















| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|---|
|  | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Balloon Badminton1:30 Memory Joggers2:00 Snacks and Conversations</div> <div>1</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Morning Exercise1:30 Puzzle Time!2:00 Snacks and Conversations</div> <div>2</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Chair Exercise12:30 Chaplain Visits1:30 Inspirational Stories2:00 Snacks and Conversation</div> <div>3</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">9:00 Life Enrichment Half Day to Planning Meeting 12:0012:45 Lane Worship12:45 Music with Marg2:00 Snacks and Conversation</div> <div>4</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Basketball2:00 Grandparent's Tea with "The Golden Dreams" (Atrium)2:00 Snack & Conversation3:30 Afternoon Fun with Austin</div> <div>5</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">1:15 Ball Toss2:00 Snack and Conversation</div> <div>6</div> |
| <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">9:30 Inspirational Stories10:30 Morning Exercise</div> <div>7</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Balloon Badminton10:30 Walker Repair Clinic to (Court Activity Room) 3:30 *call LE to book your appointment*1:30 Bean Bag Toss2:00 Snacks and Conversation</div> <div>8</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">9:00 Optometry Clinic to (location) *Call LE to book your appointment*10:00 Sit & Be Fit1:30 Lane Entertainment with "Steven Tyler"2:00 Snacks & Conversation</div> <div>9</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Morning Art12:30 Chaplain Visits1:00 Canterbury 2023/2024 to Staff Service Awards 2:30 (Atrium)2:00 Snacks & Conversation3:30 Basketball</div> <div>10</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Music and Meanders12:45 Music with Marg2:00 Snacks and Conversation</div> <div>11</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Horse Races2:00 Friday Entertainment with "The Sunbeams" (Atrium)2:00 Snack and Conversation3:30 Afternoon Fun with Madi</div> <div>12</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Lane Entertainment with "Roy Marleau"2:00 Snacks & Conversations2:30 Balloon Badminton</div> <div>13</div> |
| <div>Morning Music</div> <div><ul style="list-style-type: none">10:30 Lane Courtyard Walks & Music2:30 Nerf Gun Shooting</div> <div>14</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Lane Mystery Drive1:30 Balloon Badminton2:00 Snacks and Conversations</div> <div>15</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Morning Sing A Long1:30 Ice Cream Day "see you at your door"2:00 Snack and Conversation</div> <div>16</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Table Ping Pong12:30 Chaplain Visits1:30 Ball Toss2:00 Snack & Conversation</div> <div>17</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Storytime Giggles12:45 Music with Marg2:00 Snacks & Conversation</div> <div>18</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Balloon Badminton2:00 Friday Entertainment with "The Young at Heart Band" (Atrium)2:00 Snack & Conversation3:30 Afternoon Fun with Austin</div> <div>19</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">1:15 Afternoon Art with Cassidy2:00 Snacks and Conversation</div> <div>20</div> |

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| <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">9:30 Memory Joggers10:30 Ball Toss</div> <div></div> <div>21</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Morning Stretching & Chair Dancing1:30 Globe Trotting2:00 Snacks & Conversation</div> <div></div> <div>22</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Sit & Be Fit1:30 Lane Birthday Tea with "Lindsay Nagy"2:00 Snacks & Conversations3:00 Afternoon Music with "Mary Ellen Davidson" (Retro)</div> <div></div> <div>23</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Bean Bag Toss12:30 Chaplain Visits1:30 Basketball2:00 Snacks and Conversation</div> <div></div> <div>24</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Balloon Badminton12:45 Music with Marg2:00 Snacks & Conversations</div> <div></div> <div>25</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Bolongo Ball2:00 Friday Entertainment with "Sean Sonego" (Atrium)2:00 Snack & Conversation3:30 Afternoon Fun with Madi</div> <div></div> <div>26</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Lane Entertainment with "Jim Hepler"2:00 Snack & Conversations2:30 Balloon Badminton</div> <div></div> <div>27</div> |
| <div>Morning Music</div> <div><ul style="list-style-type: none">10:30 Lane Courtyard Ball Toss2:30 Karaoke Sing A Long</div> <div></div> <div>28</div> | <div>Morning Music & Watering</div> <div><ul style="list-style-type: none">10:00 Horse Races2:00 Court Birthday Tea with "Douglas Mitchell" (Atrium)3:30 Afternoon Fun with Madi</div> <div></div> <div>29</div> | <div>Morning Music</div> <div><ul style="list-style-type: none">10:00 Morning Exercises2:00 Snack & Conversation1:30 Memory Joggers</div> <div></div> <div>30</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

Canterbury
FOUNDATION

The Promise of Home



THIS MONTH'S ACTIVITIES

Canterbury Wordsearch

OVCXJEXEXCELLENCE
AJUHWXSBBFLDCNSPW
COJEPGACTIVITIES
AEWIQRYBJAFYOESXE
NGFGRCIDGHSEWRACW
TYZHPUGYLANETFEM
EIHXTSMANORHYAERX
RBZSUEMTYUXONITCR
BFRIENDSHIPCSNYIG
UALJIRCUCJBOYMLSZ
RQORDHFIYOUGEZEV
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 12 - Jean L.
September 18 - Howard B.
September 23 - Peter P.
September 27 - Lowell W.





Welcome Wagon

David W.
Terry W.
Anne N.



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