

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 Virtual Concert (GL)</li> <li>• 1:00 <b>Card Bingo (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>1</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Diane (Exc. Rm)</li> <li>• 10:30 Crosswords (CAR)</li> <li>• 1:30 <b>Super Bingo (Atrium)</b></li> </ul> <p> "You Play, We Pay!"</p> <p style="text-align: right; font-size: 2em;"><b>2</b></p>	<ul style="list-style-type: none"> <li>• 9:00 <b>Exercises (Exc. Rm) ***Time Change</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Bible Studies</b></li> <li>• 1:30 Card Bingo (Atrium)</li> <li>• 6:30 <b>Cribbage (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>3</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 <b>Active Yoga With Pramila (Exc. Rm)</b></li> <li>• 10:30 United Worship with Pastor Karen (Chapel)</li> <li>• 1:15 <b>Court Mystery Drive "Sign up at Reception"</b></li> <li>• 3:00 Sing for Fun (Chapel)</li> <li>• 6:00 <b>Evening Show: "Downtown Abbey" (GL)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>4</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exc. Rm) <b>**CANCELLED</b></li> <li>• 9:00 <b>LIFE ENRICHMENT to FULL PLANNING DAY!! 4:00</b></li> <li>• 10:30 Lutheran Worship with Rev. Greg (Chapel)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>5</b></p>	<p><b>Garden Watering</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:15 <b>Trivia (Court Library)</b></li> <li>• 10:30 Catholic Mass with Rev. Dean (Chapel)</li> <li>• 2:00 <b>Grandparent's Tea with "The Young at Heart" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "14 Peaks" (GL)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>6</b></p>	<p><b>Garden Watering</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exc. Rm)</li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Physical Games: Horseshoes (Atrium)</b></li> <li>• 1:30 Virtual Concert (GL)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>7</b></p>
<p> <b>GRANDPARENT'S DAY!</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 Hangman (CAR)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>8</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Diane (Exc. Rm)</li> <li>• 10:30 Big Brain (CAR)</li> <li>• 1:30 to 4:30 <b>Popsicle Pop-In (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>9</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 <b>Exercises (Exc. Rm) ***Time Change</b></li> <li>• 10:00 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 Bible Studies</li> <li>• 1:30 <b>Board Games (Atrium) *Independent</b></li> <li>• 6:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>10</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Pramila (Exc. Rm)</li> <li>• 12:30 to 2:00 <b>Eat Street with Rus (CAR)</b></li> <li>• 6:00 Evening Show: "Downtown Abbey" (GL)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>11</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exc. Rm)</li> <li>• 10:30 <b>Men's Shed "Meet in the Atrium"</b></li> <li>• 10:30 Non-Denominational Worship with Rev. Colleen (Chapel)</li> <li>• 1:30 Board Games (Atrium)</li> <li>• 3:00 <b>Happy Hour (MLL) "don't forget your money"</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>12</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:00 Pieces by Sharon (GL) to 3:00</li> <li>• 10:15 Morning Walks "Meet in Atrium"</li> <li>• 2:00 <b>Friday Entertainment with "Old Smoothies" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Runaway Bride" (GL)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>13</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Physical Games: Bolongo Ball (Atrium)</b></li> <li>• 1:00 Virtual Concert (GL)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>14</b></p>
<ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 Virtual Concert (GL)</li> <li>• 1:00 <b>Card Bingo (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>15</b></p>	<p><b>Garden Watering</b></p> <ul style="list-style-type: none"> <li>• 9:00 <b>Active Yoga With Colleen (Exc. Rm)</b></li> <li>• 10:30 Crosswords (Act. Rm)</li> <li>• 1:30 Memory Magic (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>16</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:00 Coffee &amp; Conversation (Atrium) *Independent</li> <li>• 10:30 Bible Studies</li> <li>• 1:30 <b>Ice Cream Day! "See you at your door!"</b></li> <li>• 6:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>17</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 Active Yoga with Pramila (Exc. Rm)</li> <li>• 10:30 <b>Hangman (Activity Room)</b></li> <li>• 1:30 Horse Races (Atrium)</li> <li>• 3:00 <b>Sing for Fun (Chapel)</b></li> <li>• 6:00 <b>Evening Show: "Downtown Abbey" (GL)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>18</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exc. Rm)</li> <li>• 10:30 <b>Anglican Worship with Rev. Colleen (Chapel)</b></li> <li>• 1:30 Board Games (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>19</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:15 Trivia (Court Library)</li> <li>• 1:30 <b>Happy Hour (Atrium) "don't forget your money!"</b></li> <li>• 2:00 <b>Friday Entertainment with "Sunbeams" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "The High &amp; Mighty" (GL)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>20</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Physical Games: Table Top Air Hockey (Atrium)</b></li> <li>• 1:00 <b>Virtual Concert (GL)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>21</b></p>

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<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 Big Brain (CAR)</li> </ul> <p style="text-align: center;"><b>22</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga With Colleen (Exc. Rm)</li> <li>• 10:30 Hangman (CAR)</li> <li>• 2:00 <b>Court Birthday Tea with "Sean Sonego" (Atrium)</b></li> </ul> <p style="text-align: center;"><b>23</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 Bible Studies (Chapel)</li> <li>• 1:30 <b>Card Bingo (Atrium)</b></li> <li>• 6:30 Cribbage (Atrium)</li> </ul> <p style="text-align: center;"><b>24</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Active Yoga with Pramila (Exc. Rm)</li> <li>• 10:00 to 3:00 Plus Sized Creations (GL)</li> <li>• 10:30 <b>Brain Teasers (CAR)</b></li> <li>• 1:30 <b>Truth &amp; Reconciliation Prayer Service &amp; Smudge (Chapel)</b></li> <li>• 6:00 Evening Show: "Downtown Abbey" (GL)</li> </ul> <p style="text-align: center;"><b>25</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Stretch &amp; Strength (Exc. Rm)</li> <li>• 10:30 Morning Walks *Meet in Atrium*</li> <li>• 10:30 <b>Anglican Worship with Rev. Clare (Chapel)</b></li> <li>• 1:30 Popcorn &amp; Movie: "Irish Wish" (GL)</li> <li>• 3:00 <b>Happy Hour (MLL) "don't forget your money"</b></li> </ul> <p style="text-align: center;"><b>26</b></p>	<p>HARVEST DAYS!</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:15 Trivia (Court Library)</li> <li>• 1:00 Live Horse Races (Atrium)</li> <li>• 2:00 <b>Friday Entertainment with "Randy Glen" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Field of Dreams" (GL)</b></li> </ul> <p style="text-align: center;"><b>27</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exc. Rm)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Physical Games: Bean Bag Toss (Atrium)</b></li> <li>• 1:00 Virtual Concert (GL)</li> </ul> <p style="text-align: center;"><b>28</b></p>	
<ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 Virtual Concert (GL)</li> <li>• 1:00 Card Bingo (Atrium)</li> <li>• 3:00 <b>Hymn Sing (Chapel)</b></li> </ul> <p style="text-align: center;"><b>29</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 <b>Active Yoga With Colleen (Exc. Rm)</b></li> <li>• 10:30 Crosswords (Act. Rm)</li> <li>• 1:30 <b>Super Bingo! "You play, We Pay!"</b></li> </ul> <p style="text-align: center;"><b>30</b></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

**Co-ordinators:** Vanessa, Erica, Chelcey, 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



### THIS MONTH'S ACTIVITIES

# Autumn

## WORD SEARCH

E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
O	R	J	X	K	V	S	N	C	G	R	Q
H	L	E	A	F	S	C	A	R	F	I	O

SCARF	APPLE	BOOTS
TREE	FALL	RAKE
ACORN	PUMPKIN	PIE
HAY	SWEATER	LEAF



## Birthday Wishes

September 3 Bud O.  
 September 4 Erica G.  
 September 7 Rita M  
 September 11 Joyce H.  
 September 16 Orville S.  
 September 17 Audrey J.  
 September 28 Madeline D.



## Welcome Wagon

Sandra & James Bellerose

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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  
 Bowtie \_\_\_\_\_ Formal Event/Attire

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