

# NOVEMBER 2024

## LIFE ENRICHMENT PROGRAMS



## HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>DIWALI</b> <ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Music &amp; Meanders</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>11:00 Catholic Mass with Father Dean (Chapel)</li> <li>2:00 Friday Entertainment with "Kay Desilva" (Atrium)</li> <li>6:00 Friday Night Movie: "The Grand Seduction" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Horseshoes (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul>
<b>Week 3 Menu</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Morning Music with "Gary Myers"</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Big Brain (Court Activity Room)</li> <li>1:30 Music with MaryLou Cleveland (Court Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Active Yoga With Colleen (Exercise Room)</li> <li>9:00 Life Enrichment to Planning Day</li> <li>12:00</li> <li>1:30 Big Brain (Court Activity Room)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room) *Cancelled*</li> <li>10:15 Armchair Travel (Games Lounge)</li> <li>1:30 Chaplain Visit</li> <li>1:30 Court Mystery Drive "sign up at reception"</li> <li>6:30 Cribbage (Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:30 United Church Service with Rev. Karen (Chapel)</li> <li>6:00 Evenings with Austin</li> <li>6:00 Evening Show: "Downton Abbey" (Games Lounge)</li> <li>7:30 Children's Choir (Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:30 Remembrance Day Service (Chapel)</li> <li>1:30 Men's Club House (Court Activity Room)</li> <li>1:30 1:1 Vistits</li> <li>6:30 Days End Discussions</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Music &amp; Meanders</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>2:00 Friday Entertainment with "Roy Marleau" (Atrium)</li> <li>6:00 Friday Night Movie: "A Man Called Otto" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Bolongo Ball (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul>
<b>Week 4 Menu</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Virtual Concert (Games Lounge)</li> <li>1:00 Card Bingo (Atrium)</li> <li>1:30 Music with MaryLou Cleveland (Court Atrium)</li> </ul>	<b>REMEMBRANCE DAY</b> <ul style="list-style-type: none"> <li>9:00 Active Yoga With Colleen (Exc. Rm)</li> <li>10:00 Audra's Activity Cart</li> <li>10:30 Crosswords (Court Activity Room)</li> <li>1:30 Super Bingo (Atrium) "You Play, We Pay!"</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:15 Trivia (Library)</li> <li>1:30 Chaplain Visits *cancelled*</li> <li>1:30 Chocolate Brownie Day "see you at your door"</li> <li>6:30 Cribbage (Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>12:30 Eat Street with Rus (Court Activity Room)</li> <li>2:00</li> <li>3:00 Sing for Fun (Chapel)</li> <li>6:00 Evenings with Austin</li> <li>6:00 Evening Show: "Downton Abbey" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:00 Morning Music with "Jerry Ozipko" (Haven)</li> <li>10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>1:30 Penny Ante (Atrium)</li> <li>3:00 Happy Hour (Manor Lobby Lounge)</li> <li>6:30 Days End Discussions</li> </ul>	<b>JERSEY DAY</b> <ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Music &amp; Meanders</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>2:00 Friday Entertainment with "Larry Renn" (Atrium)</li> <li>6:00 Friday Night Movie: "Feel the Beat" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Ball Toss (Atrium)</li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul>

# NOVEMBER 2024

## LIFE ENRICHMENT PROGRAMS



HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week 1 Menu</b> <b>GREY CUP</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 Morning Music with "Jeff Ramsey"</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 Hangman (Court Activity Room)</li> <li>1:30 Music with MaryLou Cleveland (Court Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Active Yoga with Colleen (Exercise Room) </li> </ul> <p><i>Christmas Decorating Preparations!</i></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> </ul> <p><i>Christmas Decorating (Manor)</i></p> <ul style="list-style-type: none"> <li>10:30 Men's Club House (Court Activity Room)</li> </ul> <ul style="list-style-type: none"> <li>1:30 Chaplain Visits</li> <li>6:30 Cribbage (Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room) <b>*cancelled*</b></li> </ul> <p><i>Christmas Decorating "Come and join us!" (Court)</i></p> <ul style="list-style-type: none"> <li>1:00 to 2:30 Christmas Decorating with Laurier Heights Students</li> <li>6:00 Evenings with Austin</li> <li>6:00 Evening Show: "Downton Abbey" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:30 Lutheran Worship with Rev. Greg Anderson (Chapel)</li> </ul> <p><i>Christmas Decorating (Lane/Haven)</i></p> <ul style="list-style-type: none"> <li>6:30 Days End Discussions</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Music &amp; Meanders</li> <li>10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>2:00 Friday Entertainment with "Brad Ferguson" (Atrium)</li> <li>6:00 Friday Night Movie: "Montana Story" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Bean Bag Toss (Atrium)</li> <li>1:00 Virtual Concert (GL)</li> </ul>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Week 2 Menu</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton</li> <li>10:00 Coffee &amp; Conversations</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:30 Music with MaryLou Cleveland <b>*Venue Change*</b> (Manor Lobby Lounge)</li> <li>2:15 St. David's Welsh Male Voice Choir (Atrium)</li> <li>3:00 Hymn Sing (Chapel)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Active Yoga with Colleen (Exercise Room)</li> <li>10:00 Pet Therapy</li> <li>10:30 Crosswords (Court Activity Room)</li> <li>2:00 Court Birthday Tea with "The Young at Heart Band" (Atrium)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:15 Trivia (Exercise Room)</li> <li>1:30 Chaplain Visits</li> <li>1:30 Card Bingo (Atrium)</li> <li>6:30 Cribbage (Atrium) </li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:00 Plus Size Creations (Games Lounge)</li> <li>10:30 1:1 Visits</li> <li>1:30 Kelly's Kitchen (Court Activity Room) </li> <li>3:00 Sing for Fun (Chapel)</li> <li>6:00 Evenings with Austin</li> <li>6:00 Evening Show: "Downton Abbey" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:00 Music with "Bob Gagnon" (Haven)</li> <li>10:30 Anglican Worship with Rev. Clare (Chapel)</li> <li>1:30 Popcorn &amp; Movie "Nanny McPhee" (Games Lounge)</li> <li>3:00 Happy Hour "don't forget your money" (Manor Lobby Lounge)</li> <li>6:30 Days End Discussions</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 Music &amp; Meanders</li> <li>10:15 Mom and Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>1:00 to 2:00 Poetry Slam (Atrium)</li> <li>2:00 Friday Entertainment with "Dahlia Wakefield" (Atrium)</li> <li>6:00 Friday Night Movie: "Enola Holmes" (Games Lounge)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Exercises (Atrium)</li> <li>10:00 Coffee and Conversation (Atrium) *Independent</li> <li>10:30 Physical Games: Bolongo Ball (Atrium)</li> <li>1:00 Virtual Concert (GL)</li> <li>1:30 Piano Recital with Students (Atrium)</li> </ul>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

### LEGEND

Exc. Rm	Exercise Room
GL	Games Lounge
A	Atrium
M	Manor
MLL	Manor Lobby Lounge
C	Chapel
CAR	Court Activity Room
FSL	Manor Fireside Lounge
	Formal Event/Attire

### LIFE ENRICHMENT STAFF

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

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

**Co-ordinators:** Vanessa, Erica, Kelly, Audra, Austin, Dana, Eric, Rus & Elora

### CONTACT

Life Enrichment  
Main Phone  
780-930-3736

Court Reception  
780-483-5361

Nursing Station  
780-930-3734

Canterbury  
FOUNDATION  
The Promise of Home



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### THIS MONTH'S ACTIVITIES

#### Remembrance Day

#### WORD SEARCH

A	P	P	C	W	T	G	I	U	E	K	Y	C	M	U	A	S	D
E	N	N	L	F	M	A	J	G	Q	N	Z	O	P	Y	E	R	N
C	O	M	M	E	M	O	R	A	T	E	A	S	C	O	W	X	B
S	I	L	E	N	C	E	N	M	G	U	I	O	T	O	P	R	D
E	N	Y	U	A	H	F	Y	Z	Y	I	L	L	W	I	L	P	J
C	E	M	E	T	E	R	Y	M	A	G	K	D	S	N	T	U	Y
A	C	H	E	L	S	E	A	P	E	N	S	I	O	N	E	R	S
T	H	E	L	A	S	T	P	O	S	T	C	E	D	C	U	U	S
N	M	E	M	O	R	I	A	L	B	S	M	R	W	P	A	M	T
D	Z	A	E	S	R	E	M	E	M	B	E	R	O	X	D	E	R
C	E	N	O	T	A	P	H	P	A	I	Z	C	W	S	F	A	D
N	O	V	E	M	B	E	R	W	R	E	A	T	H	E	S	E	O
B	U	G	L	E	R	G	A	O	A	Q	H	O	N	O	U	R	U
P	P	L	E	R	E	M	E	M	B	R	A	N	C	E	D	A	Y
T	P	M	E	D	A	L	E	L	E	V	E	N	T	H	M	Y	

Soldier Silence Memorial Eleventh Honour Wreath  
 Remembrance Day Chelsea Pensioners Commemorate  
 November Cenotaph Remember Cemetery The Last Post  
 War Army Bugle Cross Poppy Medal



### Birthday Wishes

November 19 Emilio B.



### Welcome Wagon

Linda S.  
 Herbert R.  
 Colette S.  
 Mary A.

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Exc. Rm \_\_\_\_\_ Exercise Room  
 GL \_\_\_\_\_ Games Lounge  
 A \_\_\_\_\_ Atrium  
 M \_\_\_\_\_ Manor  
 MLL \_\_\_\_\_ Manor Lobby Lounge  
 C \_\_\_\_\_ Chapel  
 CAR \_\_\_\_\_ Court Activity Room  
 FSL \_\_\_\_\_ Manor Fireside Lounge  
 Bow Tie \_\_\_\_\_ Formal Event/Attire

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