) • 1:00 Tunes on the Ivories (Retro) • 1:30 Brownie Day "see you at your door!" • 1:30 Chaplain Visits 	<ul style="list-style-type: none"> • 9:30 Exercise (Exercise Room) • 10:30 Crosswords (Activity Room) • 1:30 Kelly's Kitchen (Court Activity Room) • 3:00 Sing For Fun (Chapel) • 6:00 Evening Show: "My Next Guest with David Letterman" Season 1: George Clooney (Games Lounge) • 6:00 Cribbage (Atrium) *New Program* 	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) • 2:00 Concerts in Care Alberta (Atrium) • 6:00 Friday Night Movie: "Breakdown 1975" (Games Lounge) 	 VALENTINE'S DAY <ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Pieces by Sharon (Manor Lobby Lounge) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Valentine's Day Tea with "Central Lions Band" (Atrium) • 6:00 Friday Night Movie: "Breakdown 1975" (Games Lounge) 	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Coffee & Conversation (Atrium) *Independent* • 1:00 Virtual Concert (Games Lounge) • 2:30 Bean Bag Toss (Atrium)
8	9	10	11	12	13	14
Week 2 Menu <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversations *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 1:30 Piano Recital with Frank Ho's Students (Atrium) 	FAMILY DAY <ul style="list-style-type: none"> • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 1:30 Card Bingo (Atrium) • 3:30 Cribbage (Atrium) *New Program* 	CHINESE NEW YEAR <ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Brain Cloud (Court Activity Room) *New Program* • 1:30 Chaplain Visits • 2:00 Mardi Gras with "The Britz" (Atrium) 	ASH WEDNESDAY <ul style="list-style-type: none"> • 9:30 Exercise (Exercise Room) • 9:30 to 2:00 Ears to You Hearing Clinic (Court Library) "call Life Enrichment to Book Appointment" • 10:30 Ash Wednesday Service (Chapel) • 1:00 Men's Club House (Court Activity Room) • 1:30 Penny Ante (Atrium) • 6:00 Evening Show: "My Next Guest with David Letterman" Season 1: Malala Yousafzai (Games Lounge) 	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Haven Entertainment with "The Campfire Girls" • 10:30 Lutheran Worship with Rev. Greg (Chapel) • 1:30 Hangman (Activity Room) • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) • 6:00 Cribbage (Atrium) *New Program* 	<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 "Roy Marleau" (Atrium) • 6:00 Friday Night Movie: "Eddie the Eagle" (Games Lounge) 	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Coffee & Conversation (Atrium) *Independent* • 1:00 Virtual Concert (Games Lounge) • 2:00 1:1 Visits
15	16	17	18	19	20	21

FEBRUARY 2026

LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 3 Menu  OLYMPIC CLOSING CEREMONY</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Haven Entertainment with "Juke Box Leigh" • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 2:00 Pet Therapy (Retro) • 3:00 Hymn Sing (Chapel) <p>22</p>	<ul style="list-style-type: none"> • 9:00 Chair Yoga with Zoel (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 2:00 Court Birthday Tea with "Mike Chenoweth" (Atrium) • 3:30 Cribbage (Atrium) *New Program* <p>23</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Board Games (Atrium) • 1:00 Tunes on the Ivories (Retro) • 1:15 Court Mystery Drive "sign up at reception" • 1:30 Chaplain Visits <p>24</p>	<p> PINK SHIRT DAY</p> <ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 1:30 Eat Street with Rus (Court Activity Room) • 3:00 Sing For Fun (Chapel) • 6:00 Evening Show: "My Next Guest with David Letterman" Season 1: Howard Stern (Games Lounge) <p>25</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 10:30 Anglican Worship with Rev. Jordan (Chapel) • 1:30 Movie & Popcorn: "Miracle: Boys of 80" (Games Lounge) • 6:00 Cribbage (Atrium) *New Program* <p>26</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 "The Young at Heart Band" (Atrium) • 6:00 Friday Night Movie: "I used to be Famous" (Games Lounge) • 6:30 Shabbat Service with Cantor David (Chapel) *cancelled* <p>27</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:30 Big Brain (Court Activity Room) <p>28</p>



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


The Promise of Home



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

Winter Word Search

F	G	S	B	W	M	T	X	H	Q	L	T	S	A	J	D	T	N	L	M	D	U	L	F
S	A	G	A	K	R	X	H	B	L	C	T	J	L	V	I	V	H	Q	V	I	Y	G	D
S	M	C	F	L	V	P	T	O	I	C	D	C	H	H	D	O	P	L	O	W	V	N	K
N	W	W	B	Y	T	P	L	O	T	A	S	N	U	V	M	C	Q	V	B	Z	I	I	T
O	Q	C	M	O	G	N	I	T	A	K	S	U	G	F	N	L	T	D	M	J	M	I	D
W	C	U	W	M	F	V	P	S	A	X	T	D	R	A	Z	Z	I	L	B	B	K	R	
M	J	L	F	Z	I	R	F	X	W	V	Z	U	C	P	T	E	O	B	A	F	S	A	
A	A	I	E	V	J	T	E	S	N	W	E	B	P	Y	I	L	K	Q	K	R	U	S	
N	C	A	S	B	V	H	T	E	T	L	X	I	U	N	W	R	E	I	S	D	G	E	
Q	K	K	X	C	L	K	T	E	Z	F	X	N	X	F	R	O	N	Q	G	N	E	I	K
E	F	R	G	D	R	A	S	Z	N	I	I	G	R	L	T	G	N	J	N	P	L	R	
O	R	C	N	U	X	A	S	E	Q	S	N	R	G	I	A	O	D	S	I	B	B	R	
J	O	O	X	N	E	H	P	J	M	J	L	G	D	D	P	U	N	Z	H	S	D	U	
Y	S	L	R	Z	M	H	F	E	V	N	B	I	G	E	Z	O	U	I	S	O	F	L	
P	T	D	F	T	G	V	F	U	R	W	Z	F	G	F	R	A	C	S	I	Z	F	O	
B	M	L	E	F	Q	C	J	I	E	N	Y	W	Y	P	K	J	H	F	Y	F	U	N	
H	O	S	N	O	W	B	A	L	H	O	C	E	Y	B	G	N	I	D	I	L	S		
Y	Z	K	M	E	F	X	G	A	B	U	M	Y	Y	O	U	L	K	B	A	D	B	H	
G	S	L	L	E	B	H	G	I	E	L	S	S	W	T	V	I	O	Q	X	U	V	Q	
S	L	T	E	K	C	A	J	C	S	N	O	W	B	O	R	D	I	N	G	L	F		
H	K	O	L	P	S	N	W	L	E	R	T	V	G	D	W	U	G	S	O	R	Q	V	
R	X	G	V	I	B	T	W	F	T	Y	T	W	E	L	I	B	O	M	W	O	N	S	
M	Q	O	R	E	O	S	P	S	Q	O	Q	O	R	Z	W	O	L	E	B	A	E	C	
D	F	I	B	T	S	N	D	R	W	M	S	N	X	N	N	Q	Z	H	L	Z	T	P	
SNOWBOARDING	LEIGHBELLS	JACK FROST	BELOW ZERO	SNOWMOBILE																			
SNOWFLAKE	FREEZING	BLIZZARD	SNOWBALL	FLURRIES																			
MITTENS	SCRAPER	FISHING	SLIDING	SKATING																			
SNOWMAN	TUBING	BAKING	HOCKEY	SKIING																			
ICICLE	DRIFTS	GLOVES	JACKET	PLOW																			
SCARF	BOOTS	SALT	COLD	SNOW																			

Significant February Historical Events:

- February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C.
- February 6, 1952 - King George VI of England died. His daughter Princess Elizabeth became Queen Elizabeth II.
- February 21, 1965 - Former Black Muslim leader Malcolm X (1925-1965) was shot and killed while delivering a speech in a ballroom in New York City.
- February 28, 1986 - Swedish Prime Minister Olof Palme (1927-1986) was assassinated in Stockholm while exiting a movie theater with his wife.
- February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence.



Birthday Wishes

February 06 - Eugenie B.
 February 13 - Michael F.
 February 20 - Evelyn M.



Welcome Wagon

Thomas M.
 Sepp W.

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: Chelcy Buck | Phone: 780-930-5817

Manager: Leana Nielsen | Phone: 780-930-5819

Canterbury
 FOUNDATION
 The Promise of Home

