

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Morning Music • 10:15 Inspirational Stories • 2:00 Snacks and Conversation • 3:00 Afternoon Walks  1	Morning Music • 10:00 Balloon Ping-Pong • 2:00 Friday Entertainment with “Terry Jorden” (Atrium) • 2:00 Snack & Conversation • 3:30 Afternoon Fun with Cassidy  2	Morning Music • 10:00 Lane Entertainment with “Jim Hepler” • 1:30 Bean Bag Toss • 2:00 Snack and Conversation  3
Morning Music • 10:30 Ball Toss • 2:30 Afternoon Exercise 4	Morning Music • 10:00 Balloon Badminton • 12:30 Life Enrichment In-Service Training • 2:00 Snacks and Conversation  <i>*no afternoon programs*</i> 5	Morning Music • 10:00 Sit & Be Fit • 1:30 Lane Entertainment with “Steven Tyler” • 2:00 Snacks & Conversation   6	Morning Music • 9:00 Life Enrichment Full Day to Planning Meeting • 12:30 Chaplain Visits • 2:00 Snacks & Conversation  7	Morning Music • 10:00 Tunes on the Ivories • 1:00 Fun with Stamps • 2:00 Snacks and Conversation  8	Morning Music • 10:00 Nerf Gun Fun! • 2:00 Friday Entertainment with “Donna Lee Random” (Atrium) • 2:00 Snack and Conversation • 3:30 Afternoon Art with Austin   9	Morning Music • 10:30 Inspirational Stories • 1:00 Basketball • 2:00 Snacks & Conversations   10
Morning Music • 10:15 Bean Bag Toss • 1:00 Afternoon Fun with Kiran  11	Morning Music • 10:00 Morning Sing-A-Long • 1:30 Afternoon Exercise with Vanessa • 2:00 Snacks and Conversations   12	Morning Music • 10:00 Balloon Badminton • 1:30 Brownie Day “see you at your door” • 2:00 Snack and Conversation  13	Morning Music • 10:00 Morning Crafts with Madi • 12:30 Chaplain Visits • 1:00 Piano with Rus • 2:00 Snack & Conversation • 6:30 Lane Entertainment with “Roy Marleau”    14	Morning Music • 10:00 Tunes on the Ivories • 1:00 Let’s go fishing! • 2:00 Snacks & Conversation  15	Morning Music • 10:00 Balloon Ping Pong • 2:00 Centenarian Celebration with “Central Lions Band” (Atrium) • 2:00 Snack & Conversation • 3:30 Afternoon Fun with Madi  16	Morning Music • 10:00 Lane Entertainment with “Juke Box Leigh” • 1:30 Ball Toss • 2:00 Snacks and Conversation   17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Music • 10:30 Basketball • 2:30 Afternoon Walks 18	Morning Music • 10:00 Horse Races • 1:30 Memory Joggers • 2:00 Snacks & Conversations • 2:00 New Comer’s Tea (Atrium) *all are welcome* 19	Morning Music • 10:00 Sit & Be Fit • 1:30 Afternoon Art • 2:00 Snacks & Conversations • 3:00 Afternoon with Mary Ellen Davidson (Retro) 20	Morning Music • 10:00 Bean Bag Toss • 12:30 Chaplain Visits • 1:30 Inspirational Stories • 2:00 Snacks & Conversations 21	Morning Music • 10:00 Tunes on the Ivories • 1:00 Fun with Stamps • 2:00 Snacks & Conversations 22	Morning Music • 10:00 Morning Art • 10:15 Mom & Tots “Do, Re, Mi, ABC” (Atrium) • 2:00 Friday Entertainment with “Juke Box Leigh” (Atrium) • 2:00 Snack & Conversation • 3:30 Afternoon Fun with Austin 23	Morning Music • 10:30 Morning Fun with Kiran • 1:00 Balloon Badminton • 2:00 Snack and Conversations 24
Morning Music • 10:15 Balloon Ping-Pong • 1:00 Bean Bag Toss 25	Morning Music • 10:00 Basketball • 1:30 Art with Austin • 2:00 Court Birthday Tea with “Kelly Bourbage” (Atrium) • 2:00 Snacks & Conversations 26	Morning Music • 10:00 Morning Sing-A-Long • 1:30 Lane Birthday Tea with “Gene Bartman” • 2:00 Snack & Conversation 27	Morning Music • 10:00 Balloon Badminton • 12:30 Chaplain Visits • 1:30 Memory Joggers • 2:00 Snacks & Conversation 28	Morning Music • 10:00 Tunes on the Ivories • 1:00 Let’s go Fishing! • 2:00 Snacks & Conversations 29	Morning Music • 10:00 Ball Toss • 10:15 Mom & Tots “Do, Re, Mi, ABC” (Atrium) • 2:00 Friday Entertainment with “The Jazz Trio” (Atrium) • 2:00 Snacks & Conversations • 3:30 Afternoon Fun with Madi 30	Morning Music • 10:30 Morning Exercise • 1:00 Horse Races • 2:00 Snack & Conversations 31

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



THIS MONTH'S ACTIVITIES

Gratitude Wordsearch

SARDZDRELATIONSHIPQKLYZT
TZLYINTPAYUYGYBLWAYEOCSF
HICCCOLYHLIKVATETSXNYBYE
AEUOJITGSIWTYZAMQSECAOFS
NBLWQTIIGMZRAAVUTDDOLFRL
KWHTRASIRABVQDXIHOSUTLIW
FFKZMIQSOF SJUNDXATHRYWED
UJLZECIXSSTRMWVGNRAATPNO
LUNYEELUFTHGUOHTKSPGHTDO
IOLATRCXLUFYOJRESIPEECESG
EBHYSPOHYIRD TXQBGTIKFEHL
GQSGEPMEKFHRRGX YIKNPZPIU
DCDAEAPBDUXVUTQT VHESNSPF
EETQWYAYCZKMKISGIBSECESE
LCHYQDSJCOMPLIMENTSXP RKT
WLOYOUSVAASSBPNZGXMCKSFA
ONNDGKISYDVOLUNTEERINGGR
NAELSBOYIEKGNIRACYOTDGDG
KFSFOHNYZKRTQLLVK LLEECOT
CMTKINDNESSGTOUXSKDDGGQK
AXYITZFZY YMVJVDFIEFTAEIU
ZVKUCEZZVLHLKIFJUTXNGEJM
OCISKVVFKKWTRNRDJIZJNKLCS
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 03 - Audrey S.
January 28 - Terry G.



Welcome Wagon

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