

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Week 1 Menu Garden Watering 9:30  Exercises (Exercise Room) 10:30 Sudoku Club (Chapel) 1:30  Music Discovery (Court Activity Room) <i>*new program*</i> 1	9:30 Exercise (Exercise Room) 10:30 Crosswords (Court Activity Room) 10:30 United Worship with Rev. Karen (Chapel) 2:00 New Resident Welcome Tea (Atrium) <i>*all are welcome*</i> 3:00 Sing For Fun with Vanessa (Chapel) 6:00  Evening Show: Little House on the Prairie Season 1: Episode 1 (Games Lounge) 2	Garden Watering 9:30 Exercises (Exercise Room) <i>*cancelled*</i> 9:00 to 12:00 Life Enrichment Half Day Planning Meeting 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Card Bingo (Atrium) 3:00  Manor Happy Hour “don’t forget your money!” (Manor Lobby Lounge) 6:00 Cribbage (Atrium) 3	9:30 Exercises (Exercise Room) 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) 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) <i>*Independent*</i> 1:00  Virtual Concert (Games Lounge) 5	
	Week 2 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) <i>*Independent*</i> 10:30 Catholic Worship (Chapel) 6	Garden Watering 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) 10:30 Word Whiz (Court Activity Room) 1:30  Ice Cream Drumstick Day “see you at your door!” 8	Garden Watering 9:30 Exercise (Exercise Room) <i>*cancelled*</i> 10:00 Life Enrichment Offsite to Event <i>*no programming during this time*</i> 6:00  Evening Show: “Little House on the Prairie” Season 1: Episode 2 (Games Lounge) 9	9:30 Exercises (Exercise 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	Garden Watering 9:30 Exercises (Exercise Room) 10:30 Bean Bag Toss (Atrium) 1:00 Bible Study (Chapel) <i>*new program*</i> 2:00  Grandparents 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 and Conversation (Atrium) <i>*Independent*</i> 1:00  Virtual Concert (Games Lounge) 2:15 Big Brain (Court Activity Room) 12
	Week 3 Menu Garden Watering 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) <i>*Independent*</i> 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	Garden Watering 9:30 Exercises (Exercise Room) 10:00 Personal Touch Fashions to 3:00 (Atrium) 10:30 Sudoku Club (Chapel) 1:00 Life Enrichment On-Site Training <i>*no programs available during this time*</i> 15	9:30 Exercise (Exercise Room) 10:30 Court Mystery Drive “sign up at reception” 10:30 Crosswords (Court Activity Room) 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	Garden Watering 9:30 Exercises (Exercise Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Horse Races (Atrium) 3:00  Manor Happy Hour “don’t forget your money!” (Manor Lobby Lounge) 6:00 Cribbage (Atrium) 17	9:30 Exercises (Exercise Room) 2:00  Friday Entertainment with “Cosmopolitan Show Band” (Atrium) 6:00  Friday Night Movie: “Silverado” (Games Lounge) 18	Garden Watering 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) <i>*Independent*</i> 1:00  Virtual Concert (Games Lounge) 19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) 20	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:00 Pieces by Sharon to (Manor Lobby Lounge) • 10:30 Walker Safety Presentation (Court Activity Room) • 11:00 Walker Repair Clinic to (Court Activity Room) • 3:30 Cribbage (Atrium) 21	• 9:30 Exercises (Exercise Room) • 9:30 Optometry Clinic with to Dr Kallal “call Life 2:30 Enrichment to book appointment” (Court Private Dining Room) • 10:30 Crosswords (Court Activity Room) 22	Garden Watering • 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 5 (Games Lounge) 23	• 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Jordan (Chapel) • 1:30 Movie & Popcorn: “9 to 5” (Games Lounge) • 6:00 Cribbage (Atrium) 24	Garden Watering • 9:30 Exercises (Exercise Room) • 10:00 Foot Care Solution Clinic to *call Life Enrichment to 3:30 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 (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 Garden Watering • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Big Brain (Court Activity Rom) • 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	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Brain Cloud (Court Activity Room) • 1:30 Board Games *Independent* (Atrium) 29	National Day for Truth & Reconciliation • 9:30 Exercises (Exercise Room) • 10:30 Hangman (Court Activity Room) • 1:30 Horse Races (Atrium) • 6:00 Evening Show: “Little House on the Prairie” Season 1: Episode 5 (Games Lounge) 30	September 		

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
Main Phone
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

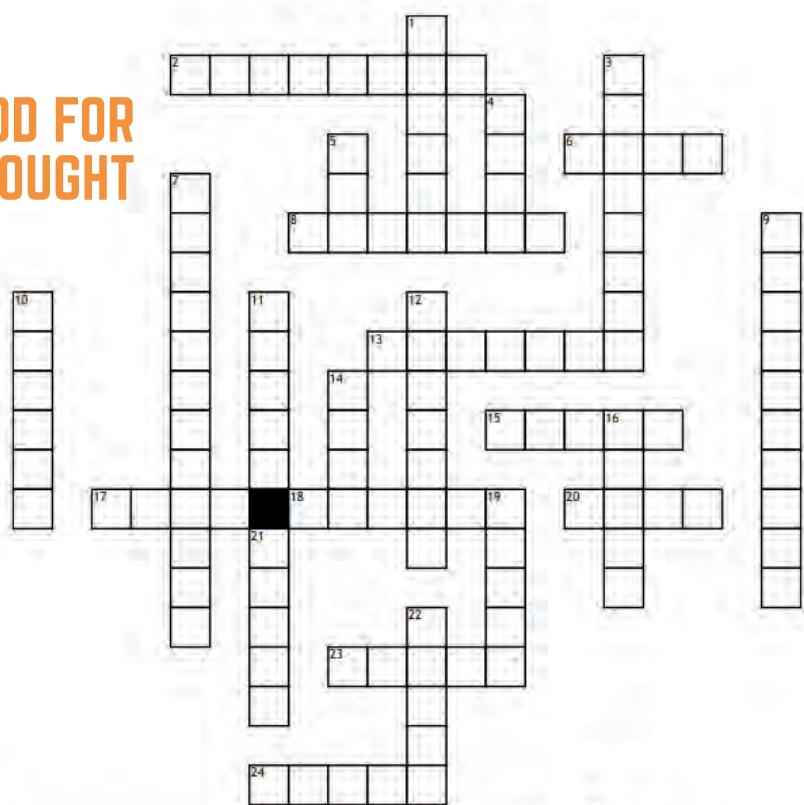
Supervisor: Chelcey Buck | Phone: 780-930-5817

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



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
- 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
- 23. Freshly squeezed orange
 - 24. An old wise tail suggest that ____ part of bread gives you Curley hair

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 01 - Rose J.
- September 06 - Elsie H.
- September 07 - Rita M.
- September 17 - Joan J.
- September 18 - Michael M.
- September 21 - Jo A.
- September 26 - Geoff M.
- September 27 - Ingrid B.
- September 28 - Madeline D.



Welcome Wagon

- Margaret A.
- Myrna D.
- Catherine F.
- Willie G.
- Allan L.
- Elaine L.
- Frances V.

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