






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 1	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:30 Horse Races (Atrium) 2:00 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) 2	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Brain Cloud (Court Activity Room) *New Program* 1:30 Coach Trip to Meadowlark "sign up in mailroom" *added trip* 1:30 Afternoon Art with Madi (Court Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 3	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 9:00 to 12:00 Life Enrichment Half Day Planning Meeting 10:00 Telus Wise Presentation: How to Protect Yourself from Scams (Activity Room) 10:30 United Church Worship with Rev. Karen (Chapel) 1:15 Coach Trip: Catch of the Week! Fresh Fish & Coffee "sign up in mailroom" 1:30 Afternoon Exercise (Court Exercise Room) 6:30 Tile Rummy (Activity Room) 4	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 10:30 Coach Trip: Save-On/Winner "sign up in mailroom" 1:00 Jeopardy (Activity Room) 2:00 Men's Club House (Court Activity Room) 3:00 Manor Happy Hour "don't forget your money!" 6:00 Cribbage (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 5	 OLYMPIC OPENING CEREMONY <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Tunes on the Ivories (Piano Lounge) 11:00 Catholic Mass with Father Dean (Chapel) 2:00 Friday Entertainment with "Lindsay Nagy" (Atrium) 6:30 Friday Night Movie: "I Used to Be Famous" (Activity Room) 6	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 9:45 Active Yoga with Pramila (Activity Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 7
 SUPER BOWL SUNDAY <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 8	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 2:00 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) 9	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in the mailroom" 10:30 Board Games (Atrium) 1:30 Gentle Stretch & Meditation (Activity Room) 1:30 Brownie Day "see you at your door!" 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 10	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:30 United Church Worship with Rev. Karen (Chapel) 10:30 Crosswords (Court Activity Room) 1:30 Kelly's Kitchen (Court Activity Room) 3:00 Sing For Fun (Chapel) 6:30 Tile Rummy (Activity Room) 11	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity 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 Cribbage (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 12	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:00 to 3:00 Pieces by Sharon (Manor Lobby Lounge) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 10:30 Tunes on the Ivories (Piano Lounge) 11:00 Valentine's Day Tea with "Central Lions Band" (Atrium) 2:00 Friday Night Movie: "Eddie the Eagle" (Activity Room) 13	 VALENTINE'S DAY <ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Hand & Foot Canasta (Activity Room) 2:30 Bean Bag Toss (Atrium) 14
Week 2 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:30 Piano Recital with Frank Ho's Students (Atrium) 15	FAMILY DAY <ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) *cancelled* 10:30 Morning Walks "meet in the Atrium" 1:00 Book Reading (Activity Room) 1:30 Card Bingo (Atrium) 2:00 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) 16	CHINESE NEW YEAR <ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Brain Cloud (Court Activity Room) 2:00 Mardi Gras with "The Britz" (Atrium) 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 17	ASH WEDNESDAY <ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 9:30 to 2:00 Ears to You Hearing Clinic (Court Library) "Call Life Enrichment to Book an Appointment" 10:30 Ash Wednesday Service (Chapel) 1:00 Men's Club House (Court Activity Room) 1:15 Coach Trip: Premier Outlet "sign up in mailroom" 1:30 Penny Ante (Atrium) 6:30 Tile Rummy (Activity Room) 18	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Hangman (Activity Room) 3:00 Manor Happy Hour "don't forget your money!" 6:00 Cribbage (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 19	<ul style="list-style-type: none"> 9:30 Exercise (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Tunes on the Ivories (Piano Lounge) 2:00 Friday Entertainment with "Roy Marleau" (Atrium) 6:30 Friday Night Movie: "Miracle: The Boys of 80" (Activity Room) 20	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 9:45 Active Yoga with Pramila (Activity Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room) 21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Week 3 Menu</div> <div>OLYMPIC CLOSING CEREMONY</div> <div><div><div>• 9:30 Balloon Badminton (Atrium)</div><div>• 10:00 Coffee & Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 3:00 Hymn Sing (Chapel)</div></div><div>22</div></div>	<div><div><div>• 9:45 Chair Yoga With Zoel (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 10:30 Morning Walks "meet in the Atrium"</div><div>• 11:35 Tunes on the Ivories (Piano Lounge)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 2:00 Court Birthday Tea with "Mike Chenoweth" (Atrium)</div><div>• 2:00 Bible Study (Chapel)</div><div>• 3:30 Cribbage (Atrium)</div><div>• 6:30 Scrabble (Activity Room)</div></div><div>23</div></div>	<div><div><div>• 9:30 Coach Trip to Meadowlark "sign up in mailroom"</div><div>• 10:30 Board Games (Atrium)</div><div>• 2:00 Coffee & Conversation (Manor Activity Room)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-In***</div></div><div>24</div></div>	<div><div><div>PINK SHIRT DAY</div><div><div>• 9:30 Active Yoga with Pramila (Activity Room)</div><div>• 9:30 Coach Trip: Freson Bros. & Bliss Bakery "sign up in mailroom"</div><div>• 10:30 Crosswords (Court Activity Room)</div><div>• 1:30 Eat Street with Rus (Court Activity Room)</div><div>• 3:00 Sing For Fun (Chapel)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div><div>25</div></div></div>	<div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Anglican Worship with Rev. Jordan (Chapel)</div><div>• 10:30 Card Bingo (Activity Room)</div><div>• 10:30 Morning Walks "meet in the Atrium"</div><div>• 2:00 Manor Birthday Tea</div><div>• 6:00 Cribbage (Atrium)</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div><div>26</div></div>	<div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)</div><div>• 11:00 Tunes on the Ivories (Piano Lounge)</div><div>• 2:00 Friday Entertainment with "The Young at Heart Band" (Atrium)</div><div>• 6:30 Friday Night Movie: "One Life" (Activity Room)</div><div>• 6:30 Shabbat Service with Cantor David (Chapel) *cancelled*</div></div><div>27</div></div>	<div><div><div>• 9:30 Exercises (Court Exercise Room)</div><div>• 9:45 Active Yoga with Pramila (Activity Room)</div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Big Brain (Court Activity)</div></div><div>28</div></div>



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

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THIS MONTH'S ACTIVITIES

Winter Word Search

Word search grid and winter-themed words including: SNOWBOARDING, SLEIGH BELLS, 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 01 - Sharon F.
- February 05 - Thomas P.
- February 08 - Davis F.
- February 10 - Betty F.
- February 11 - Richard V.
- February 12 - Betty N.
- February 22 - Jackie H.



Welcome Wagon

Bruce W.
Myrna W.

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