

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Week 2 Menu • 9:45 Active Yoga with Pramila (Activity Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) 1
Week 3 Menu Daylight Saving Time Ends *set your clock back 1 hour* • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) 2	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 11:35 Tunes on the Ivory's (Rus) (Piano Lounge) • 1:00 Men's Club House (Activity Room) • 1:30 Brownie Day "see you at your door!" • 2:00 Bible Study (Chapel) • 6:30 Scrabble (Activity Room) 3	• 9:30 Coach Trip to Meadowlark "sign up in the mailroom" • 10:30 Crosswords (Court Activity Room) • 1:00 Book Reading (Activity Room) • 1:00 Music & Meanders (Atrium) • 1:15 Coach Trip to Southgate Mall "sign up in the mailroom" • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 4	• 9:30 Active Yoga With Pramila (Activity Room) • 9:00 Life Enrichment Half Day to Planning Meeting 12:00 • 10:30 United Church Worship with Rev. Karen (Chapel) • 1:30 Kelly's Kitchen (Court Activity Room) • 3:00 Sing For Fun (Chapel) • 6:30 Tile Rummy (Activity Room) 5	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Activity Room) • 10:30 Lutheran Worship with Rev. Greg (Chapel) • 1:30 Fashion Show by Claudia (Atrium) • 6:30 Shuffleboard Bowling (Activity Room) 6	• 9:30 Exercises (Activity Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 10:30 Horse Races (Activity Room) • 11:00 Tunes on the Ivory's (Rus) (Piano Lounge) • 11:00 Catholic Mass with Father Dean (Chapel) • 2:00 Friday Entertainment with "Colleen Lazourk" (Atrium) • 6:30 Friday Night Movie: "Ruth & Boaz" (Activity Room) 7	• 9:30 Exercise (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Hand & Foot Canasta (Activity Room) • 2:30 Bean Bag Toss (Atrium) 8
Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Horse Races (Atrium) 9	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 10:30 Remembrance Day Service (Chapel) • 2:00 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 10	REMEMBRANCE DAY • 9:30 Coach Trip to Meadowlark "sign up in the mailroom" • 1:00 Book Reading (Activity Room) • 1:30 Super Bingo "you play, we pay!" (Atrium) • 6:30 Knowledge Café with U of A Students "Explaining TikTok Trends" (Activity Room) • 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 11	• 9:30 Active Yoga with Pramila (Activity Room) • 10:30 Crafting with Vanessa (Atrium) • 1:30 Eat Street with Rus (Court Activity Room) • 6:30 Tile Rummy (Activity Room) 12	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Freson Bros. "sign up in mailroom" • 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) • 1:15 Card Bingo (Atrium) *Time Change* • 3:00 Manor Happy Hour "don't forget your money!" • 6:30 Shuffleboard Bowling (Activity Room) 13	• 9:30 Exercise (Activity Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 11:00 Tunes on the Ivory's (Rus) (Piano Lounge) • 2:00 Grey Cup Party with "Golden Dreams" (Atrium) • 6:30 Friday Night Movie: "27 Nights" (Activity Room) 14	• 9:45 Active Yoga with Pramila (Activity Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) 15

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 Menu • 10:00 Coffee & Conversation  *Independent* (Atrium) • 10:30 Catholic Worship  (Chapel) 16 <td>  CHRISTMAS DECORATING PREPARATIONS • 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 11:35 Tunes on the Ivory's (Rus) (Piano Lounge)  • 12:30 to 1:00 Knife Sharpening Service *Knife Collection* "sign up at reception" • 1:00 Men's Club House (Court Activity Room) • 2:00 Bible Study (Activity Room)  • 6:30 Scrabble (Activity Room) 17 </td> <td>  CHRISTMAS DECORATING "come lend a helping hand!" (Manor) • 1:00 Book Reading (Activity Room) *cancelled* • 1:30 Manor Resident Meeting (Activity Room) • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 18 </td> <td>  CHRISTMAS DECORATING (Court) • 9:30 Active Yoga with Pramila (Activity Room)  • 12:30 to 3:30 Shop Easy (Manor Lobby Lounge) • 3:00 Sing For Fun (Chapel)  • 6:30 Tile Rummy (Activity Room) 19 </td> <td>  CHRISTMAS DECORATING FINAL TOUCHES • 9:30 Exercises (Activity Room)  • 10:30 Anglican Worship with Rev. Colleen (Chapel)  • 11:30 to 12:00 Knife Sharpening Service *Knife Return* Manor • 3:00 Happy Hour "don't forget your money!"  • 6:30 Shuffleboard Bowling (Activity Room) 20 </td> <td> • 9:30 Exercises (Activity Room)  • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  • 10:30 Horse Races (Activity Room) • 11:00 Tunes on the Ivory's (Rus) (Piano Lounge)  • 2:00 Friday Entertainment with "Marten Borch" (Atrium)  • 6:30 Friday Night Movie: "Grease" (Activity Room)  • 6:30 Shabbat Service with Cantor David (Chapel)  21 </td> <td> • 9:30 Exercises (Court Exercise Room)  • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge)  • 2:30 Big Brain (Court Activity Room) 22 </td>	 CHRISTMAS DECORATING PREPARATIONS • 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 11:35 Tunes on the Ivory's (Rus) (Piano Lounge)  • 12:30 to 1:00 Knife Sharpening Service *Knife Collection* "sign up at reception" • 1:00 Men's Club House (Court Activity Room) • 2:00 Bible Study (Activity Room)  • 6:30 Scrabble (Activity Room) 17	 CHRISTMAS DECORATING "come lend a helping hand!" (Manor) • 1:00 Book Reading (Activity Room) *cancelled* • 1:30 Manor Resident Meeting (Activity Room) • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 18	 CHRISTMAS DECORATING (Court) • 9:30 Active Yoga with Pramila (Activity Room)  • 12:30 to 3:30 Shop Easy (Manor Lobby Lounge) • 3:00 Sing For Fun (Chapel)  • 6:30 Tile Rummy (Activity Room) 19	 CHRISTMAS DECORATING FINAL TOUCHES • 9:30 Exercises (Activity Room)  • 10:30 Anglican Worship with Rev. Colleen (Chapel)  • 11:30 to 12:00 Knife Sharpening Service *Knife Return* Manor • 3:00 Happy Hour "don't forget your money!"  • 6:30 Shuffleboard Bowling (Activity Room) 20	• 9:30 Exercises (Activity Room)  • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  • 10:30 Horse Races (Activity Room) • 11:00 Tunes on the Ivory's (Rus) (Piano Lounge)  • 2:00 Friday Entertainment with "Marten Borch" (Atrium)  • 6:30 Friday Night Movie: "Grease" (Activity Room)  • 6:30 Shabbat Service with Cantor David (Chapel)  21	• 9:30 Exercises (Court Exercise Room)  • 10:30 Shuffleboard (Activity Room) • 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 & Conversation *Independent* (Atrium)  • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium)  • 3:00 Hymn Sing (Chapel)  23 <td> • 9:45 Chair Yoga With Colleen (Activity Room)  • 10:30 Hearing Health Presentation (Court Activity Room) • 10:30 Trivia (Activity Room) • 2:00 Bible Study (Activity Room)  • 2:00 Court Birthday Tea with "Roy Marleau" (Atrium)  • 6:30 Scrabble (Activity Room) 24 </td><td> • 9:30 Coach Trip to Meadowlark "sign up in mailroom"  • 10:30 Morning Art with Madi (Atrium)  • 1:00 Book Reading (Activity Room) • 6:30 Cribbage (Fireside Lounge) **Drop-in** 25 </td><td> • 9:30 Active Yoga With Pramila (Activity Room)  • 10:30 Coach Drive & Lunch "sign up in mailroom"  • 1:00 Jeopardy (Activity Room) • 1:30 Board Games (Atrium) • 6:30 Tile Rummy (Activity Room) • 6:30 Chorus Inspire Songsters (Atrium)  26 </td><td> • 9:30 Exercises (Activity Room)  • 10:30 Card Bingo (Activity Room)  • 10:30 Anglican Worship with Rev. Jordan (Chapel)  • 2:00 Manor Birthday Tea  • 6:30 Shuffleboard Bowling (Activity Room) 27 </td><td> • 9:30 Exercises (Activity Room)  • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  • 11:00 Tunes on the Ivory's (Rus) (Piano Lounge)  • 10:30 Horse Races (Activity Room) • 2:00 Friday Entertainment with "Party Pals" (Atrium)  • 6:30 Friday Night Movie: "Nyad" (Activity Room)  28 </td><td> • 9:45 Active Yoga with Pramila (Activity Room)  • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Court Games Lounge)  29 </td>	• 9:45 Chair Yoga With Colleen (Activity Room)  • 10:30 Hearing Health Presentation (Court Activity Room) • 10:30 Trivia (Activity Room) • 2:00 Bible Study (Activity Room)  • 2:00 Court Birthday Tea with "Roy Marleau" (Atrium)  • 6:30 Scrabble (Activity Room) 24	• 9:30 Coach Trip to Meadowlark "sign up in mailroom"  • 10:30 Morning Art with Madi (Atrium)  • 1:00 Book Reading (Activity Room) • 6:30 Cribbage (Fireside Lounge) **Drop-in** 25	• 9:30 Active Yoga With Pramila (Activity Room)  • 10:30 Coach Drive & Lunch "sign up in mailroom"  • 1:00 Jeopardy (Activity Room) • 1:30 Board Games (Atrium) • 6:30 Tile Rummy (Activity Room) • 6:30 Chorus Inspire Songsters (Atrium)  26	• 9:30 Exercises (Activity Room)  • 10:30 Card Bingo (Activity Room)  • 10:30 Anglican Worship with Rev. Jordan (Chapel)  • 2:00 Manor Birthday Tea  • 6:30 Shuffleboard Bowling (Activity Room) 27	• 9:30 Exercises (Activity Room)  • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  • 11:00 Tunes on the Ivory's (Rus) (Piano Lounge)  • 10:30 Horse Races (Activity Room) • 2:00 Friday Entertainment with "Party Pals" (Atrium)  • 6:30 Friday Night Movie: "Nyad" (Activity Room)  28	• 9:45 Active Yoga with Pramila (Activity Room)  • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Court Games Lounge)  29
Week 3 Menu • 10:00 Coffee & Conversation *Independent* (Atrium)  • 10:30 Catholic Worship (Chapel)  30						

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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
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780-930-3736



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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



Canterbury
FOUNDATION

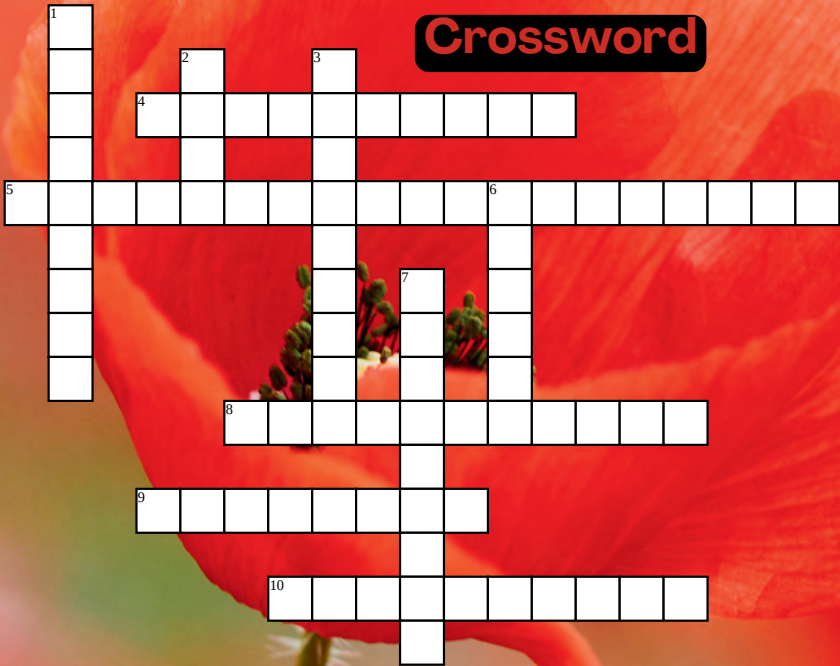
The Promise of Home



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 06 - Ellinor T.
November 06 - Elizabeth S.
November 17 - William V.
November 23 - Eleanor M.
November 23 - Erica R.
November 26 - Ozzie M.
November 28 - Gib B.



Welcome Wagon

Roslyn B.
Rey N.

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Canterbury
FOUNDATION

The Promise of Home



Crossword answers

Across

4. Horseshoes

5. Friday entertainment

8. Ice cream day

Down

1. Duck races

2. Yoga

3. Penny ante

6. Trivia

7. Exercises

9. Big brain

10. Superbingo