


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>LABOUR DAY</div> <div>Week 2 Menu</div> <div>Garden Watering</div> <div><div>9:00</div><div>Chair Yoga With Colleen (Exercise Room)</div></div> <div><div>1:00</div><div>Music & Meanders (Atrium)</div></div> <div>1</div>	<div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>10:15</div><div>Hangman (Court Activity Room)</div></div> <div><div>1:30</div><div>Super Bingo “you play, we pay!” (Atrium)</div></div> <div>2</div>	<div>Garden Watering</div> <div><div>9:30</div><div>Exercise (Exercise Room)</div></div> <div><div>10:30</div><div>Crosswords (Court Activity Room)</div></div> <div><div>10:30</div><div>United Worship with Rev. Karen (Chapel) *cancelled*</div></div> <div><div>1:15</div><div>Court Mystery Drive “sign up at reception”</div></div> <div><div>3:00</div><div>Sing For Fun (Chapel)</div></div> <div><div>6:30</div><div>Evening Show: “Taxi” (Games Lounge)</div></div> <div>3</div>	<div><div>9:30</div><div>Exercises (Exercise Room) *cancelled*</div></div> <div><div>9:00</div><div>Life Enrichment Half Day to Planning Meeting 12:00</div></div> <div><div>10:30</div><div>Lutheran Worship with Rev. Greg (Chapel)</div></div> <div><div>1:30</div><div>Card Bingo (Atrium)</div></div> <div><div>3:00</div><div>Manor Happy Hour “don’t forget your money!”</div></div> <div>4</div>	<div>Garden Watering</div> <div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>11:00</div><div>Catholic Mass with Father Dean (Chapel)</div></div> <div><div>2:00</div><div>Grandparent’s Tea with “The Golden Dreams” (Atrium)</div></div> <div><div>6:00</div><div>Friday Night Movie: “The Apartment” (Games Lounge)</div></div> <div>5</div>	<div><div>10:00</div><div>Coffee and Conversation (Atrium) *Independent</div></div> <div><div>1:00</div><div>Virtual Concert (Games Lounge)</div></div> <div>6</div>
<div>Week 3 Menu</div> <div>Garden Watering</div> <div><div>10:00</div><div>Coffee and Conversation (Atrium) *Independent</div></div> <div><div>10:30</div><div>Catholic Worship (Chapel)</div></div> <div>7</div>	<div><div>9:00</div><div>Chair Yoga With Colleen (Exercise Room)</div></div> <div><div>10:00</div><div>Walker Safety Talk to (Court Activity Room) 10:20 *all are welcome*</div></div> <div><div>10:30</div><div>Walker Repair Clinic to (Court Activity Room) 3:30 *Call LE to book your appointment*</div></div> <div>8</div>	<div>Garden Watering</div> <div><div>9:00</div><div>Optometry Clinic (location) to 2:30 *Call LE to book your appointment*</div></div> <div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>11:00</div><div>“Manor Resident Pie Bake-Off”: Resident Pie Viewing & Voting (Atrium)</div></div> <div><div>1:00</div><div>“Manor Resident Pie Bake-Off”: Pie Tasting by Panel (Atrium)</div></div> <div><div>2:00</div><div>Pie Bake-Off Awards (Atrium)</div></div> <div>9</div>	<div><div>9:30</div><div>Exercise (Exercise Room)</div></div> <div><div>11:30</div><div>Life Enrichment BBQ (Dining Room) *order forms can be purchased at reception*</div></div> <div><div>1:00</div><div>Canterbury 2023/2024 Staff Service Awards (Atrium)</div></div> <div><div>6:30</div><div>Evening Show: “Taxi” (Games Lounge)</div></div> <div>10</div>	<div>Garden Watering</div> <div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>10:30</div><div>Baptist Worship with Rev. Carol & Rev. Jim (Chapel)</div></div> <div><div>1:30</div><div>Horse Races (Atrium)</div></div> <div>11</div>	<div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>10:15</div><div>Music & Meanders (Atrium)</div></div> <div><div>2:00</div><div>Friday Entertainment with “The Sunbeams” (Atrium)</div></div> <div><div>6:00</div><div>Friday Night Movie : “Cool Runnings” (Games Lounge)</div></div> <div>12</div>	<div>Garden Watering</div> <div><div>9:30</div><div>Exercise (Exercise Room)</div></div> <div><div>10:00</div><div>Coffee and Conversation (Atrium) *Independent</div></div> <div><div>1:00</div><div>Virtual Concert (Games Lounge)</div></div> <div><div>1:30</div><div>Big Brain (Court Activity Room)</div></div> <div>13</div>
<div>Week 4 Menu</div> <div><div>9:30</div><div>Balloon Badminton (Atrium)</div></div> <div><div>10:00</div><div>Coffee and Conversation (Atrium) *Independent</div></div> <div><div>10:30</div><div>Catholic Worship (Chapel)</div></div> <div><div>1:00</div><div>Virtual Concert (Games Lounge)</div></div> <div>14</div>	<div>Garden Watering</div> <div><div>9:00</div><div>Chair Yoga With Colleen (Exercise Room)</div></div> <div><div>10:30</div><div>Crosswords (Court Activity Room)</div></div> <div><div>1:30</div><div>Memory Magic (Atrium)</div></div> <div>15</div>	<div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>10:30</div><div>Big Brain (Court Activity Room)</div></div> <div><div>1:30</div><div>Ice Cream Day “see you at your door!”</div></div> <div>16</div>	<div>Garden Watering</div> <div><div>9:30</div><div>Exercises (Exercise Room) *cancelled*</div></div> <div><div>10:00</div><div>Life Enrichment Garage Sale (Court Activity Room) 3:00</div></div> <div><div>12:30</div><div>Shop Easy (Manor Lobby Lounge)</div></div> <div><div>3:00</div><div>Sing For Fun (Chapel)</div></div> <div><div>6:30</div><div>Evening Show: “Taxi” (Games Lounge)</div></div> <div>17</div>	<div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>10:30</div><div>Penny Ante (Atrium)</div></div> <div><div>10:30</div><div>Anglican Worship with Rev. Colleen (Chapel)</div></div> <div><div>1:30</div><div>Card Bingo (Atrium)</div></div> <div><div>3:00</div><div>Manor Happy Hour “don’t forget your money!”</div></div> <div>18</div>	<div>Garden Watering</div> <div><div>9:30</div><div>Exercises (Exercise Room)</div></div> <div><div>10:15</div><div>Music & Meanders (Atrium)</div></div> <div><div>2:00</div><div>Oktoberfest Party with “The Young at Heart Band” (Atrium)</div></div> <div><div>6:00</div><div>Friday Night Movie: “City Slickers” (Games Lounge)</div></div> <div>19</div>	<div><div>10:00</div><div>Coffee and Conversation (Atrium) *Independent</div></div> <div><div>1:00</div><div>Virtual Concert (Games Lounge)</div></div> <div>20</div>

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<div>Week 1 Menu</div> <div>Garden Watering</div> <div><div>• 10:00 Coffee and Conversation  (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel) </div></div> <div>21</div>	<div>• 9:00 Chair Yoga With Colleen (Exercise Room) </div> <div>• 10:30 Crosswords (Court Activity Room)</div> <div>• 1:30 Horse Races (Atrium)</div>	<div>Garden Watering</div> <div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Bean Bag Toss (Atrium)</div> <div>• 1:30 Courtyard Conversations & Lemonade </div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Big Brain (Court Activity Room)</div> <div>• 10:30 Rosh Hashanah (Chapel) </div> <div>• 1:30 Balloon Badminton (Atrium)</div> <div>• 2:30 Men's Club House (Court Activity Room)</div> <div>• 6:00 Evening Show: "Taxi" (Games Lounge)</div>	<div>Garden Watering</div> <div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Anglican Worship with Rev. Jordan (Chapel) </div> <div>• 1:30 Movie & Popcorn "You Gotta Believe" (Games Lounge) </div>	<div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) </div> <div>• 2:00 Friday Entertainment with "Sean Sonego" (Atrium)</div> <div>• 6:00 Friday Night Movie: "Guys & Dolls" (Games Lounge) </div>	<div>Garden Watering</div> <div>• 9:30 Exercise (Exercise Room) </div> <div>• 10:00 Coffee and Conversation (Atrium) *Independent </div> <div>• 1:00 Virtual Concert (Games Lounge) </div> <div>• 1:30 Crosswords (Court Activity Room)</div>
<div>Week 2 Menu</div> <div>• 9:30 Bolongo Ball (Atrium)</div> <div>• 10:00 Coffee and Conversation  (Atrium) *Independent</div> <div>• 10:30 Catholic Worship (Chapel)</div> <div>• 1:00 Virtual Concert (Games Lounge)</div> <div>• 3:00 Hymn Sing (Chapel) </div>	<div>Garden Watering</div> <div>• 9:00 Chair Yoga With Colleen (Exercise Room) </div> <div>• 10:30 Big Brain (Court Activity Room)</div> <div>• 2:00 Court Birthday Tea with "Len Umrysh" (Atrium) </div>	<div>NATIONAL DAY OF TRUTH & RECONCILIATION</div> <div>• 9:30 Exercises (Exercise Room) </div> <div>• 10:30 Hangman (Court Activity Room)</div> <div>• 1:30 Super Bingo "you play, we pay!" (Atrium) </div>				

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.


LIFE ENRICHMENT STAFF

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

Team Lead: Chelcey Buck | Phone: 780-930-5817

Co-ordinators: Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Dana

CONTACT

 Life Enrichment
Main Phone
780-930-3736

 Court Reception
780-483-5361

 Nursing Station
780-930-3734



THIS MONTH'S ACTIVITIES

Canterbury Wordsearch






OVCXJEXEXCELLENCE
AJUHWXSBBFBLDCNSPW
COJEPEGACTIVITIES
AEWIRQRYBJAFYOESEX
NGFGRCIDGHSEWRACW
TYZHPUGYLANETFEM
EIHXTSMANORHYAERX
RBZSUEMTYUXONITCR
BFRIENDSHIPCSNYIG
UALJIRCUCJBOYMLSZ
RQORDHFI BYOUGEZEV
YUHUVHAVENXRLNHJB
RAHHCKWSMFXTOTZMI
GLKBAIMOXGDRHKSPY
PIMIRCELEBRATIONS
HTZOERHGTGLMCTSPM
RYFLTJKJLPDTMDNYWD

Quality
Manor
Exercise
Activities
Celebrations

Friendship
Safety
Excellence
Entertainment
Lane

Heights
Haven
Court
Canterbury
Care

Significant September Historical Events:

- Sept 2, 1666** - The Great Fire of London. The fire destroyed 13,200 houses, 87 parish churches, and nine people died 
- Sept 28, 1745** - 'God Save the King' was sung for the first time publicly at the Drury Lane Theatre in London. 
- Sept 19, 1893** - New Zealand became the first country to grant all women the right to vote. 
- Sept 3, 1939** - In response to Hitler's invasion of Poland, Britain and France declared war on Germany, marking the start of World War II. 
- Sept 11, 2001** - 19 terrorists hijacked four passenger planes and carried out a series of suicide attacks against the USA. 



Birthday Wishes

- September 04 - Erika G.
- September 07 - Rita M.
- September 08 - Jean I.
- September 11 - Joyce H.
- September 16 - Orville S.
- September 17 - Audrey J.
- September 18 - Michael M.
- September 28 - Madeline D.



Welcome Wagon

- Nadiia D.
- Alexandra L.

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Canterbury
FOUNDATION

The Promise of Home

