NOVEMBER 2026

LIFE ENRICHMENT PROGRAMS

MEMORY LANE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Music • **10:30 Morning Fun with Austin** • 1:00 **Baby Therapy** **1**	Morning Music • **10:30 to 4:00 Wheelchair Repair Clinic (Court Activity Room) *call Life Enrichment to book appointment*** • **10:00 Morning Fun with Kalysten** • 1:30 Colour Match Fun • **2:00 Snacks and Conversations** **2**	Morning Music • 10:00 Balloon Badminton • **1:30 Lane Entertainment with "Jeff Ramsay"** • 2:00 Snacks & Conversations **3**	Morning Music • **9:00 to 12:00 Life Enrchment Half Day Planning Meeting** • 12:30 Chaplain Visits • **1:30 Basketball** • 2:00 Snacks & Conversation **4**	Morning Music • 10:00 Ring Toss • **1:00 Lane Worship** • 2:00 Snacks & Conversation **5**	Morning Music • **10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)** • 10:30 Memory Joggers • **2:00 Friday Entertainment with "Lyle Hobbs" (Atrium)** • 2:00 Snacks & Conversations • **3:30 Ball Toss** **6**	Morning Music • **10:00 Lane Entertainment with "Kelly Bourdage"** • **1:30 Balloon Ping Pong** • 2:00 Snacks & Conversations **7**
Morning Music • **10:30 Rocking Chair Memories** • **2:30 Ball Toss** **8**	Morning Music • **10:00 Bean Bag Toss** • **1:30 Afternoon Fun with Elora** • 2:00 Snacks & Conversations **9**	Morning Music • **10:30 Remembrance Day Service (Atrium)** • **1:30 Brownie Day "see you at your door!"** • 2:00 Snacks & Conversations **10**	**REMEMBRANCE DAY** Morning Music • **10:00 Balloon Badminton** • 12:30 Chaplain Visits *cancelled* • **1:30 Afternoon Fun with Juan** • 2:00 Snacks & Conversations **11**	Morning Music • **10:30 Exercise: Chair Yoga Dance Class with Zoel** • **1:00 Flower Aranging** • 2:00 Snacks & Conversations **12**	Morning Music • 10:15 **Mom & Tots "Do, Re, Mi, ABC" (Atrium)** • 10:30 Inspirational Stories • **2:00 Grey Cup Party with "Dan & Sheena" (Atrium)** • 2:00 Snacks & Conversations • **3:30 Ring Toss** **13**	Morning Music • **10:30 Basketball** • 1:30 Nerf Gun Fun • **2:00 Snacks & Conversations** **14**
Morning Music • **10:30 Balloon Badminton** • **1:00 Afternoon Art** **15**	Morning Music • **10:00 Loads of Fun Laundry** • **1:30 Afternoon Fun with Elora** • 2:00 Snacks & Conversations **16**	Morning Music • 10:30 Sit & Be Fit • **1:30 Lane Birthday Tea with "Amber Vansteenberger"** • 2:00 Snacks & Conversations **17**	Morning Music • **10:00 Morning Art** • 12:30 Chaplain Visits • **1:30 Bean Bag Toss** • 2:00 Snacks & Conversations • **6:30 Evening Entertainment with "James Leigh"** **18**	Morning Music • **10:00 Hands & Hearts** • **1:00 Afternoon Baking** • 2:00 Snacks & Conversations **19**	Morning Music • **10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)** • 10:30 Washer Toss • **2:00 Friday Entertainment with "The Britz" (Atrium)** • 2:00 Snacks & Conversations • **3:30 Sing A Long with Vanessa** **20**	Morning Music • **10:00 Lane Entertainment with "Terry Jordan"** • **1:30 Rocking Chair Memories** • 2:00 Snacks & Conversations **21**

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Morning Music • **10:30 Inspirational Stories** • **2:30 Basketball** **22**	Morning Music • 9:30 **Balloon Badminton** *time change* • 2:00 Court Birthday Tea with "Jeff Ramsay" (Atrium) • **2:00 Snacks & Conversations** **23**	Morning Music • **10:30 Memory Joggers** • 1:00 "Deck the Halls" Christmas Music & Decorating • **2:00 Snacks & Conversations** **24**	Morning Music • **10:00 "Tinsel & Traditions" Christmas Decorating & Reminiscing** • 12:30 Chaplain Visits • **1::30 Memory Box Discoveries** • 2:00 Snacks & Conversations **25**	Morning Music • **10:00 Cristmas Colouring** • **1:00 Ball Toss** • 2:00 Snacks & Conversations **26**	Morning Music • **10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)** • 10:30 Morning Fun with Kalysten • **2:00 Friday Entertainment with "Logan Klaus" (Atrium)** • 2:00 Snacks & Conversations • 3:30 Basketball **27**	Morning Music • **10:30 Balloon Badminton** • 1:30 Bean Bag Toss • **2:00 Snacks & Conversations** **28**
Morning Music • **10:30 Balloon Ping Pong** • **1:00 Baby Therapy** **29**	Morning Music • **9:30 Morning Art with Elora** ***time change*** • **1:30 Nerf Gun Fun** • 2:00 Snacks & Conversations **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

MEMORY LANE

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 09 - Sebastian T.
November 17 - Elfride P.





Welcome Wagon

Stephen B.
Bernice C.
Denise G.
Jennifer K.

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Word Bank

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Maple
Monts and Champlain
Ten
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Quebec
Eight
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American Beaver
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