




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<p>NATIONAL SENIORS DAY</p> <p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Sit & Be Fit 11:00 Table Setting 1:30 Fall Leaf Chalk Craft 2:00 Snacks and Conversations <p style="text-align: right;">1</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 9:00 LE Half Day Planning to Meeting 12:00 12:30 Chaplain Visits 1:30 Stretch it Out! 2:00 Snacks and Conversation 3:00 Sing for Fun (Chapel) 3:15 Chocolate Tasting <p style="text-align: right;">2</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Balloon Table Tennis 11:00 Table Setting 12:30 Lane Worship 12:45 Music with Marg 2:00 Snacks and Conversaton 5:00 Days End Discussions <p style="text-align: right;">3</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Table Setting 2:00 Friday Entertainment with "Dan and Sheena" (Atrium) <p style="text-align: right;">4</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Morning Music with "Larry Renn" 1:30 Courtyard Conversations 2:00 Snack and Conversation <p style="text-align: right;">5</p>	
	<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Balloon Badminton 2:30 Music & Colouring <p style="text-align: right;">6</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Horse Races 11:00 Table Setting 1:30 Courtyard Conversations & Clean Up 2:00 Snacks and Conversation <p style="text-align: right;">7</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Memory Magic 11:00 Table Setting 1:30 Table Tennis 2:00 Snacks and Conversation 4:00 Open House to 6:00 <p style="text-align: right;">8</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Watercolour Card Painting 12:30 Chaplain Visits *cancelled* 1:30 Music with Erica 2:00 Snacks and Conversation <p style="text-align: right;">9</p>	<p>WORLD MENTAL HEALTH DAY</p> <p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Piano with Rus 11:00 Table Setting 12:45 Music with Marg 2:00 Snacks and Conversation 5:00 Days End Discussions <p style="text-align: right;">10</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Table Setting 2:00 Thanksgiving Tea with "Steven Tyler" (Atrium) 4:30 Thanksgiving Dinner <p style="text-align: right;">11</p>	<p>Morning Music & Watering</p> <ul style="list-style-type: none"> 9:00 Virtual Concert 1:30 Balloon Badminton 2:00 Snack and Conversation <p style="text-align: right;">12</p>
	<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Bolongo Ball 2:30 Arts & Crafts <p style="text-align: right;">13</p>	<p>THANKSGIVING DAY</p> <p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Get Moving Morning Exercises 11:00 Table Setting 1:30 Thanksgiving Stories 2:00 Snacks and Conversations <p style="text-align: right;">14</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Balloon Badminton 11:00 Table Setting 1:30 Baking With Vanessa 2:00 Snack and Conversation <p style="text-align: right;">15</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Mindfulness & Movement 11:00 Table Setting 12:30 Chaplain Visits 1:30 Chocolate Cookie Baking & Tasting 3:00 Sing for Fun (Chapel) 3:15 Sparkling Punch 6:30 Evening Music with "Larry Renn" 🎵 <p style="text-align: right;">16</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Balloon Table Tennis 11:00 Table Setting 12:45 Music with Marg 2:00 Snacks & Conversation 5:00 Days End Discussions <p style="text-align: right;">17</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Table Setting 2:00 Friday Entertainment with "Wayne O" (Atrium) <p style="text-align: right;">18</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Music with "Steven Tyler" (Lane) 1:30 Ball Toss 2:00 Snacks and Conversation <p style="text-align: right;">19</p>



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<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Memory Joggers 2:30 Afternoon Exercise <p style="text-align: center;">20</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Let's Get Cooking (Retro Kitchen) 11:00 Table Setting 1:30 Balloon Badminton 2:00 Snacks & Conversation <p style="text-align: center;">21</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Morning Sing Along 11:00 Table Setting 2:00 Chocolate Brownie Day! <p style="text-align: center;">22</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Dried Flower Card Crafting 11:00 Table Setting 12:30 Chaplain Visits *Cancelled* 1:30 Memory Magic 2:00 Snacks and Conversation 3:15 Beer & Sports <p style="text-align: center;">23</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Mosaic Art 11:00 Table Setting 12:45 Music with Marg 2:00 Snacks & Conversations 5:00 Days End Discussions <p style="text-align: center;">24</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 11:00 Table Setting 2:00 Friday Entertainment with "Mike Chenoweth" (Atrium) <p style="text-align: center;">25</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 9:00 Virtual Concert 1:30 Ball Toss 2:00 Snack and Conversations <p style="text-align: center;">26</p>
<p>Morning Music</p> <ul style="list-style-type: none"> 10:30 Balloon Badminton 2:30 Virtual Tour to Dubai 3:00 Hymn Sing (Chapel) <p style="text-align: center;">27</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Halloween Art 11:00 Table Setting 2:00 Court Birthday Tea with "Mary Ellen Davidson" (Atrium) <p style="text-align: center;">28</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Sit & Be Fit 11:00 Table Setting 1:30 Lane Birthday Tea with "Jeff Ramsey" <p style="text-align: center;">29</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 World Tales 10:30 Pumkin Carving 11:00 Table Setting 12:30 Chaplain Visits 1:30 Balloon Badminton 2:00 Snacks and Conversation 3:15 Wine & Music <p style="text-align: center;">30</p>	<p>Morning Music</p> <ul style="list-style-type: none"> 10:00 Balloon Table Tennis 11:00 Table Setting 12:45 Music with Marg 1:30 Halloween Parade (Atrium) 2:00 Halloween Party with "Sean Sonogo" (Atrium) 5:00 Days End Discussions <p style="text-align: center;">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



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TUESDAY

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FRIDAY

SATURDAY

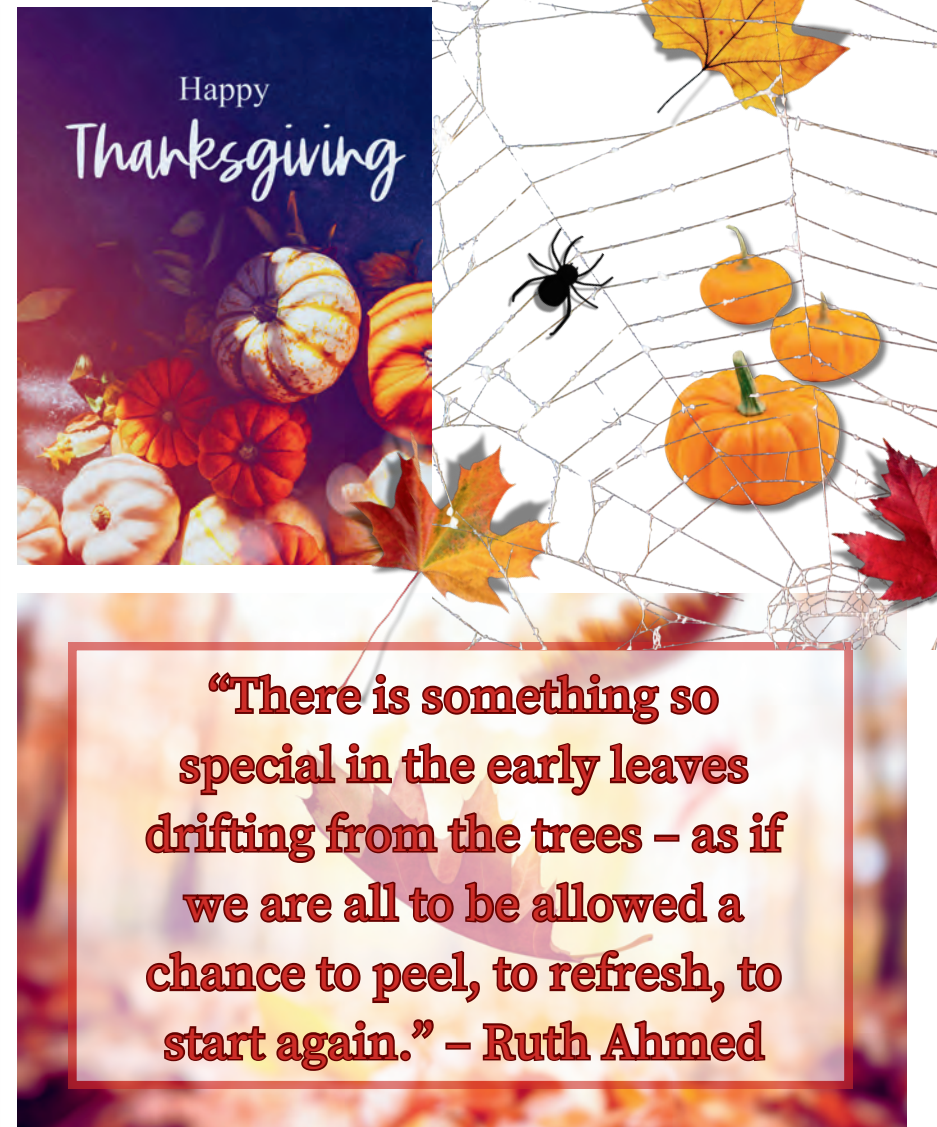
THIS MONTH'S ACTIVITIES



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	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 14 Alan B.
October 20 Mary A.



Welcome Wagon

Ladis V.

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