


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Atrium)</li> <li>• 10:30 Shuffleboard (Activity Room)</li> <li>• 10:30 Physical Games: Bolongo Ball (Atrium)</li> <li>• 1:00 Virtual Concert (Games Lounge) <b>1</b></li> </ul>
<p><b>Week 4 Menu</b></p> <ul style="list-style-type: none"> <li>• 9:30 Balloon Badminton (Atrium)</li> <li>• 10:30 Catholic Worship (Chapel)</li> <li>• 1:00 Card Bingo (Atrium)</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>• 9:45 Active Yoga With Colleen (Activity Room)</li> <li>• 10:30 Trivia (Activity Room)</li> <li>• 11:30 Knife Sharpening Service to *Knife Collection* 12:30 "sign up at reception"</li> <li>• 1:30 Wheel of Fortune (Atrium)</li> <li>• 2:00 Bible Study (Activity Room)</li> <li>• 6:30 Scrabble/Whist (Activity Room)</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Exercises (Activity Room)</li> <li>• 9:30 Coach Trip to Meadowlark "sign up in the mailroom"</li> <li>• 1:00 ASL (American Sign Language) Session # 6 (Court Activity Room)</li> <li>• 1:00 Book Reading (Activity Room)</li> <li>• 6:30 Evening Series "Comedy" (Activity Room)</li> <li>• 6:30 Cribbage (Fireside Lounge) ***Drop-In***</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Life Enrichment Half Day to Planning Meeting 12:00</li> <li>• 9:30 Active Yoga With Pramila (Activity Room)</li> <li>• 10:30 United Worship with Rev. Karen (Chapel)</li> <li>• 1:30 Coach Trip to Save On - Winners "sign up in the mailroom"</li> <li>• 1:30 Memory Magic (Atrium)</li> <li>• 3:00 Sing for Fun (Chapel)</li> <li>• 6:30 Tile Rummy (Activity Room)</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Activity Room)</li> <li>• 10:30 Card Bingo (Activity Room)</li> <li>• 10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>• 11:30 Knife Sharpening Service to *Knife Return* 12:00</li> <li>• 1:30 Coach Trip: Southgate Mall "sign up in the mailroom"</li> <li>• 1:30 Music with Erica (Atrium)</li> <li>• 3:00 to 6:00 Open House</li> <li>• 6:30 Shuffleboard Bowling (Activity Room)</li> </ul> <p style="text-align: right;"><b>6</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Activity Room)</li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 10:30 Horse Races (Activity Room)</li> <li>• 11:00 Roman Catholic Mass with Rev. Dean</li> <li>• 2:00 Friday Entertainment with "Jukebox Leigh" (Atrium)</li> <li>• 6:30 Friday Night Movie: "Travels with My Aunt" (Activity Room)</li> </ul> <p style="text-align: right;"><b>7</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Atrium)</li> <li>• 10:30 Shuffleboard (Activity Room)</li> <li>• 10:30 Physical Games: Horseshoes (Atrium)</li> <li>• 1:00 Virtual Concert (Games Lounge)</li> </ul> <p style="text-align: right;"><b>8</b></p>
<p><b>Week 1 Menu</b></p> <ul style="list-style-type: none"> <li>• 9:30 Balloon Badminton (Atrium)</li> <li>• 10:30 Catholic Worship (Chapel)</li> <li>• 1:00 Hangman (Court Activity Room)</li> </ul> <p style="text-align: right;"><b>9</b></p>	<ul style="list-style-type: none"> <li>• 9:45 Active Yoga With Colleen (Activity Room)</li> <li>• 10:30 Trivia (Activity Room)</li> <li>• 1:30 Resident Newcomers Tea (Atrium)</li> <li>• 2:00 Bible Study (Activity Room)</li> <li>• 6:30 Scrabble/Whist (Activity Room)</li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Exercises (Exercise Room)</li> <li>• 9:30 Coach Trip to Meadowlark "sign up in mailroom"</li> <li>• 10:30 Big Brain (Court Activity Room)</li> <li>• 1:00 Book Reading (Activity Room)</li> <li>• 1:30 Card Bingo (Atrium)</li> <li>• 2:00 Drums Alive (Activity Room)</li> <li>• 6:30 Evening Series "Comedy" (Activity Room)</li> <li>• 6:30 Cribbage (Fireside Lounge) ***Drop-in***</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Active Yoga with Pramila (Activity Room)</li> <li>• 10:00 ASL (American Sign Language) Session #7 (Activity Room)</li> <li>• 1:30 Kelly's Kitchen to (Court Activity Room) 2:30</li> <li>• 6:30 Tile Rummy (Activity Room)</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Activity Room)</li> <li>• 9:30 Coach Trip: Bliss Bakery &amp; Freson Bros. "sign up in the mailroom"</li> <li>• 10:30 Non-Denominational Worship with Rev. Colleen (Chapel)</li> <li>• 1:30 Big Brain (Activity Room)</li> <li>• 1:30 Valentine's Day Cards (Atrium)</li> <li>• 2:00 Cookies &amp; Conversation (Fireside Lounge)</li> <li>• 3:00 Manor Happy Hour "don't forget your money!"</li> <li>• 6:30 Shuffleboard Bowling (Activity Room)</li> </ul> <p style="text-align: right;"><b>13</b></p>	<p><b>Valentine's Day!</b></p> <ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Activity Room)</li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 10:30 Horse Races (Activity Room)</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>• 6:30 Friday Night Movie: "La Dolce Villa" (Activity Room)</li> </ul> <p style="text-align: right;"><b>14</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Atrium)</li> <li>• 10:30 Shuffleboard (Activity Room)</li> <li>• 10:30 Physical Games: Bean Bag Toss (Atrium)</li> <li>• 1:00 Virtual Concert (Court Games Lounge)</li> </ul> <p style="text-align: right;"><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 Balloon Badminton (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul> <p style="text-align: right;"><b>16</b></p>	<p><b>FAMILY DAY!</b></p> <ul style="list-style-type: none"> <li>9:45 Active Yoga With Colleen (Activity Room)</li> <li>10:30 Trivia (Activity Room)</li> <li>1:30 Super Bingo "you play, we pay!" (Atrium)</li> <li>2:00 Bible Study (Activity Room) <b>*cancelled*</b></li> <li>6:30 Scrabble/Whist (Activity Room)</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>9:00 Exercises (Activity Room)</li> <li>9:30 Coach Trip to Meadowlark "sign up in mailroom"</li> <li>1:00 Book Reading (Activity Room)</li> <li>1:30 Chocolate Brownie Day "see you at your door!"</li> <li>6:30 Evening Series "Comedy" (Activity Room)</li> <li>6:30 Cribbage (Fireside Lounge) <b>***Drop-In***</b></li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>9:30 Active Yoga with Pramila (Activity Room)</li> <li>9:30 Coach Trip to The Italian Market "sign up in mailroom"</li> <li>10:30 Memory Magic (Atrium)</li> <li>1:30 Card Bingo (Atrium)</li> <li>3:00 Sing For Fun (Chapel)</li> <li>6:30 Tile Rummy (Act. Rm)</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>10:30 Coach Mystery Drive &amp; Lunch "sign up in mailroom"</li> <li>10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>2:00 Drums Alive <b>*New Program*</b> (Atrium)</li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul> <p style="text-align: right;"><b>20</b></p>	<p><b>Hawaiian Beach Party!</b></p> <ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Activity Room)</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>10:30 Horse Races (Activity Room)</li> <li>1:30 Hawaiian Dancers (Atrium)</li> <li>2:00 Friday Entertainment with "Party Pals" (Atrium)</li> <li>6:30 Friday Night Movie: "Peanut Butter Falcon" (Activity Room)</li> <li>6:30 Shabbat Service with Cantor David (Chapel)</li> </ul> <p style="text-align: right;"><b>21</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:30 Shuffleboard (Activity Room)</li> <li>10:30 Physical Games: Bolongo Ball (Atrium)</li> <li>1:00 Walking Tour (Games Lounge)</li> </ul> <p style="text-align: right;"><b>22</b></p>
<p><b>Week 3 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:30 Big Brain (Court Activity Room)</li> <li>3:00 Hymn Sing (Chapel)</li> </ul> <p style="text-align: right;"><b>23</b></p>	<ul style="list-style-type: none"> <li>9:45 Active Yoga With Colleen (Activity Room)</li> <li>10:30 Trivia (Activity Room)</li> <li>2:00 Bible Study (Activity Room)</li> <li>2:00 Court Birthday Tea with "Terry Jordan" (Atrium)</li> <li>6:30 Scrabble/Whist (Activity Room)</li> </ul> <p style="text-align: right;"><b>24</b></p>	<p><b>Optometry Clinic with Dr Kallal *Call Life Enrichment for an appointment* (Games Lounge)</b></p> <ul style="list-style-type: none"> <li>9:00 Exercises (Activity Room) <b>*cancelled*</b></li> <li>10:00 RSV Immunization Clinic (Activity Room) to 2:00</li> <li>1:00 Book Reading (Activity Room) <b>*cancelled*</b></li> <li>6:30 Evening Series "Comedy" (Activity Room)</li> <li>6:30 Cribbage (Fireside Lounge) <b>**Drop-in**</b></li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>9:30 Active Yoga With Pramila (Activity Room)</li> <li>9:30 Coach Trip to Meadowlark "sign up in mailroom"</li> <li>10:00 Plus Size Creations (Games Lounge) to 3:00</li> <li>1:00 Eat Street with Rus (Court Activity Room) to 2:30</li> <li>3:00 Men's Club House (Court Activity Room)</li> <li>6:30 Tile Rummy (Activity Room)</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Activity Room)</li> <li>10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>2:00 Manor Birthday Tea</li> <li>3:00 Happy Hour "don't forget your money!"</li> <li>6:30 Shuffleboard Bowling (Activity Room)</li> </ul> <p style="text-align: right;"><b>27</b></p>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Activity Room)</li> <li>10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>10:30 Horse Races (Activity Room)</li> <li>2:00 Friday Entertainment with "Lindsey Nagy" (Atrium)</li> <li>6:30 Friday Night Movie: "Avanti" (Activity Room)</li> </ul> <p style="text-align: right;"><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

Life Enrichment  
Main Phone  
780-930-3736

Court Reception  
780-483-5361

Nursing Station  
780-930-3734





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

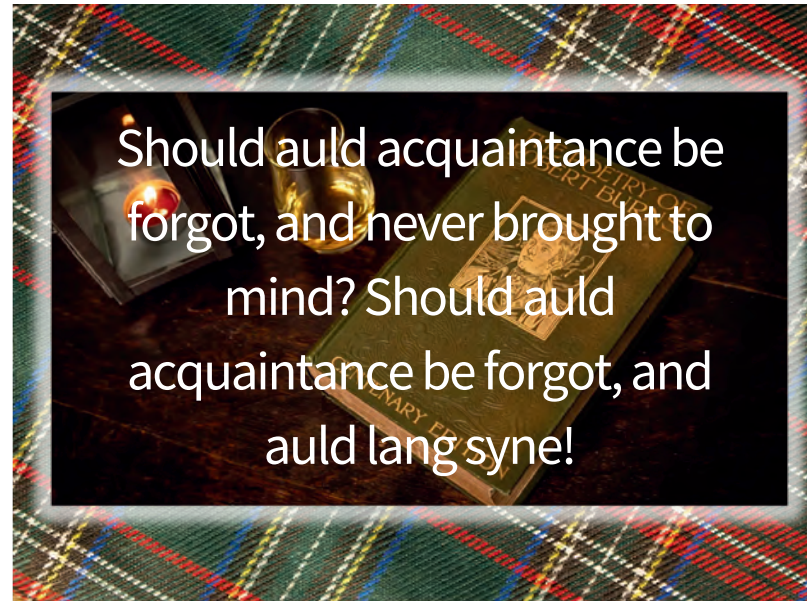
SATURDAY

### 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	CANDY	CARD
CHOCOLATES	CUPID	FEBRUARY
FOREVER	HEARTS	HUGS
I LOVE YOU	KISSES	LOVE
LOVE LETTTER	ROSES	VALENTINE



### Birthday Wishes

February 08 - Davis F.  
 February 09 - Nellie H.  
 February 10 - Betty F.  
 February 11 - Richard V.  
 February 12 - Betty N.  
 February 22 - Jackie H.



### Welcome Wagon

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#### 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

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