NOVEMBER 2026

LIFE ENRICHMENT PROGRAMS

MANOR

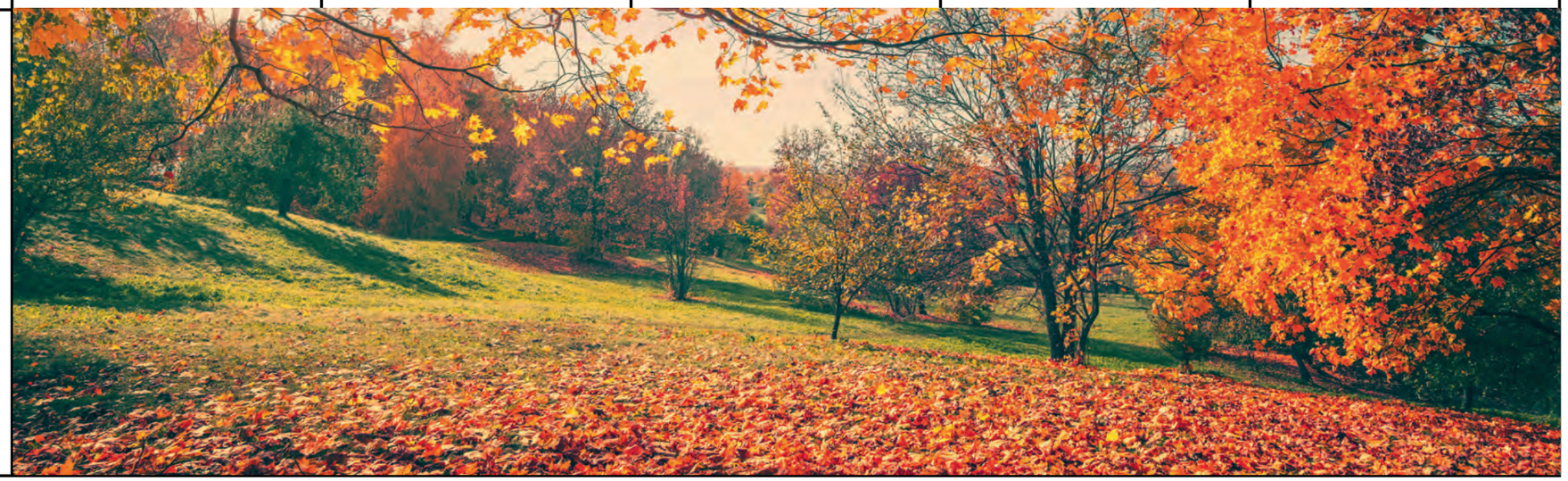
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 2 Menu • **9:30 Balloon Badminton (Atrium)** • 10:00 Coffee & Conversation *Independent* (Atrium) • **10:30 Catholic Worship (Chapel)** **1**	• 9:45 Chair Yoga With Colleen (Activity Room) • **10:30 to 4:00 Congdon Wheelchair Clinic (Court Activity Room) *call Life Enrichment to book appointment*** • **10:30 Trivia (Activity Room)** • 1:00 Book Reading (Activity Room) • **1:30 Penny Ante (Atrium)** • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) **2**	• 9:30 Exercises (Activity Room) • **9:30 Coach Trip to Meadowlark "sign up in mailroom"** • 10:00 to 3:00 Personal Touch Fashions (Manor Lobby Lounge) • **10:30 Big Brain (Court Activity Room)** • 6:30 Cribbage (Fireside Lounge) ***Drop-in*** **3**	• 9:30 Active Yoga With Pramila (Activity Room) • **9:00 to 12:00 Life Enrichment Half Day Planning Meeting** • 10:30 United Church Worship with Rev. Karen (Chapel) • **1:30 Coach Trip: Catch of the Day! "sign up in mailroom"** • 3:00 Sing For Fun with Vanessa (Chapel) • **6:30 Tile Rummy (Activity room)** **4**	• 9:30 Exercises (Activity Room) • **10:30 Card Bingo (Activity Room)** • 10:30 Lutheran Worship with Rev. Scott (Chapel) • **1:00 Jeopardy (Activity Room)** • 1:30 Brain Cloud (Court Activity Room) • **3:00 Manor Happy Hour "don't forget your money!"** **5**	• **9:30 Exercises: Rouleau "High Performance Aging" (Activity Room)** • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • **10:30 Horse Races (Activity Room)** • 11:00 Catholic Mass with Rev. Thomas (Chapel) • **2:00 Friday Entertainment with "Lyle Hobbs" (Atrium)** • **6:30 Friday Night Movie: *"Victoria & Abdul"*** (Activity Room) **6**	• **9:30 Exercises (Court Exercise Room)** • 10:30 Shuffleboard (Activity Room) • **1:00 Virtual Concert (Games Lounge)** • 2:15 Bean Bag Toss (Atrium) **7**
Week 3 Menu • **9:30 Balloon Badminton (Atrium)** • 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 (Court Activity Room) • 11:00 to 3:30 Ears to You Hearing Clinic (Court Private Dining Room) "call Life Enrichment to book your appointment* • 10:30 Trivia (Activity Room) • **1:00 Book Reading (Activity Room)** • 1:30 Afternoon Art with Madi (Court Activity Room) • **2:15 Bible Study (Activity Room)** • 6:30 Scrabble (Activity Room) **9**	• 9:30 Exercises (Activity Room) • **10:30 Remembrance Day Service (Atrium)** • 1:30 Brownie Day "see you at your door!" • **1:30 Manor Resident Meeting (Activity Room)** • **6:30 Cribbage (Fireside Lounge) ***Drop-In*** **10**	**REMEMBRANCE DAY** • 9:30 Active Yoga With Pramila (Activity Room) • **10:30 Music Discovery (Court Activity Room)** • 1:30 Washer Toss (Atrium) • 6:30 Tile Rummy (Activity Room) **11**	• **9:30 Exercise: Chair Yoga Dance Class with Zoel (Activity Room) *new program*** • 9:30 Coach Trip to Meadowlark "sign up in mailroom" *date change* • **10:30 Anglican Worship with Rev. Colleen (Chapel)** • **5:45 Jubilations Dinner Theatre "meet at reception" *for those who purchased tickets*** **12**	• **9:30 Exercises: Rouleau "High Performance Aging" (Activity Room)** • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 10:30 Horse Races (Activity Room) • **2:00 Grey Cup Party with "Dan & Sheena" (Atrium)** • **6:30 Friday Night Movie: *"Manhattan"*** (Activity Room) **13**	• 9:30 Exercises (Court Exercise Room) • **10:30 Shuffleboard (Activity Room)** • 1:00 Virtual Concert (Games Lounge) • **1:00 Hand & Foot Canasta (Activity Room)** **14**
Week 4 Menu • **9:30 Balloon Badminton (Atrium)** • 10:00 Coffee & Conversation *Independent* (Atrium) • **10:30 Catholic Worship (Chapel)** • 2:00 Voice Studio Recital (Atrium) **15**	• **9:45 Chair Yoga With Colleen (Activity Room)** • 10:00 to 3:00 Pieces by Sharon (Manor Lobby Lounge) • **10:30 Trivia (Activity Room)** • 1:00 Book Reading (Activity Room) • **1:30 Card Bingo (Atrium)** • 2:15 Bible Study (Activity Room) • **6:30 Scrabble (Activity Room)** **16**	• 9:30 Exercises (Activity Room) • **9:30 Coach Trip to Meadowlark "sign up in mailroom"** • **10:30 Word Whiz (Court Activity Room)** • **1:30 Edmonton Police Service Presentation: Fraud Prevention & Awareness (Atrium)** • 6:30 Cribbage (Fireside Lounge) ***Drop-in*** **17**	• **9:30 Active Yoga with Pramila (Activity Room)** • 10:30 Balloon Badminton (Atrium) • **1:30 Kelly's Kitchen (Court Activity Room)** • 3:00 Sing for Fun with Vanessa (Chapel) • **6:30 Tile Rummy (Activity Room)** **18**	• 9:30 Exercises (Activity Room) • **10:30 Card Bingo (Activity Room)** • 10:30 Anglican Worship with Rev. Colleen (Chapel) • **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: Rouleau "High Performance Aging" (Activity Room)** • **10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)** • 10:30 Horse Races (Activity Room) • **2:00 Friday Entertainment with "The Britz" (Atrium)** • **6:30 Friday Night Movie: *"The Quartet"*** (Activity Room) **20**	• 9:30 Exercises (Court Exercise Room) • **10:30 Shuffleboard (Activity Room)** • 1:00 Virtual Concert (Games Lounge) • **1:00 Hand & Foot Canasta (Activity Room)** • 2:15 Big Brain (Court Activity Room) **21**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 Menu • **9:30 Balloon Badminton (Atrium)** • 10:00 Coffee & Conversation *Independent* (Atrium) • **10:30 Catholic Worship (Chapel)** • 1:00 Horse Races (Atrium) **22**	**CHRISTMAS DECORATING PREPARATIONS** • **9:45 Chair Yoga With Colleen (Activity Room)** • 10:30 Trivia (Activity Room) *cancelled* • 1:00 Book Reading (Activity Room) • **2:00 Court Birthday Tea with "Jeff Ramsay" (Atrium)** • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) • **6:30 Edmonton Philharmonic (Atrium)** **23**	***CHRISTMAS DECORATING "come lend a helping hand!" (Manor)*** • 9:30 Exercises (Court Exercise Room) *location change* • **9:30 Coach Trip to Meadowlark "sign up in mailroom"** • 10:00 to 3:00 Jewelry Vendor: Art Cave Design (Atrium) • **1:30 Board Games (Atrium) *independent*** • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** **24**	***CHRISTMAS DECORATING (Court)*** • **9:30 Active Yoga with Pramila (Activity Room)** • 10:00 Morning Music with "Terry Jordan" (Atrium) • **1:30 Armchair Travel: Rome (Court Activity Room)** • 6:30 Tile Rummy (Activity Room) **25**	***CHRISTMAS DECORATING FINAL TOUCHES*** • **9:30 Exercises (Activity Room)** • 10:30 Anglican Worship with Rev. Jordan (Chapel) • **2:00 Manor Birthday Tea** • 7:00 Concordia Community Concert (Atrium) **26**	• **9:30 Exercises: Rouleau "High Performance Aging" (Activity Room)** • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 10:30 Horse Races (Activity Room) • **2:00 Friday Entertainment with with "Logan Klaus" (Atrium)** • **6:30 Friday Night Movie: *"On The Town"*** (Activity Room) • 6:30 Shabbat Service with Cantor David (Chapel) **27**	• 9:30 Exercises (Court Exercise Room) • **10:30 Shuffleboard (Activity Room)** • 1:00 Virtual Concert (Games Lounge) • **1:00 Hand & Foot Canasta (Activity Room)** **28**
Week 2 Menu • **9:30 Balloon Badminton (Atrium)** • 10:00 Coffee & Conversation *Independent* (Atrium) • **10:30 Catholic Worship (Chapel)** • 3:00 Hymn Sing (Chapel) **29**	• 9:45 Chair Yoga With Colleen (Activity Room) • **10:30 Trivia (Activity Room)** • 1:00 Book Reading (Activity Room) • **1:30 Christmas Craft with Vanessa (Court Activity Room)** • 2:15 Bible Study (Activity Room) • **6:30 Scrabble (Activity Room)** **30**					



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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

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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 06 - Elizabeth S.
November 06 - Penny J.
November 23 - Erica R.
November 26 - Ozzie M.
November 28 - Gib B.
November 28 - Robert B.
November 29 - Helen F.





Welcome Wagon

Janet C.

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