








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<p>NATIONAL SENIORS DAY</p> <p>Week 2 Menu</p> <ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) *Time Change* 10:15 Trivia (Exercise Room) 1:30 Card Bingo (Atrium) 6:30 Cribbage (Atrium) 1 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) *Cancelled* 9:00 LE Half Day Planning to Meeting 12:00 10:30 United Worship with Pastor Karen (Chapel) 1:30 Fall Decorating (Atrium) 3:00 Sing for Fun (Chapel) 6:00 Evening Show: "Downtown Abbey" (Games Lounge) 2 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Board Games (Atrium) *Independent* 3:00 Happy Hour (Manor Lobby Lounge) "don't forget your money!" 3 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 1:00 Rosh HaShanah Prayer Service (Chapel)  2:00 Friday Entertainment with "Dan and Sheena" (Atrium)  6:00 Friday Night Movie: "State Fair" (Games Lounge) 4 	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) **Location Change** 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Horseshoes (Atrium) 1:00 Virtual Concert (Games Lounge) 5 	
	<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Big Brain (Court Activity Room) 6 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:30 Courtyard Clean Up 7 	<ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) *Time Change* 10:15 Armchair Travel (Games Lounge) 12:30 Eat Street with Rus to 2:00 (Court Activity Room)  4:00 Open House to 6:00 6:30 Cribbage (Atrium) 8 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) *Cancelled* 9:30 to 3:00 Immunization Clinic "by appointment only" (Court Activity Room)  10:00 Shop Easy to 2:00 (Manor Lobby Lounge) 6:00 Evening Show: "Downtown Abbey" (Games Lounge) 9 	<p>WORLD MENTAL HEALTH DAY</p> <ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Hangman (Court Activity Room) 1:30 Penny Ante (Atrium) 10 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 1:30 Happy Hour (Atrium) "don't forget your money!" 2:00 Thanksgiving Tea with "Steven Tyler" (Atrium) 4:30 Thanksgiving Dinner 6:00 Friday Night Movie: "Silverado" (Games Lounge) 11 	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) **Location Change** 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Virtual Concert (Games Lounge) 12
	<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel)  1:00 Virtual Concert (Games Lounge) 1:00 Card Bingo (Atrium) 13 	<p>THANKSGIVING DAY</p> <ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room)  10:30 Crosswords (Act. Rm) 1:30 Super Bingo (Atrium) "You Play, We Pay!" 14 	<ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) *Time Change* 10:15 Trivia (Exercise Room) 1:00 Court Mystery Drive "sign up at reception" 6:30 Cribbage (Atrium) 15 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Life Enrichment Garage to Sale! 3:00 (Court Activity Room) 3:00 Sing for Fun (Chapel) 6:00 Evening Show: "Downtown Abbey" (Games Lounge) 16 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Board Games (Atrium) *Independent* 17 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Catholic Mass with Rev. Dean (Chapel) 2:00 Friday Entertainment with "Wayne O" (Atrium) 6:00 Friday Night Movie: "Finding Neverland" (Games Lounge) 18 	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) **Location Change** 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Ball Toss (Atrium) 1:00 Virtual Concert (Games Lounge) 19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 1 Menu</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Hangman (Court Activity Room) <p style="text-align: right; font-size: 2em;">20</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 1:30 Courtyard Clean Up • 3:45 Halloween Candy Bagging (Atrium) <p style="text-align: right; font-size: 2em;">21</p>	<ul style="list-style-type: none"> • 9:00 Exercises (Exercise Room) <i>*Time Change*</i> • 10:15 Armchair Travel (Games Lounge) • 1:30 Chocolate Brownie Day "See you at your door!" • 6:30 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">22</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:30 Big Brain (Court Activity Room) • 1:30 Wheel of Fortune (Atrium) • 6:00 Evening Show: "Downtown Abbey" (Games Lounge) <p style="text-align: right; font-size: 2em;">23</p>	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:30 Anglican Worship with Rev. Clare (Chapel) • 1:30 Popcorn & Movie: "American Underdog" (Games Lounge) • 3:00 Happy Hour (Manor Lobby Lounge) "don't forget your money" <p style="text-align: right; font-size: 2em;">24</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Friday Entertainment with "Mike Chanoweth" (Atrium) • 6:00 Friday Night Movie: "All Saints" (Games Lounge) <p style="text-align: right; font-size: 2em;">25</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Atrium) <i>**Location Change**</i> • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Physical Games: Bean Bag Toss (Atrium) • 1:00 Virtual Concert (Games Lounge) <p style="text-align: right; font-size: 2em;">26</p>
<p>Week 2 Menu</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Virtual Concert (Games Lounge) • 1:00 Card Bingo (Atrium) • 3:00 Hymn Sing (Chapel) <p style="text-align: right; font-size: 2em;">27</p>	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exercise Room) • 10:30 Crosswords (Activity Room) • 2:00 Court Birthday Tea with "Marry Ellen Davidson" (Atrium) <p style="text-align: right; font-size: 2em;">28</p>	<ul style="list-style-type: none"> • 9:00 Exercises (Exercise Room) <i>*Time Change*</i> • 10:15 Trivia (Exercise Room) • 1:30 Card Bingo (Atrium) • 6:30 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">29</p>	<ul style="list-style-type: none"> • 9:30 Exercises (Exercise Room) • 10:00 Plus Sized Creations to 3:00 (Manor Lobby Lounge) • 10:30 Pumpkin Carving (Court Activity Room) • 1:30 Kelly's Kitchen (Court Activity Room) • 3:00 Sing for Fun (Chapel) • 6:00 Evening Show: "Downtown Abbey" (Games Lounge) <p style="text-align: right; font-size: 2em;">30</p>	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exercise Room) • 10:30 Non Denominational Worship with Rev. Colleen (Chapel) • 1:30 Halloween Parade (Atrium) • 2:00 Halloween Party with "Sean Sonego" (Atrium) <p style="text-align: right; font-size: 2em;">31</p>		

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

Exc. Rm	Exercise Room
GL	Games Lounge
A	Atrium
M	Manor
MLL	Manor Lobby Lounge
C	Chapel
CAR	Court Activity Room
FSL	Manor Fireside Lounge
	Formal Event/Attire

LIFE ENRICHMENT STAFF

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

Team Lead: Chelcey Buck | Phone: 780-930-5817

Co-ordinators: Vanessa, Erica, Kelly, Audra, Austin, Dana, Eric, Rus & Elora

CONTACT

Life Enrichment
Main Phone
780-930-3736

Court Reception
780-483-5361

Nursing Station
780-930-3734

The Promise of Home



THIS MONTH'S ACTIVITIES

Autumn Word Search

B U G U N T L C Z M A D A O F
M Q A E A T Y I Q U R P E A L
E T A U H S P S T K P E M G F
A C N A N A N U E L O I W N E
Y J N Z Y R M I E R L I G F T
S K G V O N D C P Y O G Z U A
S M X C M Y I D S U X M B V T
H Y A K S D S C D A M O S E X
J E R Q E H A G B L E P U C U
C K G R L R W S I L M A K S W
K R U X E J I K K E B V E I J
J U M C V V D D C A O Q S P N
S T R K A C D P D V T J O S X
O O B O N F I R E E L U T A I
W E D I R Y A H R S S O M D U

ACORN FAMILY SCARECROW
APPLE CIDER HAYRIDE SMORES
AUTUMN LEAVES TURKEY
BONFIRE PUMPKIN THANKS

Happy Thanksgiving

“There is something so special in the early leaves drifting from the trees – as if we are all to be allowed a chance to peel, to refresh, to start again.” – Ruth Ahmed



Birthday Wishes

- October 7 Shirley G.
- October 11 Yolande M.
- October 12 Arlene T.
- October 16 Carole C.
- October 17 John P.
- October 19 Philip L.



Welcome Wagon

Arlene T.

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LEGEND

- Exc. Rm Exercise Room
- GL Games Lounge
- A Atrium
- M Manor
- MLL Manor Lobby Lounge
- C Chapel
- CAR Court Activity Room
- FSL Manor Fireside Lounge
- Formal Event/Attire

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