

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HELLO NOVEMBER						Week 2 Menu 9:00 Active Yoga with Pramila (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 Menu • 10:00 Coffee and Conversation  (Atrium) *Independent • 10:30 Catholic Worship (Chapel)  16	CHRISTMAS DECORATING PREPARATIONS • 9:00 Chair Yoga With Colleen  (Exercise Room) • 1:00 Men's Club House (Court Activity Room) 17	CHRISTMAS DECORATING (Manor) • 9:30 Exercises  (Exercise Room) • 1:00 Music & Meanders  (Atrium) 18	CHRISTMAS DECORATING "come lend a helping hand!" (Court) • 9:30 Exercises (Exercise Room) *cancelled* • 12:30 Shop Easy to 3:30 (Manor) • 3:00 Sing For Fun (Chapel) • 6:00 Evening Show: "The Rookie" Season 1: Episode 3 (Games Lounge)  19	CHRISTMAS DECORATING FINAL TOUCHES • 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Collen (Chapel)  • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)  20	• 9:30 Exercises (Exercise Room) • 10:15 Mo & Tots "Do, Re, Mi, ABC" (Atrium)  • 2:00 Friday Entertainment with "Marten Borch" (Atrium)  • 6:00 Friday Night Movie: "Now you See Me" (Games Lounge)  • 6:30 Shabbat Service with Cantor David (Chapel)  21	• 9:30 Exercise (Exercise Room)  • 10:00 Coffee and Conversation  (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge)  • 2:30 Big Brain (Court Activity Room) 22
Week 2 Menu • 9:30 Bolongo Ball (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent  • 10:30 Catholic Worship (Chapel)  • 1:00 Card Bingo (Atrium)  • 3:00 Hymn Sing (Chapel)  23	• 9:00 Chair Yoga With Colleen (Exercise Room)  • 10:30 Hearing Health Presentation (Court Activity Room) 24	• 9:30 Exercises  (Exercise Room) • 10:30 Morning Art with Madi (Atrium)  • 1:15 Court Mystery Drive  "sign up at reception" 25	• 9:30 Exercises (Exercise Room)  • 10:30 Penny Ante (Atrium) • 1:30 Board Games (Atrium) • 6:00 Evening Show: "The Rookie" Season 1: Episode 4 (Games Lounge)  • 6:30 Chorus Inspire Songsters (Atrium)  26	• 9:30 Exercises  (Exercise Room) • 10:30 Anglican Worship with Rev. Jordan (Chapel)  • 1:30 Movie & Popcorn  • "Sister Act" (Games Lounge) 27	• 9:30 Exercises  (Exercise Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  • 2:00 Friday Entertainment with "Kennedy Jenson" (Atrium)  • 6:00 Friday Night Movie: "The Swimmers" (Games Lounge)  28	• 9:00 Active Yoga with Pramila (Exercise Room)  • 10:00 Coffee and Conversation  (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge)  29
Week 3 Menu • 10:00 Coffee and Conversation (Atrium) *Independent  • 10:30 Catholic Worship (Chapel)  30	• 2:00 Court Birthday Tea with "Roy Marleau" (Atrium)  24	• 1:15 Court Mystery Drive  "sign up at reception" 25	• 1:30 Board Games (Atrium) • 6:00 Evening Show: "The Rookie" Season 1: Episode 4 (Games Lounge)  • 6:30 Chorus Inspire Songsters (Atrium)  26	• 1:30 Movie & Popcorn  • "Sister Act" (Games Lounge) 27	• 2:00 Friday Entertainment with "Kennedy Jenson" (Atrium)  • 6:00 Friday Night Movie: "The Swimmers" (Games Lounge)  28	• 1:00 Virtual Concert (Games Lounge)  29

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

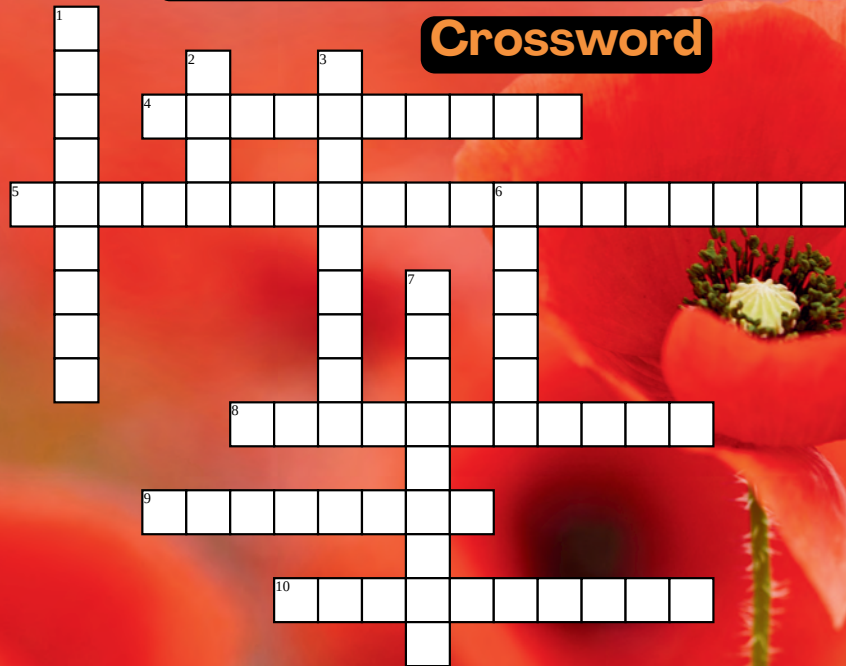
Manager: Leana Nielsen | Phone: 780-930-5819



THIS MONTH'S ACTIVITIES

Canterbury Activities

Crossword



How many Canterbury Activities can you identify from the clues below?

Across

- 4. Giddy Up... Oh no! Pipped at the post.
- 5. Happens once a week, dance or sing but don't speak!
- 8. A sweet treat to beat the summer heat!
- 9. Floccinaucinihilipilification! How many can you find?
- 10. Numbers, numbers everywhere. A pattern matched equals a stash of cash!

Down

- 1. The first to plop over wins, so get quacking!
- 2. Silence! Breath in, breath out, slowly does it.
- 3. The stakes are low, but having many will guarantee you a win!
- 6. You may know it, you may not, but the point is not the points but laughter and fun.
- 7. Lift it up, put it down, above your head, on the ground. Your heart will thank you!

Significant November Historical Events:

- **November 7, 1885** - Canada's first transcontinental railway, the Canadian Pacific, was completed in British Columbia.
- **November 8, 1939** - An assassination attempt on Hitler failed at the Buergerbraukeller in Munich.
- **November 1, 1950** - President Harry S. Truman was the target of an unsuccessful assassination attempt by two members of a Puerto Rican nationalist movement.
- **November 13, 1956** - The U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional.
- **November 22, 1990** - British Prime Minister Margaret Thatcher announced she would resign after 11 years in office.



Birthday Wishes

- November 10 - Jim L.
- November 13 - Brian W.
- November 22 - Ursula R.
- November 25 - Al G.
- November 25 - Margaret H.
- November 26 - Irene B.



Welcome Wagon

- Doreen H.
- Don L.
- Prem L.
- Dan M.
- George P.
- Myron S.

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Crossword answers
Across
4. Horseshoes
5. Friday entertainment
8. Ice cream sunday
Down
1. Duck races
2. Yoga
3. Pennyante
6. Trivia
7. Exercises
9. Big brain
10. Superbingo