







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 Chaplain Visits 1:30 Card Bingo (Atrium) 6:30 Cribbage (Atrium) <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) **Cancelled** 9:00 to 12:00 LE Half Day Planning Meeting 10:30 United Worship with Pastor Karen (Chapel) 1:30 Fall Decorating (Atrium) 3:00 Sing for Fun (Chapel) 6:00 Evenings with Austin 6:00 Evening Show: "Downtown Abbey" (Games Lounge) <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:00 Morning Music with "Bobby Vann" (Haven) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Board Games (Atrium) *Independent** 6:30 Days End Discussions <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Music & Meanders 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) <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) **Location Change** 10:00 Coffee & Conversation (Atrium) *Independent 10:30 Physical Games: Horseshoes (Atrium) 1:00 Virtual Concert (Games Lounge) <p style="text-align: right;">5</p>	
	<p>Week 3 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversations (Atrium) *Independent* 10:30 Catholic Worship (Chapel) 1:00 Big Brain (Court Activity Room) <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:00 Morning Walks 10:30 Crosswords (Court Activity Room) 1:30 Courtyard Clean Up <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> 9:00 Exercises (Exchange Room) ***Time Change*** 10:15 Armchair Travel (Games Lounge) 12:30 to 2:00 Eat Street with Rus (Court Activity Room) 6:30 Cribbage (Atrium) 4:00 to 6:00 Open House <p style="text-align: right;">8</p>	<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 to 2:00 Shop Easy (Manor Lobby Lounge) 6:00 Evenings with Austin 6:00 Evening Show: "Downtown Abbey" (Games Lounge) <p style="text-align: right;">9</p>	<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) 6:30 Days End Discussions <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Music & Meanders 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) <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) **Location Change** 10:00 Coffee & Conversation (Atrium) *Independent 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Virtual Concert (Games Lounge) <p style="text-align: right;">12</p>
	<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) <p style="text-align: right;">13</p>	<p>THANKSGIVING DAY</p> <ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exc. Rm) 10:00 Activity Cart with Audra 10:30 Crosswords (Court Activity Room) 1:30 Super Bingo (Atrium) "You Play, We Pay!" <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) ***Time Change*** 10:15 Trivia (Exercise Room) 1:30 Chaplain Visits 1:00 Court Mystery Drive "sign up at reception" 6:30 Cribbage (Atrium) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Life Enrichment Garage Sale (Court Activity Room) 3:00 Sing for Fun (Chapel) 6:00 Evenings with Austin 6:00 Evening Show: "Downtown Abbey" (Games Lounge) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:00 Haven Birthday Tea with "Mike Chenoweth" (Haven) 10:30 Anglican Holy Communion Rev. Colleen (Chapel) 1:30 Board Games (Atrium) *Independent* 6:30 Days End Discussions <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Music & Meanders 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) <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) **Location Change** 10:00 Coffee & Conversation (Atrium) *Independent 10:30 Physical Games: Ball Toss (Atrium) 1:00 Virtual Concert (Games Lounge) <p style="text-align: right;">19</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 1 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Morning Music with "Larry Renn" 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)  10:00 Memory Joggers (Haven) 10:30 Crosswords (Court Activity Room) 1:30 Garden Clean Up <p style="text-align: right; font-size: 2em;">21</p>	<ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) ***Time Change*** 10:15 Armchair Travel (Games Lounge) 1:30 Chaplain Visits 2:00 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 Exercise (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:30 Wheel of Fortune (Atrium) 6:00 Evenings with Austin 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) 10:00 Morning Walks, Coffee & Conversation with Friends 10:30 Anglican Holy Communion with Rev. Clare (Chapel) 1:30 Popcorn & Movie "American Underdog" (Games Lounge) 6:30 Days End Discussions <p style="text-align: right; font-size: 2em;">24</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Music & Meanders 10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium) 2:00 Friday Entertainment with "Mike Chenoweth" (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) **Location Change** 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Physical Games: Bean Bag Toss (Atrium) 1:00 Virtual Concert (GL) <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 10:00 Morning Music with "Steven Tyler" 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) 10:00 Halloween Stories 10:30 Crosswords (Court Activity Room) 2:00 Court Birthday Tea with "Mary Ellen Davidson" <p style="text-align: right; font-size: 2em;">28</p>	<ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) ***Time Change*** 10:15 Trivia (Exercise Room) 1:30 Chaplain Visits 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 Exercise (Exercise Room) 10:00 Plus Size Creations (Games Lounge) 10:30 Pumpkin Carving (Court Activity Room)  1:30 Kelly's Kitchen (Court Activity Room) 3:00 Sing for Fun (Chapel) 6:00 Evenings with Austin 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) 10:00 Singalong (Haven) 10:30 Non Denominational Worship with Rev. Colleen (Chapel) 1:30 Halloween Parade (Atrium) 2:00 Halloween Party with "Sean Sonogo" 6:30 Days End Discussions <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


Canterbury
FOUNDATION
The Promise of Home



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

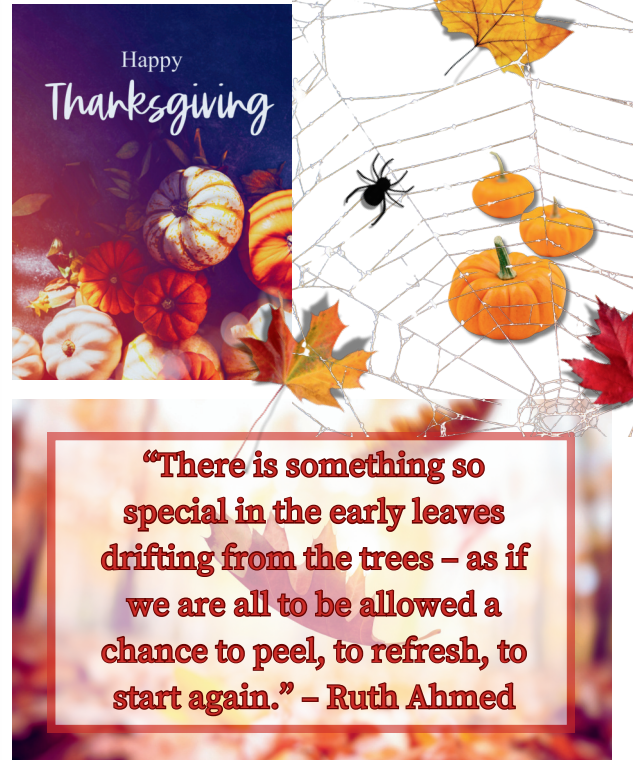
THIS MONTH'S ACTIVITIES



Autumn Word Search

BUGUNTL CZMADA OF
MQAEATY IQURPEAL
ETAUHS P STKPEMGF
ACNANANUELOIWNE
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JERQEHAGBLEPUCU
CKGRLRWSILMAKSW
KRUXEJIKKEBVEIJ
JUMCVVD DCAOQSPN
STRKACDPDVTJOSX
O O B O N F I R 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 5 Alma B.



Welcome Wagon

Doris S.
Michael F.
Shirley G.

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