

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Week 1 Menu • 9:30 Exercise: Chair Yoga Dance Class with Zoel (Activity Room) <i>*new program*</i> • 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 (Activity Room) • 10:30 Horse Races (Activity Room) <i>*cancelled*</i> • 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) • 6:30 Friday Night Movie: "Greyhound" (Activity Room) • 6:30  Shabbat Service with Cantor David (Chapel) 2	• 9:30 Exercises (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) 3
Week 2 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation <i>*Independent*</i> (Atrium) • 10:30 Catholic Worship (Chapel) 4	• 9:00 Chair Yoga With Jeanette (Court Activity Room) <i>*time & location change*</i> • 10:00 to 3:00 ProCare Covid & Influenza Immunization Clinic (Activity Room)  • 1:00 Book Reading (Activity Room) <i>*moved to Tuesday*</i> • 1:00 Afternoon Fun with Rio Terrace Students (Atrium)  • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 5	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark "sign up in mailroom" • 10:00 Once Upon a Conversation: An Intergenerational Storytelling Project with NorQuest Students (Atrium)  • 1:00 Book Reading (Activity Room) • 1:30 Coach Trip to Meadowlark "sign up in mailroom" • 1:30 Brownie Day "see you at your door!" • 6:30 Cribbage (Fireside Lounge) <i>***Drop-In***</i> 6	• 9:30 Active Yoga With Pramila (Activity Room) • 9:30 Coach Trip: Mystery Bakery "sign up in mailroom" • 10:30 United Worship with Rev. Karen (Chapel) • 1:30 Referendum Q&A with MLA Lori Sigurdson (Atrium) • 6:30 Tile Rummy (Activity Room) 7	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Activity Room) • 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) • 3:00 Manor Happy Hour "don't forget your money!" • 5:00 Thanksgiving Dinner  8	• 9:30 Exercises (Activity Room) • 10:00 to 3:00 Pieces by Sharon (Atrium) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 10:30 Horse Races (Activity Room) • 2:00 Thanksgiving Tea with "The Sunbeams" (Atrium) • 6:30 Friday Night Movie: "The Young Victoria" (Activity Room) 9	• 9:30 Exercises (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) • 2:15 Bean Bag Colour Match (Atrium) 10
Week 3 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation <i>*Independent*</i> (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Hangman (Court Activity Room) 11	 • 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Big Brain (Court Activity Room) • 10:30 Trivia (Activity Room) <i>*cancelled*</i> • 1:00 Book Reading (Activity Room) • 1:30 Card Bingo (Atrium) • 2:15 Bible Study (Activity Room) <i>*cancelled*</i> • 6:30 Scrabble (Activity Room) 12	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark "sign up in mailroom" • 10:00 to 3:00 Personal Touch Fashions (Atrium) • 10:30 Crosswords (Court Activity Room) • 12:00 Men's Club House Lunch (Activity Room) <i>*there will be a fee* see posters for more info.</i> • 2:00 Jeopardy (Activity Room) <i>*time change*</i> • 6:30 Cribbage (Fireside Lounge) <i>***Drop-in***</i> 13	• 9:30 Active Yoga with Pramila (Activity Room) • 9:00 to 4:00 Referendum Voting (Court Activity Room)  • 3:00 Sing For Fun with Vanessa (Chapel) • 6:30 Tile Rummy (Activity Room) 14	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip: IGA "sign up in mailroom" • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 2:00 Garden "Thank You" Tea with "Jeff Ramsay" (Atrium)  15	• 9:30 Exercise (Activity Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium)  • 10:00 Manor Garden Clean Up • 2:00 Friday Entertainment with "Cosmopolitan Show Band" (Atrium) • 6:30 Friday Night Movie: "Akeelah and The Bee" (Activity Room) 16	• 9:30 Exercises (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) 17

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Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) 18	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:00 CareRx Covid & Influenza to 3:00 (Court Activity Room)  • 10:30 Trivia (Activity Room) *cancelled* • 1:00 Book Reading (Activity Room) • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 19	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark "sign up in mailroom" • 10:30 Word Whiz (Court Activity Room) • 1:30 Super Bingo "you play, we pay!" (Atrium)  • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 20	• 9:30 Active Yoga with Pramila (Activity Room) • 9:30 Coach Trip: Mystery Lunch "sign up in mailroom" • 10:30 Halloween Candy Bagging (Court Activity Room)  • 1:30 Hourse Races (Atrium) • 6:30 Tile Rummy (Activity Room) 21	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Activity Room) • 10:30 Anglican Worship with Rev. Jordan (Chapel) • 1:30 Penny Ante (Atrium) • 3:00 Manor Happy Hour "don't forget your money!" 22	• 9:30 Exercises (Activity Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 10:30 Horse Races (Activity Room) • 2:00 Friday Entertainment with "Douglas Mitchell" (Atrium) • 6:30 Friday Night Movie: "The Whitehouse Effect" (Activity Room) 23	• 9:30 Exercises (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) • 2:15 Pop Quiz Trivia (Court Activity Room) 24
Week 1 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Big Brain (Court Activity Room) • 3:00 Hymn Sing (Chapel) 25	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 10:30 Mini Pumpkin Painting with NorQuest Students (Atrium)  • 1:00 Book Reading (Activity Room) • 2:00 Court Birthday Tea with "Terry Jordan" (Atrium) • Bible Study (Activity Room) • 2:15 Scrabble (Activity Room) • 6:30 26	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark "sign up in mailroom" • 10:30 Brain Cloud (Court Activity Room) • 1:30 Drums & Fun! (Activity Room) • 1:30 Bean Bag Colour Match (Atrium) • 6:30 Cribbage (Fireside Lounge) **Drop-in** 27	• 9:30 Active Yoga with Pramila (Activity Room) • 10:30 Crosswords (Court Activity Room) • 1:30 Kelly's Kitchen (Court Activity Room)  • 3:00 Sing For Fun with Vanessa (Chapel) • 6:30 Tile Rummy (Activity Room) 28	• 9:30 Exercise: Chair Yoga Dance Class with Zoel (Activity Room) *new program* • 9:30 Coach Trip: Italian Market "sign up in mailroom" • 10:00 to 3:00 Staff Pumpkin Carving Contest Voting (Atrium) *winner announced at Halloween Party*  • 10:30 Card Bingo (Manor Activity Room) • 10:30 Non-Denominational Worship with Rev. Colleen (Chapel) • 2:00 Manor Birthday Tea 29	• 9:30 Exercises (Activity Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 10:30 Horse Races (Activity Room) • 1:15 Halloween Parade with Laurier Heights Students (Atrium)  • 2:00 Halloween Party with "Randy Glen" (Atrium) • 6:30 Friday Night Movie: "Moonstruck" (Activity Room) • 6:30 Shabbat Service with Cantor David (Chapel)  30 	 • 9:30 Exercises (Court Activity Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Court Games Lounge) 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
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780-930-3736



Court Reception
780-483-5361



Nursing Station
780-930-3734

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



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 l 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 j 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

The calendula is the customary flower associated with the month of October, and it is emblematic of comfort, healing, protection, and grace.

October is associated with two birthstones: tourmaline and opal.

Halloween comes from an old Celtic festival called Samhain, meaning "summer's end"

People in Ireland and Scotland originally carved scary faces into turnips and potatoes, not pumpkins, to scare away wandering spirits.

The full moon in October is called the Hunter's Moon because it gave extra light for hunting before winter.

The Orionids meteor shower peaks in mid-October from space dust left behind by Halley's Comet.

Trees stop making green food called chlorophyll in October, which lets bright red, yellow, and orange colors show.



Birthday Wishes

October 04 - Marlene F-J.

October 10 - Gladys B.

October 12 - Nellie W.

October 15 - Margaret F.

October 30 - Ellen P.





Welcome Wagon

Eva W.

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Canterbury

FOUNDATION

The Promise of Home

