NOVEMBER 2026

LIFE ENRICHMENT PROGRAMS

HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 2 Menu • **9:30 Balloon Badminton (Atrium)** • 10:00 Coffee & Conversation (Atrium) *Independent • **10:30 Catholic Worship (Chapel)** • 2:00 Afternoon Fun with Kiran **1**	• **9:00 Chair Yoga With Colleen (Exercise Room)** • **10:30 to 4:00 Congdon Wheelchair Clinic (Court Activity Room) *call Life Enrichment to book appointment*** • **1:30 Creative Connections with Cassidy** • 1:30 Penny Ante (Atrium) **2**	• **9:30 Exercises (Exercise Room)** • 10:00 to 3:00 Personal Touch Fashions (Manor Lobby Lounge) • **10:30 Big Brain (Court Activity Room)** • 1:30 Chaplain Visits **3**	• 9:30 Exercise (Exercise Room) *cancelled* • **9:00 to 12:00 Life Enrichment Half Day Planning Meeting** • 10:30 United Church Service with Rev. Karen (Chapel) • **1:30 Balloon Volleyball (Atrium)** • 3:00 Sing For Fun with Vanessa (Chapel) • **6:00 Evening Show:** "Man vs Bee" Season 1: Episode 2 (Games Lounge) **4**	• 9:30 Exercises (Exercise Room) • **10:00 Haven Birthday Tea with "Bob & Mary"** • 10:30 Lutheran Worship with Rev. Scott (Chapel) • **1:30 Brain Cloud (Court Activity Room)** • 1:30 Wellness Visits with Vanessa • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) **5**	• **9:30 Exercises (Exercise Room)** • 10:00 Creative Connections with Madi • **10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)** • 11:00 Catholic Mass with Rev. Thomas (Chapel) • **2:00 Friday Entertainment with "Lyle Hobbs" (Atrium)** • **6:00 Friday Night Movie:** "Saturday Night Fever" (Games Lounge) **6**	• **9:30 Exercises (Exercise Room)** • 10:00 Coffee & Conversation *Independent* (Atrium) • **1:00 Virtual Concert (Games Lounge)** • 2:15 Bean Bag Toss (Atrium) **7**
Week 3 Menu • 9:30 Balloon Badminton (Atrium) • **10:00 Haven Entertainment with "Troy Gates"** • 10:00 Coffee & Conversation *Independent* (Atrium) • **10:30 Catholic Worship (Chapel)** • 1:00 Pop Quiz Trivia (Court Activity Room) **8**	• 9:00 Chair Yoga With Colleen (Exercise Room) • **10:30 Hangman (Court Activity Room)** • 11:00 to 3:00 Ears to You Hearing Clinic (Court Private Dining Room) "call Life Enrichment to book your appointment* • 1:30 Afternoon Art with Madi (Court Activity Room) • **1:30 Under the Aurora (Retro)** **9**	• 9:30 Exercises (Exercise Room) • **10:30 Remembrance Day Service (Atrium)** • **1:30 Brownie Day "see you at your door!"** • 1:30 Chaplain Visits **10**	**REMEMBRANCE DAY** • 9:30 Exercise (Exercise Room) • **10:30 Music Discovery (Court Activity Room)** • 1:30 Washer Toss (Atrium) • **6:00 Evening Show:** "Man vs Bee" Season 1: Episode 3 (Games Lounge) **11**	• **9:30 Exercises (Exercise Room)** • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 10:30 Morning Walks with Vanessa • **1:30 Board Games (Atrium) *independent*** **12**	• **9:30 Exercises (Exercise Room)** • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • **10:30 Hearts & Hands (Retro)** • 1:00 Bible Study (Chapel) *new program* • **2:00 Grey Cup Party with "Dan & Sheena" (Atrium)** • **6:00 Friday Night Movie:** "Schumacher '94 Birth of a Legend" (Games Lounge) **13**	• **9:30 Exercises (Exercise Room)** • 10:00 Coffee & Conversation (Atrium) *Independent • **1:00 Virtual Concert (Games Lounge)** • 2:00 Wellness Visits **14**
Week 4 Menu • **9:30 Balloon Badminton (Atrium)** • 10:00 Coffee & Conversations *Independent* (Atrium) • **10:30 Catholic Worship (Chapel)** • 2:00 Voice Studio Recital (Atrium) **15**	• **9:00 Chair Yoga With Colleen (Exercise Room)** • 10:00 to 3:00 Pieces by Sharon (Manor Lobby Lounge) • 10:30 Crosswords (Court Activity Room) • **1:30 Card Bingo (Atrium)** **16**	• **9:30 Exercise: Chair Yoga Dance Class with Zoel (Exercise Room) *new program*** • 10:30 Word Whiz (Court Activity Room) • **1:30 Edmonton Police Service Presentation: Fraud Prevention & Awareness (Atrium)** • 1:30 Chaplain Visits **17**	• 9:30 Exercise (Exercise Room) • **10:00 Morning Fun with Elora** • 10:30 Balloon Badminton (Atrium) • **1:30 Kelly's Kitchen (Court Activity Room)** • 3:00 Sing for Fun with Vanessa (Chapel) • **6:00 Evening Show:** "Man vs Bee" Season 1: Episode 4 (Games Lounge) **18**	• 9:30 Exercises (Exercise Room) • **10:00 Haven Entertainment with Brad Fergusen** • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Wellness Visits with Vanessa • **1:30 & 6:30 Presentation: Support Through Life's Transitions: How the Edmonton Healing Centre Can Support Residents and Their Families (Court Activity Room)** **19**	• **9:30 Exercises (Exercise Room)** • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • **2:00 Friday Entertainment with "The Britz" (Atrium)** • **6:00 Friday Night Movie** : "Rescued by Ruby" (Games Lounge) **20**	• **9:30 Exercises (Exercise Room)** • 10:00 Coffee & Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • **2:15 Big Brain (Court Activity Room)** **21**

NOVEMBER 2026

LIFE ENRICHMENT PROGRAMS

HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 Menu • 9:30 Balloon Badminton (Atrium) • **10:00 Haven Entertainment with "Kristopher Brooks"** • 10:00 Coffee & Conversation *Independent* (Atrium) • **10:30 Catholic Worship (Chapel)** • 1:00 Horse Races (Atrium) **22**	**CHRISTMAS DECORATING PREPARATIONS** • 9:00 Chair Yoga with Colleen (Exercise Room) • **1:30 Court Birthday Tea with "Jeff Ramsay" (Atrium)** • **6:30 Edmonton Philharmonic (Atrium)** **23**	***CHRISTMAS DECORATING (Manor)*** • **9:30 Exercises (Exercise Room)** • 10:00 to 3:00 Jewelry Vendor: Art Cave Design (Atrium) • 1:30 Board Games (Atrium) *independent* • 2:30 Chaplain Visits *time change* • **3:00 Afternoon Music with "Mary Ellen Davidson"** **24**	***CHRISTMAS DECORATING "come lend a helping hand" (Court)*** • 9:30 Exercises (Exercise Room) *cancelled* • **10:00 Morning Music with "Terry Jordan" (Atrium)** • 1:30 Armchair Travel: Rome (Court Activity Room) • **6:00 Evening Show:** "Man vs Bee" Season 1: Episode 5 (Games Lounge) **25**	***CHRISTMAS DECORATING FINAL TOUCHES*** • **9:30 Exercises (Exercise Room)** • 10:30 Anglican Worship with Rev. Jorden (Chapel) • **1:30 Afternoon Music with "Jeff Ramsay" (Retro)** • **1:30 Movie & Popcorn:** "On The Town" (Games Lounge) • **7:00 Concordia Community Concert (Atrium)** **26**	• **9:30 Exercises (Exercise Room)** • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • **2:00 Friday Entertainment with "Logan Klaus" (Atrium)** • **6:00 Friday Night Movie:** "Tea with The Dames" (Games Lounge) • **6:30 Shabbat Service with Cantor David (Chapel)** **27**	• **9:30 Exercises (Exercise Room)** • 10:00 Coffee and Conversation (Atrium) *Independent* • **1:00 Virtual Concert (Games Lounge)** • 2:00 Afternoon Fun with Kiran **28**
Week 2 Menu • 9:30 Balloon Badminton (Atrium) • **10:00 Coffee & Conversations *independent* (Atrium)** • 10:30 Catholic Worship (Chapel) • **2:00 Afternoon Walks** • 3:00 Hymn Sing (Chapel) **29**	• **9:00 Chair Yoga with Colleen (Exercise Room)** • 10:30 Crosswords (Court Activity Room) • **1:30 Christmas Craft with Vanessa (Court Activity Room)** • 1:30 Hearts & Hands **30**					

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, Kelly, Madi, Elora, Cassidy, Kiran, Eric, Austin, Juan, Kalysten & Erica

Supervisor: Chelcey Buck | Phone: 780-930-5817

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

Canterbury FOUNDATION
The Promise of Home

ACCREDITED WITH EXEMPLARY STANDING
ACCREDITATION AGRÉMENT CANADA

NOVEMBER 2026

LIFE ENRICHMENT PROGRAMS

HAVEN

SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY

THIS MONTH'S ACTIVITIES

Canada Crossword



Across

3. How many provinces does Canada have?
4. What is the national anthem of Canada?
5. Where was the first established settlement in Canada?
7. What is Canada's national animal?
9. What species of leaf is on the Canadian flag?
10. What is the capital of Canada?
11. What country originally colonized Canada?

Down

1. What 2 French explorors settled Canada (surname and surname)?
2. In what Canadian province will you find the most French-speaking people?
6. The Canadian horse has a mixed origin of _____, Barb, and Andalusian horses.
8. The approximate population of polar bears in Canada is 2,__00 (one blank).

In Flanders Fields

In Flanders fields, the poppies blow between the crosses, row on row, That mark our place; and in the sky the larks, still bravely singing, fly scarce heard amid the guns below.

We are the Dead. Short days ago we lived, felt dawn, saw sunset glow, loved and were loved, and now we lie, in Flanders fields.

Take up the quarrel with the foe; To you from failing hands we through the torch; be yours to hold it high. If ye break faith with us who die we shall not sleep, though poppies grow in Flanders fields.



Birthday Wishes

November 19 - Emilio B.





Welcome Wagon

Deanne F.
Angela P.
Anne R.

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, Kelly, Madi, Elora, Cassidy, Kiran, Eric, Austin, Juan, Kalysten & Erica

Supervisor: Chelcey Buck | Phone: 780-930-5817

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

Canterbury FOUNDATION
The Promise of Home

ACCREDITED WITH EXEMPLARY STANDING
ACCREDITATION AGRÉMENT CANADA

World Bank
Arabian
Maple
Monts and Champlain
Ten

Ottawa
Quebec
Eight
France

American Beaver
Nova Scotia
O Canada