


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>Week 3 Menu</div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Lutheran Worship with Rev. Greg (Chapel) *cancelled*</div><div>• 10:30 Bean Bag Toss (Atrium)</div><div>• 1:30 Super Bingo "you play, we pay!"</div></div> <div>1</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Hangman Court Activity Room)</div><div>• 11:00 Catholic Mass with Father Dean (Chapel)</div><div>• 2:00 Friday Entertainment with "Terry Jorden" (Atrium)</div><div>• 6:00 Friday Night Movie: "Monty Python's Life of Brian" (Games Lounge)</div></div> <div>2</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Bolongo Ball (Atrium)</div></div> <div>3</div>
<div>Week 4 Menu</div> <div><div>• 9:30 Balloon Badminton (Atrium)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 1:00 Card Bingo (Atrium)</div></div> <div>4</div>	<div><div>• 9:00 Chair Yoga With Zoel (Exercise Room)</div><div>• 10:30 Morning Walks "meet in the Atrium"</div><div>• 12:30 Life Enrichment In-Service Training *no afternoon programs*</div></div> <div>5</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Crosswords (Court Activity Room)</div><div>• 1:30 Art with Madi (Court Activity Room)</div></div> <div>6</div>	<div><div>• 9:30 Exercise (Exercise Room) *cancelled*</div><div>• 9:00 Life Enrichment Full Day to Planning Meeting 4:00</div><div>• 10:30 United Worship with Rev. Karen (Chapel)</div><div>• 6:00 Evening Show: "Murdoch Mysteries" Season 1: Episode 6 (Games Lounge)</div></div> <div>7</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel)</div><div>• 1:00 Men's Club House (Court Exercise Room - 2nd Floor) *location change*</div><div>• 1:30 Afternoon Walks "meet in the Atrium"</div><div>• 1:30 Presentation: "The Importance of Fitness at Any Age" (Manor Activity Room)</div><div>• 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)</div></div> <div>8</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:15 Tunes on the Ivory's (Atrium)</div><div>• 10:30 Presentation: "Decluttering Inspiration" with Dwell Inspo. (Activity Room)</div><div>• 2:00 Friday Entertainment with "Donna Lee Random" (Atrium)</div><div>• 6:00 Friday Night Movie: "The Iron Lady" (Games Lounge)</div></div> <div>9</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div></div> <div>10</div>
<div>Week 1 Menu</div> <div><div>• 9:30 Balloon Badminton (Atrium)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel)</div></div> <div>11</div>	<div>CHRISTMAS TAKEDOWN</div> <div><div>• 9:00 Chair Yoga With Zoel (Exercise Room)</div><div>• 10:30 Morning Walks "meet in the Atrium"</div><div>• 1:00 Tunes on the Ivory's (Atrium)</div></div> <div>12</div>	<div>CHRISTMAS TAKEDOWN</div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 1:30 Brownie Day "see you at your door!"</div></div> <div>13</div>	<div>CHRISTMAS TAKEDOWN</div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Penny Ante (Atrium)</div><div>• 1:30 Horse Races (Atrium)</div><div>• 6:00 Evening Show: "Murdoch Mysteries" Season 1: Episode 7 (Games Lounge)</div></div> <div>14</div>	<div>CHRISTMAS TAKEDOWN</div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</div><div>• 1:30 Afternoon Walks "meet in the Atrium"</div><div>• 3:00 Manor Happy Hour "don't forget your money" (Manor Lobby Lounge)</div></div> <div>15</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:15 Tunes on the Ivory's (Atrium)</div><div>• 10:30 Presentation: Foot Care Solutions Inc. "The Importance of Foot Health & Care" (Activity Room)</div><div>• 2:00 Centenarian Celebration with "Central Lions Band" (Atrium)</div><div>• 6:00 Friday Night Movie: "Clue" (Games Lounge)</div></div> <div>16</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Bean Bag Toss (Atrium)</div></div> <div>17</div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Week 2 Menu</div> <div><div><div>9:30</div><div>Balloon Badminton</div><div>(Atrium)</div></div><div><div>10:00</div><div>Coffee and Conversation</div><div>(Atrium) *Independent</div></div><div><div>10:30</div><div>Catholic Worship (Chapel)</div></div><div><div>1:00</div><div>Card Bingo (Atrium)</div></div><div><div>3:00</div><div>Hymn Sing</div><div>(Chapel)</div></div></div> <div>18</div>	<div><div><div>9:00</div><div>Chair Yoga With Colleen</div><div>(Exercise Room)</div></div><div><div>10:30</div><div>Morning Walks</div><div>"meet in the Atrium"</div></div><div><div>2:00</div><div>New Resident Welcome Tea</div><div>(Atrium)</div><div>*all are welcome!</div></div></div> <div>19</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:30</div><div>Big Brain</div><div>(Court Activity Room)</div></div><div><div>1:00</div><div>Art with Madi</div><div>(Court Activity Room)</div><div>*time change*</div></div><div><div>2:30</div><div>Men's Club House</div><div>(Court Activity Room)</div></div></div> <div>20</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:30</div><div>Hangman</div><div>(Court Activity Room)</div></div><div><div>1:30</div><div>Eat Street with Rus</div><div>(Court Activity Room)</div></div><div><div>6:00</div><div>Evening Show:</div><div>"Murdoch Mysteries"</div><div>Season 1: Episode 8</div><div>(Games Lounge)</div></div></div> <div>21</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:30</div><div>Anglican Worship with</div><div>Rev. Jordan (Chapel)</div></div><div><div>1:30</div><div>Afternoon Walks</div><div>"meet in the Atrium"</div></div></div> <div>22</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:15</div><div>Mom & Tots "Do, Re, Mi, ABC"</div><div>(Atrium)</div></div><div><div>10:30</div><div>Presentation with Physiotherapist</div><div>"Brennen D'Amours"</div><div>(Manor Activity Room)</div></div><div><div>2:00</div><div>Friday Entertainment with</div><div>"Mike Chenoweth"</div><div>(Atrium)</div></div><div><div>6:00</div><div>Friday Night Movie:</div><div>"Hope Floats"</div><div>(Games Lounge)</div></div><div><div>6:30</div><div>Shabbat Service</div><div>with Cantor David</div><div>(Chapel)</div></div></div> <div>23</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:00</div><div>Coffee and Conversation</div><div>(Atrium) *Independent</div></div><div><div>1:00</div><div>Virtual Concert</div><div>(Games Lounge)</div></div></div> <div>24</div>
<div>Week 3 Menu</div> <div><div><div>9:30</div><div>Balloon Badminton</div><div>(Atrium)</div></div><div><div>10:00</div><div>Coffee and Conversation</div><div>(Atrium) *Independent</div></div><div><div>10:30</div><div>Catholic Worship</div><div>(Chapel)</div></div></div> <div>25</div>	<div><div><div>9:00</div><div>Chair Yoga With Colleen</div><div>(Exercise Room)</div></div><div><div>10:30</div><div>Morning Walks</div><div>"meet in the Atrium"</div></div><div><div>2:00</div><div>Court Birthday Tea with</div><div>"Kelly Bourbage" (Atrium)</div></div></div> <div>26</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:30</div><div>Bean Bag Toss</div><div>(Atrium)</div></div><div><div>1:00</div><div>Tunes on the Ivories</div><div>(Atrium)</div></div></div> <div>27</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:00</div><div>Court Mystery Drive</div><div>"sign up at reception"</div></div><div><div>10:00 to 3:00</div><div>Pieces by Sharon</div><div>(Manor Lobby Lounge)</div></div><div><div>1:30</div><div>Horse Races</div><div>(Atrium)</div></div><div><div>6:00</div><div>Evening Show:</div><div>"Murdoch Mysteries"</div><div>Season 1: Episode 9</div><div>(Games Lounge)</div></div></div> <div>28</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:30</div><div>Non-Denominational</div><div>Worship with</div><div>Rev. Colleen (Chapel)</div></div><div><div>1:30</div><div>Movie & Popcorn :</div><div>"Cat Ballou"</div><div>(Games Lounge)</div></div></div> <div>29</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:15</div><div>Mom & Tots "Do, Re, Mi, ABC"</div><div>(Atrium)</div></div><div><div>2:00</div><div>Friday Entertainment with</div><div>"The Jazz Trio" (Atrium)</div></div><div><div>6:00</div><div>Friday Night Movie:</div><div>"A Civil Action"</div><div>(Games Lounge)</div></div></div> <div>30</div>	<div><div><div>9:30</div><div>Exercises</div><div>(Exercise Room)</div></div><div><div>10:00</div><div>Coffee and Conversation</div><div>(Atrium) *Independent</div></div><div><div>1:00</div><div>Virtual Concert</div><div>(Games Lounge)</div></div><div><div>2:30</div><div>Big Brain</div><div>(Court Activity Room)</div></div></div> <div>31</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



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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



THIS MONTH'S ACTIVITIES

Gratitude Wordsearch

SARDZDRELATIONSHIPQKLYZT
TZLYINTPAYUYGYBLWAYEOCSF
HICCCOLYHLIKVATETSXNYBYE
AEUOJITGSIWTYZAMQSECAOFS
NBLWQTIIGMZRAAVUTDDOLFRL
KWLTRASIRABVQDXIHOSUTLIW
FFKZMIQSOF SJUNDXATHRYWED
UJLZECIXSSTRMWVGNRAATPNO
LUNYEE LUFTHGUOHTKSPGHTDO
IOLATRCXLUFYOJRESIPEECSG
EBHYSPOHYIRD TXQBGTIKFEHL
GQSGEPMEKFHRRGX YIKNPZPIU
DCDAEAPBDUXVUTQT VHESNSPF
EETQWYAYCZKMKISGIBSECESE
LCHYQDSJCOMPLIMENTSXPRKT
WLOYOUSVAASSBPNZGXMCKSFA
ONNDGKISYDVOLUNTEERINGGR
NAELSBOYIEKGNIRACYOTDGDG
KFSFOHNYZKRTQLLVKLL EECOT
CMTKINDNESSGTOUXSKDDGGQK
AXYITZFZYVMVJVDFIEFTA EIU
ZVKUCEZZVLHLKIFJUTXNGEJM
OCISKVVFKKWTRNRDJIZJNKL C
SYINTMUAMDRBQ GKJRCYAERMW

Volunteering	Thanksgiving	Relationship
Appreciation	compassion	acknowledge
Thoughtful	Friendship	compliment
Happiness	Encourage	Excited
Grateful	Engaged	Kindness
Thankful	loyalty	Respect
Honesty	joyful	loving
Caring	esteem	Family
good		

Significant January Historical Events:

- January 15, 1929: Martin Luther King Jr., a prominent civil rights leader, was born.
- January 10, 1863 - The world's first underground railway service opened in London.
- January 17, 1773 - The ship Resolution, sailing under Captain James Cook, became the first vessel to cross the Antarctic Circle.
- January 21, 1954 - The USS Nautilus, the world's first nuclear powered submarine, was launched at Groton, Connecticut.
- January 27, 1945 - The Russian Army liberated Auschwitz death camp near Krakow in Poland.



Birthday Wishes

- January 01 - Phyllis T.
- January 01 - Eric L.
- January 04 - Prem L.
- January 09 - George P.
- January 10 - Thelma C.
- January 23 - Barry B.
- January 27 - Elaine H.
- January 29 - Marion C.



Welcome Wagon

- John C.
- Dennis F.
- Garland H.
- Joan K.
- Helmut M.
- Jim T.
- Velma W.

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