# FEBRUARY 2026

## LIFE ENRICHMENT PROGRAMS

MEMORY LANE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **Morning Music**<br>• **10:30 Horse Races**<br>• 2:30 **Memory Joggers**<br>**1** | Morning Music<br>• **10:00 Balloon Taps**<br>• 1:30 Ball Games with Chelcey<br>• **2:00 Snacks and Conversations**<br>**2** | Morning Music<br>• 10:00 Morning Sing-A-Long<br>• **1:30 Afternoon Exercise**<br>• 2:00 Snacks and Conversations<br>• **3:00 Afternoon Music with "Mary Ellen Davidson" (Retro)**<br>**3** | Morning Music<br>• **9:00 to 12:00 Life Enrichment Half Day Planning Meeting**<br>• 12:30 Chaplain Visits<br>• **1:30 Balloon Badminton**<br>• 2:00 Snacks and Conversation<br>**4** | Morning Music<br>• **10:00 Tunes on the Ivories**<br>• **1:30 Cup Cake Decorating**<br>• 2:00 Snacks and Conversation<br>**5** | Morning Music<br>***OLYMPIC GAMES OPENING CEREMONY***<br>• **10:00 Bean Bag Toss**<br>• 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)<br>• **2:00 Friday Entertainment with "Lindsay Nagy" (Atrium)**<br>• 2:00 Snack & Conversation<br>• **3:30 Inspirational Stories**<br>**6** | Morning Music<br>• 10:30 Balloon Ping Pong<br>• **1:00 Afternoon Fun with Kiran**<br>• 2:00 Snack and Conversation<br>**7** |
| Morning Music<br>***SUPER BOWL SUNDAY***<br>• **10:15 Balloon Badminton**<br>• **1:00 Afternoon Art**<br>**8** | Morning Music<br>• **10:00 Horse Races**<br>• **1:30** Basketball<br>• **2:00 Snacks and Conversation**<br>**9** | Morning Music<br>• 10:00 Sit & Be Fit<br>• **1:30 Lane Entertainment with "Bob Gagnon"**<br>• **1:30 Brownie Day "see you at your door!"**<br>• 2:00 Snacks & Conversation<br>**10** | Morning Music<br>• **10:30 Morning Art with Madi**<br>• **12:30 Chaplain Visits**<br>• **1:30 Balloon Ping Pong**<br>• 2:00 Snacks & Conversation<br>**11** | Morning Music<br>• **10:00 Tunes on the Ivories**<br>• 1:00 Fun with Stamps<br>• 2:00 Snacks and Conversation<br>**12** | Morning Music<br>• 10:00 Balloon Badminton<br>• 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)<br>• **2:00 Valentine's Day Tea with "Central Lions Band" (Atrium)**<br>• 2:00 Snack and Conversation<br>• **3:30 Afternoon Fun with Madi**<br>**13** | Morning Music<br>***VALENTINES DAY***<br>• **10:00 Lane Entertainment with "Gary Meyers"**<br>• 1:30 Basketball<br>• **2:00 Snacks & Conversations**<br>**14** |
| Morning Music<br>• **10:30 Balloon Ping Pong**<br>• **3:00 Afternoon Fun with Austin**<br>**15** | Morning Music<br>***FAMILY DAY***<br>• **10:00 Balloon Badminton**<br>• 2:00 Snacks and Conversations<br>• **3:00 Pet Therapy**<br>**16** | Morning Music<br>***CHINESE NEW YEAR***<br>• 10:00 Morning Art<br>• **2:00 Mardi Gras Party with "The Britz" (Atrium)**<br>• 2:00 Snack and Conversation<br>• **3:30 Ball Toss**<br>**17** | Morning Music<br>***ASH WEDNESDAY***<br>• **10:00 Bean Bag Toss**<br>• 12:30 Chaplain Visits<br>• **1:30 Inspirational Stories**<br>• 2:00 Snack & Conversation<br>• **6:30 Lane Entertainment with "Brad Ferguson"**<br>**18** | Morning Music<br>• **10:00 Tunes on the Ivories**<br>• 1:00 Let's go fishing<br>• 2:00 Snacks & Conversation<br>**19** | Morning Music<br>• 10:00 Balloon Badminton<br>• 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)<br>• **2:00 Friday Entertainment with "Roy Marleau" (Atrium)**<br>• 2:00 Snack & Conversation<br>• **3:30 Memory Joggers**<br>**20** | Morning Music<br>• 10:30 Ball Toss<br>• **2:00 Snacks and Conversation**<br>• **1:00 Basketball**<br>**21** |

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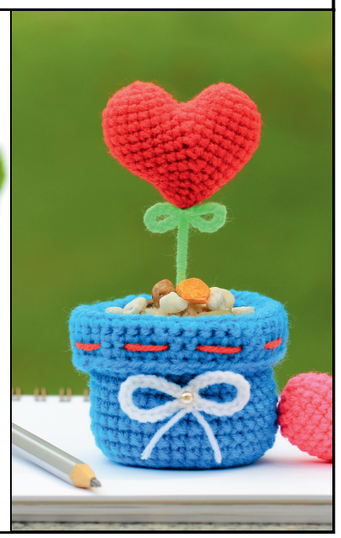
|---|---|---|---|---|---|---|
| Morning Music<br>***OLYMPIC GAMES CLOSING CEREMONY***<br>• **10:15 Bean Bag Toss**<br>• **1:00 Afternoon Walks**<br>**22** | Morning Music<br>• 10:00 Lane Mystery Drive<br>• **1:30 Afternoon Exercise**<br>• 2:00 Snacks & Conversations<br>• **2:00 Court Birthday Tea with "Mike Chenoweth" (Atrium)**<br>**23** | Morning Music<br>• 10:00 Sit & Be Fit<br>• **1:30 Lane Entertainment with "Terry Jorden"**<br>• 2:00 Snacks & Conversations<br>**24** | Morning Music<br>***PINK SHIRT DAY***<br>• **10:00 Bean Bag Toss**<br>• 12:30 Chaplain Visits<br>• **1:30 Memory Joggers**<br>• 2:00 Snacks & Conversations<br>**25** | Morning Music<br>• **10:00 Tunes on the Ivories**<br>• 1:00 Storytime giggles<br>• 2:00 Snacks & Conversations<br>**26** | Morning Music<br>• **10:00 Balloon Ping Pong**<br>• 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)<br>• **2:00 Friday Entertainment with "The Young at Heart Band" (Atrium)**<br>• 2:00 Snack & Conversation<br>• **3:30** Balloon Badminton<br>**27** | Morning Music<br>• **10:00** Lane Entertainment with "David Woods"<br>• 1:30 Ball Toss<br>• **2:00 Snack and Conversations**<br>**28** |



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### 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

ACCREDITED
ACCREDITATION AGRÉMENT CANADA

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MEMORY LANE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|

## THIS MONTH'S ACTIVITIES

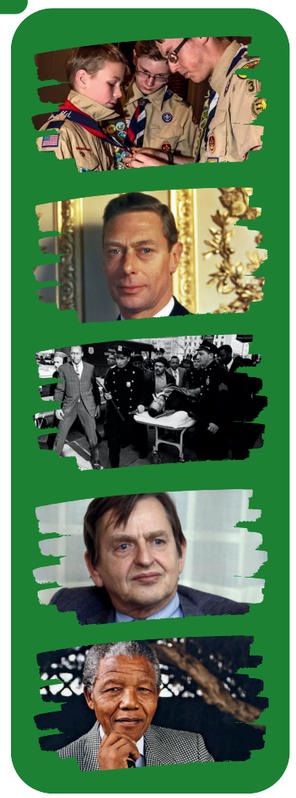
### Winter Word Search

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

| | | | | |
|---|---|---|---|---|
| SNOWBOARDING | SLEIGHBELLS | 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 12 - Deanne F.
February 18 - Cathy C.

### Welcome Wagon

Shirley H.
Chris L.

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