

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Week 1 Menu • 9:30 Exercises (Exercise Room)  • 10:30 Sudoku Club (Chapel)  • 1:30 Music Discovery (Court Activity Room)  *new program* • 1:30 Chaplain Visits 1	• 9:30 Exercise (Exercise Room)  • 10:30 United Church Service with Rev. Karen (Chapel)  • 2:00 New Resident Welcome Tea (Atrium)  *all are welcome* • 3:00 Sing For Fun with Vanessa (Chapel) • 6:00 Evening Show: "Little House on the Prairie" Season 1: Episode 1 (Games Lounge)  2	• 9:30 Exercises (Exercise Room) • 9:00 to 12:00 Life Enrichment Half Day Planning Meeting  • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Card Bingo (Atrium) • 1:30 Inspirational Stories • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)  • 6:00 Cribbage (Atrium) 3	• 9:30 Exercises (Exercise Room) • 10:00 Creative Connections with Elora (Retro) • 10:30 Court Mystery Drive "sign up at reception"  • 11:00 Catholic Mass with Rev. Thomas (Chapel)  • 2:00 Friday Entertainment with "Campfire Girls" (Atrium)  • 6:00 Friday Night Movie: "Greyhound" (Games Lounge)  4	• 9:30 Exercises (Exercise Room)  • 10:00 Coffee & Conversation  *Independent* (Atrium) • 1:00 Virtual Concert (Games Lounge)  • 2:00 Afternoon Walks 5	
	Week 2 Menu • 9:30 Balloon Badminton (Atrium)  • 10:00 Coffee & Conversation  *Independent* (Atrium) • 10:30 Catholic Worship (Chapel)  • 2:00 Wellness Visits 6	LABOUR DAY! • 9:00 Chair Yoga With Colleen (Exercise Room)  • 10:30 Hangman (Court Activity Room) • 1:30 Ring Toss (Atrium)  • 3:30 Cribbage (Atrium) 7	• 9:30 Exercises (Exercise Room)  • 10:00 Tunes on the Ivories  • 10:30 Word Whiz (Court Activity Room) • 1:30 Ice Cream Drumstick Day  "see you at your door!" • 1:30 Chaplain Visits 8	• 9:30 Exercise (Exercise Room)  • 10:00 Life Enrichment Offsite to Event *no programming during this time* • 6:00 Evening Show: "Little House on the Prairie" Season 1: Episode 2 (Games Lounge)  9	• 9:30 Exercises (Exercise Room) • 10:00 Haven Birthday Tea with "Jacqueline Murray"  • 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) • 1:30 Afternoon Art with Madi (Court Activity Room)  • 1:30 Afternoon Fun with Vanessa (Retro) • 6:00 Cribbage (Atrium) 10	• 9:30 Exercises (Exercise Room)  • 10:30 Bean Bag Toss (Atrium) • 1:00 Bible Study (Chapel)  *new program* • 2:00 Grandparent's Tea with "Erin Vandermolen-Pater" (Atrium)  • 6:00 Friday Night Movie: "My Old Lady" (Games Lounge)  11	• 9:30 Exercises (Exercise Room)  • 10:00 Coffee & Conversation (Atrium)  *Independent • 1:00 Virtual Concert (Games Lounge)  • 2:15 Big Brain (Court Activity Room) 12
	Week 3 Menu • 9:30 Balloon Badminton (Atrium)  • 10:00 Coffee & Conversations  *Independent* (Atrium) • 10:30 Catholic Worship (Chapel)  • 1:00 Bean Bag Colour Match (Atrium) 13	• 9:00 Chair Yoga With Colleen (Exercise Room)  • 10:30 Morning Walks "meet in the Atrium" • 1:30 Card Bingo (Atrium)  • 3:30 Cribbage (Atrium) 14	• 9:30 Exercises (Exercise Room)  • 10:00 Personal Touch Fashions to 3:00  • 10:30 Sudoku Club (Chapel) • 1:00 Life Enrichment On-Site Training *no programs during this time* • 1:30 Chaplain Visits 15	• 9:30 Exercise (Exercise Room) • 10:30 Court Mystery Drive "sign up at reception"  • 10:30 Crosswords (Atrium) • 1:30 Penny Ante (Atrium) • 2:30 Men's Club House (Court Activity Room) • 6:00 Evening Show: "Little House on the Prairie" Season 1: Episode 3 (Games Lounge)  16	• 9:30 Exercises (Exercise Room) • 10:30 Lutheran Worship with Rev. Greg (Chapel)  • 1:30 Horse Races (Atrium)  • 1:30 Creative Connections with Vanessa (Retro) • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)  • 6:00 Cribbage (Atrium) 17	• 9:30 Exercises (Exercise Room)  • 10:00 Tunes on the Ivories • 2:00 Friday Entertainment with "Cosmopolitan Show Band" (Atrium)  • 6:00 Friday Night Movie: "Silverado" (Games Lounge)  18	• 9:30 Exercises (Exercise Room)  • 10:00 Coffee & Conversation (Atrium)  *Independent • 1:00 Virtual Concert (Games Lounge)  • 2:00 Wellness Visits 19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu 9:30 Balloon Badminton (Atrium)  10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel)  2:00 Creative Connections with Kiran (Retro) 20	9:00 Chair Yoga with Colleen (Exercise Room)  10:00 Pieces by Sharon to (Manor Lobby Lounge) 3:00 10:30 Walker Safety Presentation (Court Activity Room) 11:00 Walker Repair Clinic (Court to Activity Room) *call LE to 4:00 book your appointment* 3:30 Cribbage (Atrium) 21	9:30 Exercises (Exercise Room) 9:30 to 2:30 Optometry Clinic with Dr Kallal (Court Private Dining Room) “call Life Enrichment to book appointment*”  10:30 Crosswords (Court Activity Room) 1:30 Chaplain Visits 3:00 Afternoon Entertainment with “Mary Ellen Davidson”  22	9:30 Exercises (Exercise Room) 10:00 Life Enrichment Garage to Sale (Court Activity Room) 2:00 3:00 Sing For Fun with Vanessa (Chapel)  6:00 Evening Show: “Little House on the Prairie” Season 1: Episode 4 (Games Lounge)  23	9:30 Exercises (Exercise Room) 10:00 Haven Entertainment with “Bev Bibby”  10:30 Anglican Worship with Rev. Jordan (Chapel) 1:30 Movie & Popcorn: “9 to 5” (Games Lounge)  6:00 Cribbage (Atrium) 24	9:30 Exercises (Exercise Room) 10:00 to 3:30 Foot Care Solution Clinic *call Life Enrichment to book appointment* 10:30 Pop Quiz Trivia (Court Activity Room) 2:00 Black & White Gala with “Michael Greet” (Atrium) 6:00 Friday Night Movie: “The Queen of Katwe” (Games Lounge)  6:30 Shabbat Service with Cantor David (Chapel)  25	9:30 Exercises (Exercise Room)  10:00 Coffee and Conversation (Atrium) *Independent  1:00 Virtual Concert (Games Lounge)  2:15 Bean Bag Colour Match (Atrium) 26
Week 1 Menu 9:30 Balloon Badminton (Atrium)  10:00 Coffee & Conversations *independent* (Atrium)  10:30 Catholic Worship (Chapel)  1:00 Big Brain (Court Activity Room) 3:00 Hymn Sing (Chapel) 27	9:00 Chair Yoga with Colleen (Exercise Room)  10:30 Morning Walks “meet in the Atrium” 2:00 Court Birthday Tea with “Dahlia Wakefield” (Atrium)  3:30 Cribbage (Atrium) 28	9:30 Exercises (Exercise Room) 10:00 Tunes on the Ivories  10:30 Brain Cloud (Court Activity Room) 1:30 Board Games *independent* (Atrium)  1:30 Chaplain Visits 29	National Day for Truth & Reconciliation 9:30 Exercise (Exercise Room)  10:30 Hangman (Court Activity Room) 1:30 Horse Races (Atrium)  6:00 Evening Show: “Little House on the Prairie” Season : Episode 5 (Games Lounge)  30			

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, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Kiran

Supervisor: Chelcey Buck | Phone: 780-930-5817

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



Canterbury
FOUNDATION
The Promise of Home



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

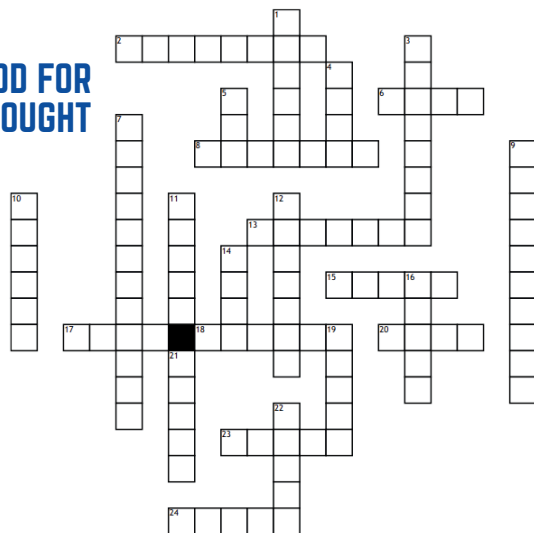
THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

FOOD FOR THOUGHT



Across

2. Something you put on the BBQ
6. Bacon and...
8. The " " on top of a number represents
13. To mix ingredients
15. A meal you have on Sunday
17. Yellow part of an egg
18. Breakfast food
20. You need to _____ the pasta before you eat it

23. Freshly squeezed orange
24. An old wise tail suggest that _____ part of bread gives you Curly hair
Down
1. Salt and
3. Popular Australian spread
4. Something you cook on a birthday
5. Freezing water makes
7. Hot chocolate with
9. In the "eat most" area of the food pyramid is

10. Tea or
11. 1/3 is a
12. Appliance in the kitchen used to cook bread
14. Chinese fried
16. Fork, knife and
19. L stands for
21. Calcium gives you strong
22. How many glasses of water do you need a day



Birthday Wishes

September 11 - Joyce H.



Welcome Wagon

Donald F.
Audrey V.
Audrey Y.

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