


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>Week 3 Menu</b> <ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Bean Bag Toss (Atrium)</b></li> <li>10:30 Lutheran Worship with Rev. Greg (Chapel) <b>*cancelled*</b></li> <li>1:30 <b>Super Bingo</b> "you play, we pay!" (Atrium)</li> </ul> <b>1</b>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Hangman (Court Activity Room)</b></li> <li>11:00 Catholic Mass with Father Dean (Chapel)</li> <li>2:00 <b>Friday Entertainment with "Terry Jorden" (Atrium)</b></li> <li>6:00 <b>Friday Night Movie:</b> "Monty Python's Life of Brian" (Games Lounge)</li> </ul> <b>2</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:00 Coffee &amp; Conversation (Atrium) <b>*Independent*</b></li> <li>1:00 <b>Virtual Concert (Games Lounge)</b></li> <li>2:30 Bolongo Ball (Atrium)</li> </ul> <b>3</b>
<b>Week 4 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton (Atrium)</b></li> <li>10:00 Haven Entertainment with "Steven Tyler"</li> <li>10:00 Coffee &amp; Conversation <b>*Independent*</b> (Atrium)</li> <li>10:30 <b>Catholic Worship (Chapel)</b></li> <li>1:00 Card Bingo (Atrium)</li> </ul> <b>4</b>	<ul style="list-style-type: none"> <li>9:00 <b>Chair Yoga With Zoel (Exercise Room)</b></li> <li>10:30 Morning Walks "meet in the Atrium"</li> <li>12:30 <b>Life Enrichment In-Service Training</b> <b>*no afternoon programs*</b></li> </ul> <b>5</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:30 Crosswords (Court Activity Room)</li> <li>1:30 <b>Art with Madi (Court Activity Room)</b></li> <li>1:30 Chaplain Visits</li> </ul> <b>6</b>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room) <b>*cancelled*</b></li> <li>9:00 <b>Life Enrichment Full Day to Planning Meeting 4:00</b></li> <li>10:30 United Worship with Rev. Karen (Chapel)</li> <li>6:00 <b>Evening Show: "Murdoch Mysteries"</b> Season 1: Episode 6 (Games Lounge)</li> </ul> <b>7</b>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 <b>Haven Birthday Tea with "Bob Gagnon"</b></li> <li>10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</li> <li>1:30 <b>Afternoon Walks "meet in the Atrium"</b></li> <li>1:30 <b>Presentation: "The Importance of Fitness at Any Age" (Manor Activity Room)</b></li> <li>3:00 Manor Happy Hour "don't forget your money" (Manor Lobby Lounge)</li> </ul> <b>8</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:15 Tunes on the Ivories (Atrium)</li> <li>10:30 <b>Presentation: "Decluttering Inspiration" with Dwell Inspo. (Activity Room)</b></li> <li>2:00 <b>Friday Entertainment with "Donna Lee Random" (Atrium)</b></li> <li>6:00 <b>Friday Night Movie: "The Iron Lady" (Games Lounge)</b></li> </ul> <b>9</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:00 Coffee &amp; Conversation (Atrium) <b>*Independent*</b></li> <li>2:00 <b>1:1 Visits</b></li> </ul> <b>10</b>
<b>Week 1 Menu</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Coffee &amp; Conversations <b>*Independent*</b> (Atrium)</li> <li>10:30 <b>Catholic Worship (Chapel)</b></li> <li>2:00 Pet Therapy (Retro)</li> </ul> <b>11</b>	<b>CHRISTMAS TAKEDOWN</b> <ul style="list-style-type: none"> <li>9:00 Chair Yoga With Zoel (Exercise Room)</li> <li>10:30 <b>Morning Walks "meet in the Atrium"</b></li> <li>1:00 Tunes on the Ivories (Atrium)</li> </ul> <b>12</b>	<b>CHRISTMAS TAKEDOWN</b> <ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>1:30 Chaplain Visits</li> <li>1:30 <b>Brownie Day</b> "see you at your door!"</li> </ul> <b>13</b>	<b>CHRISTMAS TAKEDOWN</b> <ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:30 <b>Penny Ante (Atrium)</b></li> <li>1:30 Horse Races (Atrium)</li> <li>6:00 <b>Evening Show: "Murdoch Mysteries"</b> Season 1: Episode 7 (Games Lounge)</li> </ul> <b>14</b>	<b>CHRISTMAS TAKEDOWN</b> <ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>1:30 <b>Afternoon Walks "meet in the Atrium"</b></li> <li>3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)</li> </ul> <b>15</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:15 Tunes on the Ivories (Atrium)</li> <li>10:30 <b>Presentation: Foot Care Solutions Inc. "The Importance of Foot Health &amp; Care" (Activity Room)</b></li> <li>2:00 <b>Centenarian Celebration with "Central Lions Band" (Atrium)</b></li> <li>6:00 <b>Friday Night Movie: "Clue" (Games Lounge)</b></li> </ul> <b>16</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:00 Coffee &amp; Conversation (Atrium) <b>*Independent*</b></li> <li>1:00 Virtual Concert (Games Lounge)</li> <li>2:30 <b>Bean Bag Toss (Atrium)</b></li> </ul> <b>17</b>

# JANUARY 2026

## LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week 2 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton</b> (Atrium)</li> <li>10:00 Haven Entertainment with "Jim Hepler"</li> <li>10:00 Coffee &amp; Conversation *Independent* (Atrium)</li> <li>10:30 <b>Catholic Worship</b> (Chapel)</li> <li>1:00 Card Bingo (Atrium)</li> <li>3:00 <b>Hymn Sing</b> (Chapel)</li> </ul> <b>18</b>	<ul style="list-style-type: none"> <li>9:00 <b>Chair Yoga with Colleen</b> (Exercise Room)</li> <li>10:30 Morning Walks "meet in the Atrium"</li> <li>2:00 <b>New Comers Tea</b> (Atrium) *all are welcome*</li> </ul> <b>19</b>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Big Brain</b> (Court Activity Room)</li> <li>1:30 Chaplain Visits</li> <li>1:00 <b>Art with Madi</b> (Court Activity Room) *time change*</li> <li>3:00 Afternoon Music with "Mary Ellen Davidson" (Retro)</li> </ul> <b>20</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:30 Hangman (Court Activity Room)</li> <li>1:30 <b>Eat Street with Rus</b> (Court Activity Room)</li> <li>6:00 <b>Evening Show: "Murdoch Mysteries"</b> Season 1: Episode 8 (Games Lounge)</li> </ul> <b>21</b>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 <b>Haven Entertainment with "Mike Chenoweth"</b></li> <li>10:30 Anglican Worship with Rev. Jordan (Chapel)</li> <li>1:30 <b>Afternoon Walks</b> "meet in the Atrium"</li> </ul> <b>22</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>10:30 <b>Presentation with Physiotherapist "Brennen D'Amours"</b> (Manor Activity Room)</li> <li>2:00 <b>Friday Entertainment with "Juke Box Leigh"</b> (Atrium)</li> <li>6:00 <b>Friday Night Movie: "Hope Floats"</b> (Games Lounge)</li> <li>6:30 Shabbat Service with Cantor David (Chapel)</li> </ul> <b>23</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>1:00 <b>Virtual Concert</b> (Games Lounge)</li> <li>2:00 1:1 Visits</li> </ul> <b>24</b>
<b>Week 3 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton</b> (Atrium)</li> <li>10:00 Coffee &amp; Conversation *Independent* (Atrium)</li> <li>10:30 <b>Catholic Worship</b> (Chapel)</li> <li>2:00 <b>Afternoon Discussions</b> (Retro)</li> </ul> <b>25</b>	<ul style="list-style-type: none"> <li>9:00 <b>Chair Yoga with Colleen</b> (Exercise Room)</li> <li>10:30 Morning Walks "meet in the Atrium"</li> <li>1:30 <b>Court Birthday Tea with "Kelly Bourbage"</b> (Atrium)</li> </ul> <b>26</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:30 Bean Bag Toss (Atrium)</li> <li>1:00 <b>Tunes on the Ivories</b> (Atrium)</li> <li>1:30 Chaplain Visits</li> </ul> <b>27</b>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:00 Pieces by Sharon (Manor Lobby Lounge)</li> <li>10:30 <b>Court Mystery Drive "sign up at reception"</b></li> <li>1:30 Horse Races (Atrium)</li> <li>6:00 <b>Evening Show: "Murdoch Mysteries"</b> Season 1: Episode 9 (Games Lounge)</li> </ul> <b>28</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:30 Non-Denominational Worship with Rev. Colleen (Chapel)</li> <li>1:30 <b>Popcorn &amp; Movie "Cat Ballou"</b> (Games Lounge)</li> </ul> <b>29</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>2:00 <b>Friday Entertainment with "The Jazz Trio"</b> (Atrium)</li> <li><b>Friday Night Movie: "A Civil Action"</b> (Games Lounge)</li> <li>6:00</li> </ul> <b>30</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b></li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>1:00 <b>Virtual Concert</b> (Games Lounge)</li> <li>2:30 <b>Big Brain</b> (Court Activity Room)</li> </ul> <b>31</b>

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



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### THIS MONTH'S ACTIVITIES

#### Gratitude Wordsearch

SARDZDRELATIONSHIPQKLYZT  
TZLYINTPAYUYGYBLWAYEOCSF  
HICCCOLYHLIKVATETSNBYBYE  
AEUOJITGSIWTYZAMQSECAOFS  
NBLWQTIGGMZRAAVUTDDOLFRL  
KWHTRASIRABVQDXIHOSUTLIW  
FFKZMIQSOFSJUNDXATHRYWED  
UJLZECIXSSSTRMWVGNRAATPNO  
LUNYEELUFTHGUOHTKSPGHTDO  
IOLATRCXLUFYOJRESIPEECSE  
EBHYSPOHYIRDXTXOBTIKFEHL  
GQSGEPMEKFHRRGXIKNPZPIU  
DCDAEAPBDUXVUTQTVHESNSPF  
EETQWYAYCZKMKISGIBSECESE  
LCHYQDSJCOMPLIMENTSXPRT  
WLOYOUSVAASSBPNZGXMCKSFA  
ONNDGKISYDVOLUNTEERINGGR  
NAELSBOYIEKGNIRACYOTDGDG  
KFSFOHNYZKRTQLLVKLLLEECOT  
CMTKINDNESSGTUUXSKDDGGQK  
AXYITZFZYVMVJVDIEFTAEIU  
ZVKUCEZZVLHLKIFJUTXNGEJM  
OCISKVVFKKWTRNRDJIZJNKLC  
SYINTMUAMDRBQKGJRCYAERMW

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 - Cemal A.  
January 01 - Ahmedin I.  
January 18 - Matilde B.



### Welcome Wagon

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**Canterbury**  
FOUNDATION  
The Promise of Home

