

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Week 1 Menu 9:30 Exercises (Exercise Room) *cancelled* 9:00 to 4:00 Life Enrichment Full Day Planning Meeting  10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 National Day of Truth and Reconciliation Indigenous Teaching & Smudge with Evert Poor (Chapel) 1	9:30 Exercises (Exercise Room) 10:00 Hand Massages 10:30 Morning Art with Madi (Court Activity Room) 11:00 Catholic Mass with Rev. Thomas (Chapel) 2:00 Friday Entertainment with "Wildrose Old Time Fiddlers" (Atrium) 6:00 Friday Night Movie: "Speed" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel)  2	9:30 Exercises (Exercise Room) 10:00 Coffee & Conversation *Independent* (Atrium) 1:00 Virtual Concert (Games Lounge) 2:00 Wellness Visits 3
Week 2 Menu 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Brad Ferguson" 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 2:00 Afternoon Walks 4	9:00 Chair Yoga With Jeanette (Exercise Room) 10:00 ProCare Covid & Influenza to Immunization Clinic 3:00 (Manor Activity Room)  1:00 Afternoon Fun with Rio Terrace Students (Atrium)  5	9:30 Exercises (Exercise Room) 10:00 Once Upon a Conversation: An Intergenerational Storytelling Project with NorQuest Students (Atrium)  1:30 Brownie Day "see you at your door!" 1:30 Chaplain Visits 6	9:30 Exercise (Exercise Room) 10:30 Balloon Badminton 10:30 United Worship with Rev. Karen (Chapel) 1:30 Referendum Q&A with MLA Lori Sigurdson (Atrium) 6:00 Evening Show: "Little House on the Prairie" Season 1: Episode 6 (Games Lounge) 7	9:30 Exercises (Exercise Room) 10:00 Haven Birthday Tea with "Jeff Ramsay" 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 10:30 Morning Walks "meet in the Atrium" 1:30 Wellness Visits 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) 4:30 Thanksgiving Dinner  8	9:30 Exercises (Exercise Room) 10:00 Creative Connections with Cassidy 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 1:00 Bible Study (Chapel)  *new program* 2:00 Thanksgiving Tea with "The Sunbeams" (Atrium) 6:00 Friday Night Movie: "Ladies in Lavender" (Games Lounge) 9	9:30 Exercises (Exercise Room) 10:00 Coffee & Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:15 Bean Bag Colour Match (Atrium) 10
Week 3 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversations *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Hangman (Court Activity Room) 11	 9:00 Chair Yoga With Colleen (Exercise Room) 9:30 Creative Connections with Elora & Kiran 10:30 Big Brain (Court Activity Room) 1:30 Card Bingo (Atrium) 3:00 Days End Discussions with Elora (Retro) 12	9:30 Exercises (Exercise Room) 10:00 Personal Touch Fashions (Manor Lobby Lounge) 10:30 Crosswords (Court Activity Room) 12:00 Men's Club House Lunch (Manor Activity Room) *there will be a fee* see posters for more info. 1:15 Court Mystery Drive "sign up at reception" 1:30 Chaplain Visits 13	9:30 Exercise (Exercise Room) 9:00 to 4:00 Referendum Polling Station (Court Activity Room)  1:30 Afternoon Music with "Jeff Ramsay" (Retro) 3:00 Sing for Fun with Vanessa (Chapel) 6:00 Evening Show: "Little House on the Prairie" Season 1: Episode 7 (Games Lounge) 14	9:30 Exercises (Exercise Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 10:30 Morning Walks "meet in the Atrium" 2:00 Garden "Thank You" Tea with "Jeff Ramsay" (Atrium)  15	9:30 Exercises (Exercise Room) 10:00 Courtyard Clean Up  10:15 Moms & Tots "Do, Re, Mi, ABC" (Atrium) 2:00 Friday Entertainment with "Kay Desilva" (Atrium) 6:00 Friday Night Movie: "Moneyball" (Games Lounge) 16	9:30 Exercises (Exercise Room) 10:00 Coffee & Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:00 Wellness Visits 17

OCTOBER 2026

LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Kelly Bourdage" 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 2:00 Creative Connections with Kiran (Retro) 18	9:00 Chair Yoga with Colleen (Exercise Room) 10:00 CareRx Covid & Influenza to Immunization Clinic 4:00 (Court Activity Room) 19	9:30 Exercises (Exercise Room) 10:30 Word Whiz (Court Activity Room) 1:30 Chaplain Visits 1:30 Super Bingo "you play, we pay!" (Atrium) 20	9:30 Exercises (Exercise Room) 10:00 Morning Fun with Elora 10:30 Halloween Candy Bagging (Court Activity Room) 1:30 Horse Races (Atrium) 6:00 Evening Show: "Little House on the Prairie" Season 1: Episode 8 (Games Lounge) 21	9:30 Exercises (Exercise Room) 10:00 Haven Entertainment with "Vince Anderson" 10:30 Anglican Worship with Rev. Jordan (Chapel) 10:30 Morning Walks "meet in the Atrium" 1:30 Penny Ante (Atrium) 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) 22	9:30 Exercises (Exercise Room) 10:00 Hand Massages 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 2:00 Friday Entertainment with "Douglas Mitchell" (Atrium) 6:00 Friday Night Movie: "About Fate" (Games Lounge) 23	9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:15 Pop Quiz Trivia (Court Activity Room) 24
Week 1 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversations *independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Big Brain (Court Activity Room) 3:00 Hymn Sing (Chapel) 25	9:00 Chair Yoga with Colleen (Exercise Room) 10:00 Music Discovery 10:30 Mini Pumpkin Painting with NorQuest Students (Atrium) 1:00 Wellness Visits with Cassidy 2:00 Court Birthday Tea with "Terry Jordan" (Atrium) 26	9:30 Exercises (Exercise Room) 10:30 Brain Cloud (Court Activity Room) 1:30 Bean Bag Colour Match (Atrium) 1:30 Chaplain Visits 27	9:30 Exercise (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:00 Inspirational Stories 1:30 Kelly's Kitchen (Court Activity Room) 3:00 Sing for Fun with Vanessa (Chapel) 6:00 Evening Show: "Man vs Bee" Season 1: Episode 1 (Games Lounge) 28	9:30 Exercises (Exercise Room) 10:00 to 3:00 Staff Pumpkin Carving Contest Voting (Atrium) *winner announced at the Halloween Party* 10:30 Creative Connections with Vanessa 10:30 Non-Denominational Worship with Rev. Colleen (Chapel) 1:30 Movie & Popcorn: "While You Were Sleeping" (Games Lounge) 29	9:30 Exercises (Exercise Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 1:15 Laurier Heights Costume Parade (Atrium) 2:00 Halloween Party with "Randy Glen" (Atrium) 6:00 Friday Night Movie: "The Founder" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) 30	9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:00 Afternoon Walks 31

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 STAFF

Co-ordinators: Vanessa, Kelly, Madi, Elora, Kiran, Eric, Austin, Cassidy, Juan, Kalysten & Erica

Supervisor: Chelcey Buck | Phone: 780-930-5817

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





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

THANKSGIVING WORD SEARCH

a o b l b i i v h u q q f q y l g m t a x y m k
w d z s n d s x h d y d r e f y u s w n v c h v
g r a v y u e e d m u s k x j u i z i b f p o q
t l i s z f c h n w v r t d h j r u u z k b p o
u n i w x d s b w l u b w z s y r r e b n a r c
a d z e b l k i k t x z v f t m f h p w a f h x
w a g e i x j f h i z e m k o m a t w g o p r r
l l e t i h t c y e r h r z y z a r r p f u l p
u m n p p p q c w q d z v k n w u y j j s o b f
w b r o d m n b h b l e q r n d g t i j v q h b
d c h t c b p i u r w n o o c n b i j p i p p m
o d z a u z f e k y z c h r i u t r d c q s h b
s m n t i f d g u p t r a f p o q t s k o d q z
i p s o a l k l u i m n f r v n h n b k j w t x
o n z e g b c p x e b u l e g y g a m p v x l k
h s h s q c g s l e t s p s q i r f m n d g h k
d k n p j k h a r s i i f c u y f n m g i s v w
f v y i v g l r e m s i l f g a z m z c s s r g
f n o e p j y s f b e j b n c c i j s p j c g c
u c p v u s b h s i m i d k i k u k i n b w k w
f q u h a g e p x a p p l e p i e r x z o m l s
t h j u x h g r e e n b e a n c a s s a r o l e
m o c j n b m k a i s w a u y o m v d f c y t n
x e l m x g h u x i c e y p r c m h z d o o z f

Green Bean Casserole	Sweet Potatoes Pie	Cranberry Sauce
Pumpkin Pie	Cranberries	Apple Pie
Stuffing	Turkey	Gravy
Corn	Yam	Ham



Birthday Wishes

October 02 - Mary K.
October 07 - Shirley G.
October 12 - Arlene T.
October 18 - Jo-Anne L.
October 20 - Gladys M.



Welcome Wagon

Donald F.

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CONTACT



Life Enrichment
Main Phone
780-930-3736



Court Reception
780-483-5361



Nursing Station
780-930-3734

LIFE ENRICHMENT STAFF

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