




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 (Activity Room.) ***Time Change*** 10:30 Big Brain (Activity Room) 1:00 Book Reading (Activity Room) 1:30 Card Bingo (Atrium) 6:30 Cribbage (Activity Room) ***Drop-in*** <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> 9:00 Life Enrichment to Half Day Planning Meeting 12:00 9:30 Active Yoga with Pramila (Activity Room) ***Time Change*** 10:30 United Worship with Pastor Karen (Chapel) 1:30 Fall Decorating (Atrium) 3:00 Sing for Fun (Chapel) 6:30 Tile Rummy (Activity Room) <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Board Games (Atrium) *Independent* 3:00 Happy Hour (Lobby Lounge) "don't forget your money!" 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 1:00 Rosh HaShanah Prayer Service (Chapel)  2:00 Friday Entertainment with "Dan & Sheena" (Atrium) 6:30 Friday Night Movie: "Find Me Falling" (Activity Room) <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) ***Location Change*** 10:00 Shuffleboard (Activity Room) 10:30 Physical Games: Horseshoes (Atrium) 1:00 Virtual Concert (Court 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) 10:30 Catholic Worship (Chapel) 1:00 Big Brain (Court Activity Room) <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 11:30 Knife Sharpening Service to *Knife Collection* 12:00 "sign up at reception" 2:00 Bible Study (Activity Room) ***Cancelled*** 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> 9:00 Exercises (Activity Room) ***Time Change*** 9:30 Coach Trip to Meadowlark "sign up in mailroom" 12:30 Eat Street with Rus (Court Activity Room) to 2:00 1:00 Book Reading (Activity Room) 6:30 Cribbage (Activity Room) ***Drop-in*** 4:00 to 6:00 Open House <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) ***Time Change*** 9:30 Immunization Clinic to 3:00 "by appointment only" (Court Activity Room)  10:00 Shop Easy to (Manor Lobby Lounge) 2:00 12:30 Knife Sharpening Service to 1:30 *Knife Return* 6:30 Tile Rummy (Activity Room) <p style="text-align: right;">9</p>	<p>WORLD MENTAL HEALTH DAY</p> <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Readings from the Vinyl Café (Activity Room) 1:30 Coach Trip to Southgate "sign up in mailroom" 1:30 Penny Ante (Atrium) 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 1:30 Happy Hour (Atrium) "don't forget your money!" 2:00 Thanksgiving Tea with "Steven Tyler" (Atrium) 4:45 Thanksgiving Dinner \$29.99 per person "Sign up at Reception" 6:30 Friday Night Movie: "Butch Cassidy & The Sundance Kid" (Activity Room)  <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) ***Location Change*** 10:00 Shuffleboard (Activity Room) 10:30 Physical Games: Bolongo Ball (Atrium) 1:00 Virtual Concert (Court 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) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium)  <p style="text-align: right;">13</p>	<p>THANKSGIVING DAY</p> <ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Crosswords (Court Activity Room) 1:30 Super Bingo (Atrium) "You play, we Pay" 2:00 Bible Study (Activity Room) ***Cancelled*** 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> 9:00 Exercises (Exercise Room) ***Time Change*** 9:30 Coach Trip to Meadowlark "sign up in mailroom" 1:00 Book Reading (Activity Room) 6:30 Cribbage (Activity Room) ***Drop-in*** <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) ***Time Change*** 10:00 Life Enrichment Garage to 3:00 (Court Activity Room) 3:00 Sing For Fun (Chapel) 6:30 Tile Rummy (Activity Room) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Coach Mystery Lunch & Drive "sign up in mailroom" 10:30 Anglican Holy Communion with Rev. Colleen (Chapel) 1:00 to 3:00 WiFi Assist 2:00 Cookies & Conversation with Colleen (FSL) 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Catholic Mass with Rev. Dean (Chapel) 2:00 Friday Entertainment with "Wayne O" (Atrium) 6:30 Friday Night Movie: "The Long Game" (Activity Room) <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) ***Location Change*** 10:00 Shuffleboard (Activity Room) 10:30 Physical Games: Ball Toss (Atrium) 1:00 Virtual Concert (Court 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) 10:30 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"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 2:00 Bible Study (Activity Room) 3:45 Halloween Candy Bagging (Atrium) 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right; font-size: 2em;">21</p>	<ul style="list-style-type: none"> 9:00 Exercises (Activity Room) ***Time Change*** 9:30 Coach Trip to Meadowlark "sign up in mailroom" 1:00 Book Reading (Activity Room) 1:30 Chocolate Brownie Day "See you at your door!" 6:30 Cribbage (Activity Room) ***Drop-In*** <p style="text-align: right; font-size: 2em;">22</p>	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) ***Time Change*** 10:30 Card Bingo (Activity Room) 1:30 Wheel of Fortune (Atrium) 1:30 Coach Trip to Save-On and Winners "sign up in mailroom" 6:30 Tile Rummy (Act. Rm) <p style="text-align: right; font-size: 2em;">23</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Coach Trip to Italian Market "sign up in mailroom" 10:30 Anglican Worship with Rev. Clare (Chapel) 2:00 Manor Birthday Tea 3:00 Happy Hour (Manor Lobby Lounge) "don't forget your money!" 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right; font-size: 2em;">24</p>	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 2:00 Friday Entertainment with "Mike Chanoweth" (Atrium) 6:30 Friday Night Movie: "The Red Skeleton Show" (Activity Room) <p style="text-align: right; font-size: 2em;">25</p>	<ul style="list-style-type: none"> 9:30 Exercises (Atrium) ***Location Change*** 10:00 Shuffleboard (Activity Room) 10:30 Physical Games: Bean Bag Toss (Atrium) 1:00 Virtual Concert (Court 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) 10:30 Catholic Worship (Chapel) 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"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 2:00 Bible Study (Activity Room) 2:00 Court Birthday Tea with "Marry Ellen Davidson" (Atrium) 6:30 Scrabble/Whist (Activity Room) <p style="text-align: right; font-size: 2em;">28</p>	<ul style="list-style-type: none"> 9:00 Exercises (Activity Room) ***Time Change*** 9:30 Coach Trip to Meadowlark "sign up in mailroom" 1:00 Book Reading (Activity Room) 1:30 Card Bingo (Atrium) 1:30 Manor Mystery Drive "sign up in mailroom" 6:30 Cribbage (Activity Room) ***Drop-In*** <p style="text-align: right; font-size: 2em;">29</p>	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) ***Time Change*** 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) 6:30 Tile Rummy (Activity Room) <p style="text-align: right; font-size: 2em;">30</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Non Denominational Worship with Rev. Colleen (Chapel) 1:30 Halloween Parade (Atrium & Manor Lobby) 2:00 Halloween Party with "Sean Sonego" 6:30 Shuffleboard Bowling (Activity Room) <p style="text-align: right; font-size: 2em;">31</p>		

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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

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



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

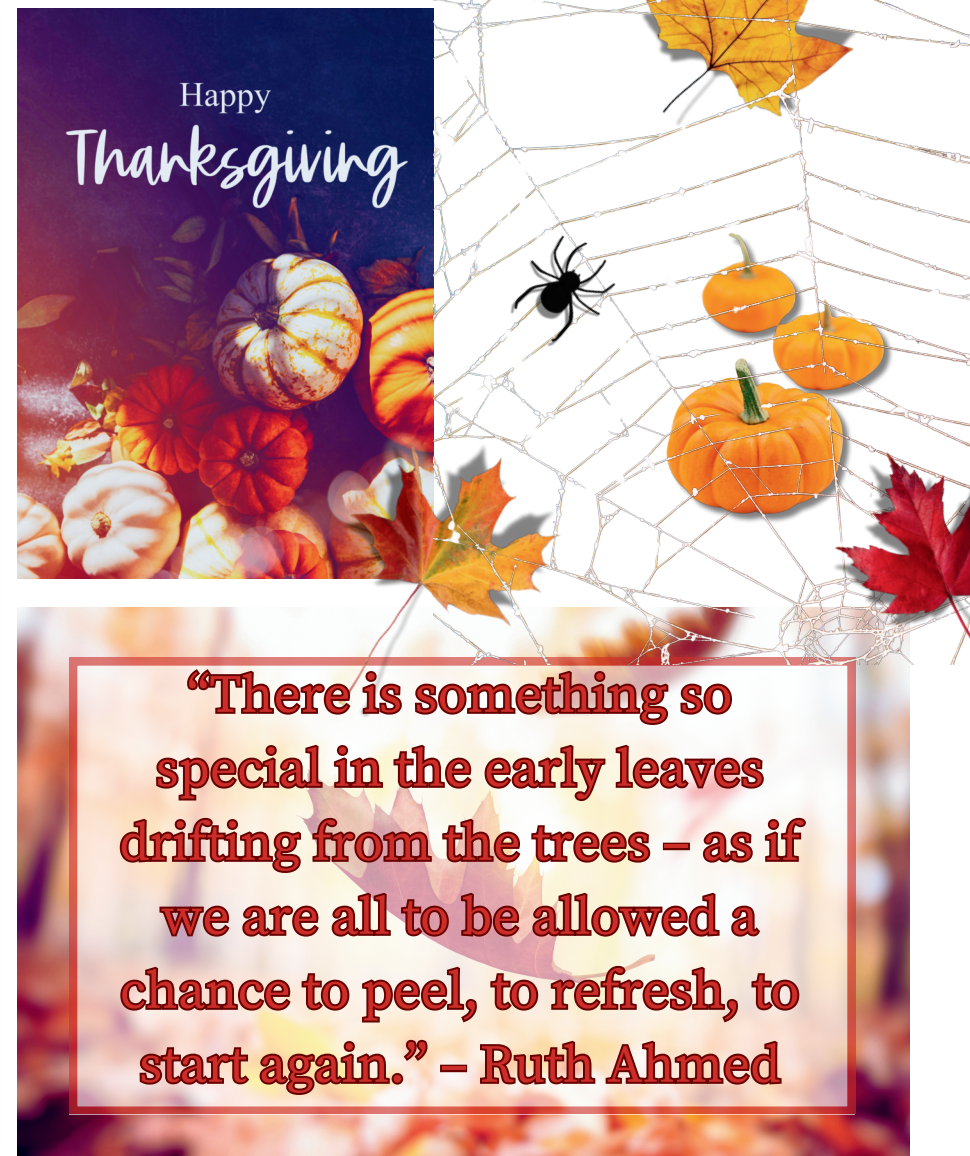
THIS MONTH'S ACTIVITIES



Autumn Word Search

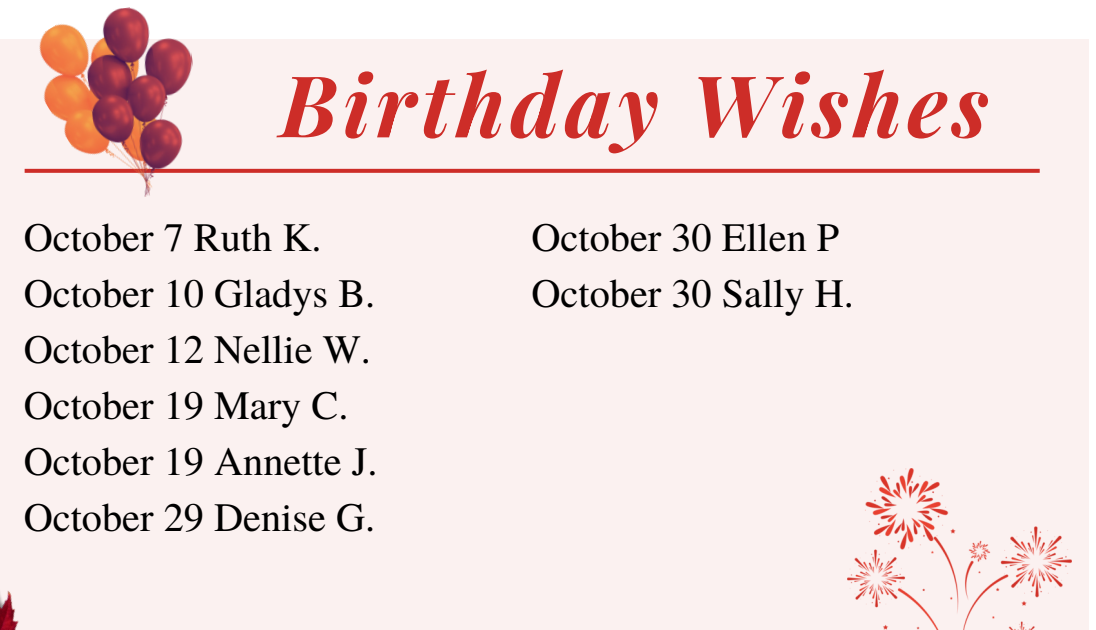
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W E D I R Y A H R S S O M D U

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 Ruth K.	October 30 Ellen P
October 10 Gladys B.	October 30 Sally H.
October 12 Nellie W.	
October 19 Mary C.	
October 19 Annette J.	
October 29 Denise G.	




Welcome Wagon

Edith S.

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Canterbury
FOUNDATION
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