

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Week 1 Menu • 9:30 Exercises (Court Activity Room) *location change* • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 10:30 Sudoku Club (Chapel) • 1:30 Coach Trip to Meadowlark “sign up in mailroom” • 1:30 Music Discovery (Court Activity Room) *new program* • 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 1	• 9:30 Active Yoga With Pramila (Activity Room) • 10:30 Crosswords (Court Activity Room) • 10:30 United Church Worship with Rev. Karen (Chapel) • 2:00 New Resident Welcome Tea (Atrium) *all are welcome* • 3:00 Sing For Fun with Vanessa (Chapel) • 6:30 Tile Rummy (Activity room) 2	• 9:30 Exercises (Activity Room) *cancelled* • 9:00 Life Enrichment Half Day to Planning Meeting 12:00 • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Card Bingo (Atrium) • 3:00 Manor Happy Hour “don’t forget your money!” • 6:00 Cribbage (Atrium) 3	*Last day to sign up for Laurier BBQ* • 9:30 Exercises (Activity Room) • 10:30 Horse Races (Activity Room) • 11:00 Catholic Mass with Rev. Thomas (Chapel) • 2:00 Friday Entertainment with “Campfire Girls” (Atrium) • 6:30 Friday Night Movie: “Breakdown 1975” (Activity Room) 4	• 9:30 Exercises (Court Exercise Room) (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) 5
Week 2 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) 6	LABOUR DAY! • 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) *cancelled* • 10:30 Hangman (Court Activity Room) • 1:00 Book Reading (Activity Room) • 1:30 Ring Toss (Atrium) • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 7	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 10:30 Word Whiz (Court Activity Room) • 1:30 Ice Cream Drumstick Day “see you at your door” • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 8	• 9:30 Active Yoga With Pramila (Activity Room) • 11:00 Life Enrichment Summer to Send Off BBQ at Laurier Park “sign up in mailroom” • 6:30 Tile Rummy (Activity Room) 9	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Activity Room) • 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) • 1:30 Afternoon Art with Madi (Court Activity Room) • 6:00 Cribbage (Atrium) 10	• 9:30 Exercises (Activity Room) • 10:30 Bean Bag Toss (Atrium) • 10:30 Horse Races (Activity Room) • 2:00 Grandparents Tea with “Erin Vandermolten-Pater” (Atrium) • 6:30 Friday Night Movie: “9 to 5” (Activity Room) 11	• 9:30 Exercises (Court Exercise Room) (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) • 2:15 Big Brain (Court Activity Room) 12
Week 3 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Bean Bag Colour Match (Atrium) 13	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 11:35 Tunes on the Ivories (Piano Lounge) • 1:00 Book Reading (Activity Room) • 1:30 Card Bingo (Atrium) • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 14	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 10:00 Personal Touch Fashions (Atrium) to 3:00 • 10:30 Sudoku (Chapel) • 1:30 Manor Resident Meeting (Activity Room) • 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 15	• 9:30 Active Yoga with Pramila (Activity Room) • 10:30 Crosswords (Court Activity Room) • 1:00 Jeopardy (Activity Room) • 1:30 Penny Ante (Atrium) • 2:30 Men’s Club House (Court Activity Room) • 6:30 Tile Rummy (Activity Room) 16	• 9:30 Rouleau Exercises (Activity Room) • 10:30 Card Bingo (Activity Room) • 10:30 Lutheran Worship with Rev. Greg (Chapel) • 1:30 Horse Races (Atrium) • 3:00 Manor Happy Hour “don’t forget your money!” • 6:00 Cribbage (Atrium) 17	• 9:30 Exercise (Activity Room) • 2:00 Friday Entertainment with “Cosmopolitan Show Band” (Atrium) • 6:30 Friday Night Movie: “The Queen of Chess” (Activity Room) 18	• 9:30 Exercises (Court Exercise Room) (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) 19

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Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) 20	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:00 to 3:00 Pieces by Sharon (Manor Lobby Lounge) • 10:30 Walker Safety Presentation (Court Activity Room) • 10:30 Trivia (Activity Room) • 11:00 to 4:00 Walker Repair Clinic (Court Activity Room) *call LE to book your appointment* • 1:00 Book Reading (Activity Room) • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 21	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 9:30 to 2:30 Optometry Clinic with Dr Kallal “call Life Enrichment to book appointment” (Court Private Dining Room) • 10:30 Big Brain (Court Activity Room) • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 22	• 9:30 Active Yoga with Pramila (Activity Room) • 10:00 Life Enrichment Garage to Sale (Court Activity Room) 2:00 • 3:00 Sing for Fun with Vanessa (Chapel) • 6:30 Tile Rummy (Activity Room) 23	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Activity Room) • 10:30 Anglican Worship with Rev. Jordan (Chapel) • 2:00 Manor Birthday Tea • 6:00 Cribbage (Atrium) 24	• 9:30 Exercises (Activity Room) • 10:00 to 3:30 Foot Care Solution Clinic *call Life Enrichment to book appointment* • 10:30 Horse Races (Activity Room) • 11:00 Tunes on the Ivories (Piano Lounge) • 2:00 Black & White Gala with “Michael Greet” (Atrium) • 6:30 Friday Night Movie: “The Favourite” (Activity Room) • 6:30 Shabbat Service with Cantor David (Chapel) 25	• 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) 26
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) 27	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 11:35 Tunes on the Ivories (Piano Lounge) • 1:00 Book Reading (Activity Room) • 2:00 Court Birthday Tea with “Dahlia Wakefield” (Atrium) • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 28	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 10:30 Brain Cloud (Court Activity Room) • 1:30 Gentle Stretch & Meditation (Activity Room) • 6:30 Cribbage (Fireside Lounge) **Drop-in** 29	National Day for Truth & Reconciliation • 9:30 Active Yoga with Pramila (Activity Room) • 10:30 Hangman (Court Activity Room) • 1:30 Horse Races (Atrium) • 6:30 Tile Rummy (Activity Room) 30			

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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



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780-483-5361



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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



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 Curley 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



Bananas grow in groups called hands, and each single banana is a finger.



Ketchup was sold as a medicine in the 1800s to cure stomach aches.



Nutella was invented in Italy because chocolate was very hard to find after World War II.



Honey never spoils, **carrots** used to be purple, and **bananas** are berries, but **strawberries** are not.



Spam is a mashup of the words "Spice" and "Ham".



The original pound cake recipe had just four ingredients, each weighing a pound.



Birthday Wishes

- September 02 - Angie L.
- September 07 - Dorothy M.
- September 12 - Irene C.
- September 16 - Robyn S.
- September 20 - Cathie C.
- September 26 - Bob K.
- September 30 - Myrna W.



Welcome Wagon

- David F-J
- Marlene F-J
- Cecile V.

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