






















































SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Week 3 Menu <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) *cancelled* 10:30 Bean Bag Toss (Atrium) 1:30 Super Bingo "you play, we pay!" (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 1	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Hangman (Court Activity Room) 10:30 Horse Races (Activity Room) 11:00 Catholic Mass with Father Dean (Chapel) 2:00 Friday Entertainment with "Terry Jorden" (Atrium) 6:30 Friday Night Movie: "Life of Pi" (Activity Room) 2	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 2:30 Bolongo Ball (Atrium) 3
Week 4 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 4	<ul style="list-style-type: none"> 9:45 Chair Yoga With Zoel (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 12:30 Life Enrichment In-Service Training 1:00 Book Reading (Activity Room) *new day* 2:00 Bible Study (Activity Room) 6:30 Scrabble (Activity Room) 5	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in the mailroom" 10:30 Crosswords (Court Activity Room) 1:15 Coach Trip to Southgate Mall "sign up in the mailroom" 1:30 Art with Madi (Court Activity Room) 6:30 Evening Series: "Man on the Inside" Season 2: Episode 6 (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 6	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 9:00 Life Enrichment Full Day to Planning Meeting 4:00 10:30 United Church Worship with Rev. Karen (Chapel) 6:30 Tile Rummy (Activity Room) 7	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:00 Men's Club House (Court Exercise Room - 2nd Floor) *location change* 1:30 Presentation: "The Importance of Fitness at Any Age" (Activity Room) 1:30 Afternoon Walks "meet in the Atrium" 3:00 Manor Happy Hour "don't forget your money!" 6:30 Shuffleboard Bowling (Activity Room) 8	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Tunes on the Ivories (Atrium) 10:30 Presentation: "Decluttering Inspiration" with Dwell Inspo. (Activity Room) 2:00 Friday Entertainment with "Donna Lee Random" (Atrium) 6:30 Friday Night Movie: "The Wrong Paris" (Activity Room) 9	<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 Hand & Foot Canasta (Activity Room) 10
Week 1 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 11	CHRISTMAS TAKEDOWN <ul style="list-style-type: none"> 9:45 Chair Yoga With Zoel (Activity Room) 10:30 Trivia (Activity Room) 10:30 Morning Walks "meet in the Atrium" 1:00 Book Reading (Activity Room) *new day* 2:00 Bible Study (Activity Room) 6:30 Scrabble (Activity Room) 12	CHRISTMAS TAKEDOWN <ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 1:30 Manor Resident Meeting (Activity Room) 1:30 Brownie Day "see you at your door!" 6:30 Evening Series: "Man on the Inside" Season 2: Episode 7 (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 13	CHRISTMAS TAKEDOWN <ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 10:30 Penny Ante (Atrium) 1:30 Horse Races (Atrium) 6:30 Tile Rummy (Activity Room) 14	CHRISTMAS TAKEDOWN <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 St Andrews Coffee Party (Activity Room) 1:30 Afternoon Walks "meet in the Atrium" 3:00 Manor Happy Hour "don't forget your money!" 6:30 Shuffleboard Bowling (Activity Room) 15	<ul style="list-style-type: none"> 9:30 Exercise (Activity Room) 10:15 Tunes on the Ivories (Atrium) 10:30 Presentation: Foot Care Solutions Inc. "The Importance of Foot Health & Care" (Activity Room) 2:00 Centenarian Celebration with "Central Lions Band" (Atrium) 6:30 Friday Night Movie: "Nyad" (Activity Room) 16	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room) 2:30 Bean Bag Toss (Atrium) 17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Week 2 Menu</div> <div><div><div>• 9:30</div><div>Balloon Badminton (Atrium)</div><div></div></div><div><div>• 10:00</div><div>Coffee & Conversation *Independent* (Atrium)</div><div></div></div><div><div>• 10:30</div><div>Catholic Worship (Chapel)</div><div></div></div><div><div>• 1:00</div><div>Card Bingo (Atrium)</div><div></div></div><div><div>• 3:00</div><div>Hymn Sing (Chapel)</div><div></div></div></div> <div>18</div>	<div><div><div>• 9:45</div><div>Chair Yoga With Colleen (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Trivia (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Morning Walks “meet in the Atrium”</div><div></div></div><div><div>• 11:35</div><div>Tunes on the Ivories (Piano Lounge)</div><div></div></div><div><div>• 1:00</div><div>Book Reading (Activity Room) *new day*</div><div></div></div><div><div>• 2:00</div><div>New Resident Welcome Tea (Atrium) *all are welcome*</div><div></div></div><div><div>• 2:00</div><div>Bible Study (Chapel)</div><div></div></div><div><div>• 6:30</div><div>Scrabble (Activity Room)</div><div></div></div></div> <div>19</div>	<div><div><div>• 9:30</div><div>Coach Trip to Meadowlark “sign up in mailroom”</div><div></div></div><div><div>• 10:30</div><div>Big Brain (Court Activity Room)</div><div></div></div><div><div>• 1:00</div><div>Jeopardy (Activity Room)</div><div></div></div><div><div>• 1:00</div><div>Art with Madi (Court Activity Room) *time change*</div><div></div></div><div><div>• 2:30</div><div>Men’s Club House (Court Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Evening Series: “Man on the Inside” Season 2: Episode 8 (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Cribbage (Fireside Lounge) ***Drop-In***</div><div></div></div></div> <div>20</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Hangman (Court Activity Room)</div><div></div></div><div><div>• 1:30</div><div>Eat Street with Rus (Court Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Tile Rummy (Activity Room)</div><div></div></div></div> <div>21</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Anglican Worship with Rev. Jordan (Chapel)</div><div></div></div><div><div>• 1:30</div><div>Afternoon Walks “meet in the Atrium”</div><div></div></div><div><div>• 4:30</div><div>Robbie Burns Dinner</div><div></div></div><div><div>• 6:30</div><div>Shuffleboard Bowling (Activity Room)</div><div></div></div></div> <div>22</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:15</div><div>Mom & Tots “Do, Re, Mi, ABC” (Atrium)</div><div></div></div><div><div>• 10:30</div><div>Presentation with Physiotherapist “Brennen D’Amours” (Activity Room)</div><div></div></div><div><div>• 2:00</div><div>Friday Entertainment with “Juke Box Leigh” (Atrium)</div><div></div></div><div><div>• 6:30</div><div>Friday Night Movie: “A Civil Action” (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Shabbat Service with Cantor David (Chapel)</div><div></div></div></div> <div>23</div>	<div><div><div>• 9:30</div><div>Exercises (Court Exercise Room)</div><div></div></div><div><div>• 9:45</div><div>Active Yoga with Pramila (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Shuffleboard (Activity Room)</div><div></div></div><div><div>• 1:00</div><div>Virtual Concert (Games Lounge)</div><div></div></div></div> <div>24</div>
<div>Week 3 Menu</div> <div><div><div>• 9:30</div><div>Balloon Badminton (Atrium)</div><div></div></div><div><div>• 10:00</div><div>Coffee & Conversation *Independent* (Atrium)</div><div></div></div><div><div>• 10:30</div><div>Catholic Worship (Chapel)</div><div></div></div></div> <div>25</div>	<div><div><div>• 9:45</div><div>Chair Yoga With Colleen (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Trivia (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Morning Walks “meet in the Atrium”</div><div></div></div><div><div>• 1:00</div><div>Book Reading (Activity Room) *new day*</div><div></div></div><div><div>• 2:00</div><div>Court Birthday Tea with “Kelly Bourbage” (Atrium)</div><div></div></div><div><div>• 2:00</div><div>Bible Study (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Scrabble (Activity Room)</div><div></div></div></div> <div>26</div>	<div><div><div>• 9:30</div><div>Coach Trip to Meadowlark “sign up in mailroom”</div><div></div></div><div><div>• 10:30</div><div>Bean Bag Toss (Atrium)</div><div></div></div><div><div>• 1:00</div><div>Tunes on the Ivory’s (Atrium)</div><div></div></div><div><div>• 1:15</div><div>Coach Trip to Freson Bros. “sign up in mailroom”</div><div></div></div><div><div>• 6:30</div><div>Evening Series: “Man on the Inside” Season 2: Episode 9 (Activity Room)</div><div></div></div><div><div>• 6:30</div><div>Cribbage (Fireside Lounge) **Drop-in**</div><div></div></div></div> <div>27</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:00</div><div>Pieces by Sharon to 3:00 (Manor Lobby Lounge)</div><div></div></div><div><div>• 1:30</div><div>Manor Mystery Drive “sign up in mailroom”</div><div></div></div><div><div>• 1:30</div><div>Horse Races (Atrium)</div><div></div></div><div><div>• 6:30</div><div>Tile Rummy (Activity Room)</div><div></div></div></div> <div>28</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Card Bingo (Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Non-Denominational Worship with Rev. Colleen (Chapel)</div><div></div></div><div><div>• 2:00</div><div>Manor Birthday Tea</div><div></div></div><div><div>• 6:30</div><div>Shuffleboard Bowling (Activity Room)</div><div></div></div></div> <div>29</div>	<div><div><div>• 9:30</div><div>Exercises (Activity Room)</div><div></div></div><div><div>• 10:15</div><div>Mom & Tots “Do, Re, Mi, ABC” (Atrium)</div><div></div></div><div><div>• 10:30</div><div>Horse Races (Activity Room)</div><div></div></div><div><div>• 11:00</div><div>Tunes on the Ivories (Piano Lounge)</div><div></div></div><div><div>• 2:00</div><div>Friday Entertainment with “The Jazz Trio” (Atrium)</div><div></div></div><div><div>• 6:30</div><div>Friday Night Movie: “Cat Ballou” (Activity Room)</div><div></div></div></div> <div>30</div>	<div><div><div>• 9:30</div><div>Exercises (Court Activity Room)</div><div></div></div><div><div>• 10:30</div><div>Shuffleboard (Activity Room)</div><div></div></div><div><div>• 1:00</div><div>Virtual Concert (Court Games Lounge)</div><div></div></div><div><div>• 2:30</div><div>Big Brain (Court Activity Room)</div><div></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



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
NBLWQTIIGGMZRAAVUTDDOLFRL
KWHTRASIRABVQDXIHOSUTLIW
FFKZMIQSOFSJUNDXATHRYWED
UJLZECIXSSSTRMWVGNRAATPNO
LUNYEELUFTHGUOHTKSPGHTDO
IOLATRCXLUFYOJRESIPEECSG
EBHYSPOHYIRDXTXQBGTIKFEHL
GQSGEPMEKFHRRGXIKNPZPIU
DCDAEAPBDUXVUTQTVHESNSPF
EETQWYAYCZKMKISGIBSECESE
LCHYQDSJCOMPLIMENTSXPRKT
WLOYOUSVAASSBPNZGXMCKSFA
ONNDGKISYDVOLUNTEERINGGR
NAELSSBOYIEKGNIRACYOTDGDG
KFSFOHNYZKRTQLLVKLEECOT
CMTKINDNESSGTOUXSKDDGGQK
AXYITZFZYVMVJVDFIEFTAEIU
ZVKUCEZZVLHLKIFJUTXNGEJM
OCISKVVFKKWTNRNDJIZJNKLC
SYINTMUAMDRBQGKJRCYAERMW

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 E.
- January 08 - Agnes M.
- January 08 - Wilma D.
- January 16 - Issy M.
- January 18 - Yvonne M.
- January 26 - Katerina H.



Welcome Wagon

- Gordon A.
- Sharon F.
- Katerina H.
- Maureen K.
- Tony K.
- Agnes M.
- Marianela M.

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