

| SUNDAY                                                                                                                                                                                                                      | MONDAY                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                          | SATURDAY                                                                                                                                                                                                                |
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|                                                                                                                                            |                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                               | <div>Morning Music</div> <div>DIWALI</div> <div><ul style="list-style-type: none"><li>10:15 Mom &amp; Tots “Do, Re, Mi, ABC” (Atrium)</li><li>11:00 Table Setting</li><li>2:00 Friday Entertainment with “Kay Desilva” (Atrium)</li></ul></div> <div>1</div>    | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>9:00 Pumpkin Toss</li><li>1:30 Art with Audra</li><li>2:00 Snack and Conversation</li></ul></div> <div>2</div>                                      |
| <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:30 Balloon Badminton</li><li>1:30 Music with MaryLou Cleveland (Court Atrium)</li><li>2:30 Music &amp; Colouring</li></ul></div> <div>3</div>        | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>9:00 Life Enrichment to Planning Day 12:00</li><li>11:00 Table Setting *No LE Staff Available*</li><li>1:30 Get Moving Afternoon Exercises</li><li>2:00 Snacks and Conversation</li></ul></div> <div>4</div> | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:00 Table Tennis</li><li>11:00 Table Setting</li><li>1:30 Sit &amp; Be Fit</li><li>2:00 Snacks and Conversation</li></ul></div> <div>5</div>                                                               | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:00 Snowflake Décor Craft</li><li>11:00 Table Setting</li><li>12:30 Chaplain Visits</li><li>1:30 Music with Erica</li><li>2:00 Snacks and Conversation</li><li>3:15 Chocolate Tasting</li><li>7:30 Children’s Choir (Atrium)</li></ul></div> <div>6</div>                | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:00 Virtual Tour “Europe Tour “</li><li>10:30 Remembrance Day Service (Chapel)</li><li>11:00 Table Setting</li><li>12:30 Lane Worship</li><li>12:45 Music with Marg</li><li>2:00 Snacks and Conversation</li><li>5:00 Days End Discussions</li></ul></div> <div>7</div> | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:15 Mom &amp; Tots “Do, Re, Mi, ABC” (Atrium)</li><li>11:00 Table Setting</li><li>2:00 Friday Entertainment With “Roy Marleau” (Atrium)</li></ul></div> <div>8</div>                      | <div>Morning Music &amp; Watering</div> <div><ul style="list-style-type: none"><li>10:00 Music with “Heather Miller” (Lane)</li><li>1:30 Bean Bag Toss</li><li>2:00 Snack and Conversation</li></ul></div> <div>9</div> |
| <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:30 Bolongo Ball</li><li>1:30 Music with MaryLou Cleveland (Court Atrium)</li><li>2:30 Virtual Tour “where will we go?”</li></ul></div> <div>10</div> | <div>REMEMBRANCE DAY</div> <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:00 Balloon Badminton</li><li>11:00 Table Setting</li><li>1:30 Super Bingo (Atrium) “You play, we pay!”</li><li>2:00 Snacks and Conversations</li></ul></div> <div>11</div>     | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:00 Sit &amp; Be Fit</li><li>11:00 Table Setting</li><li>1:30 Afternoon Music</li><li>2:00 Chocolate Brownie Day “See you at your door!”</li><li>2:00 Snack and Conversation</li></ul></div> <div>12</div> | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:00 Music &amp; Exercise</li><li>11:00 Table Setting</li><li>12:30 Chaplain Visits</li><li>1:00 Lane Mystery Drive</li><li>3:00 Sing for Fun (Chapel)</li></ul></div> <div>13</div> | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:00 Balloon Table Tennis</li><li>11:00 Table Setting</li><li>12:45 Music with Marg</li><li>2:00 Snacks &amp; Conversation</li><li>5:00 Days End Discussions</li></ul></div> <div>14</div>                                                                               | <div>JERSEY DAY</div> <div>Morning Music</div> <div><ul style="list-style-type: none"><li>10:15 Mom &amp; Tots “Do, Re, Mi, ABC” (Atium)</li><li>11:00 Table Setting</li><li>2:00 Friday Entertainment with “Larry Renn” (Atrium)</li></ul></div> <div>15</div> | <div>Morning Music</div> <div><ul style="list-style-type: none"><li>9:00 Balloon Badminton</li><li>1:30 Music &amp; Art</li><li>2:00 Snacks and Conversation</li></ul></div> <div>16</div>                              |

| SUNDAY                                                                                                                                                                                                                                                                                                | MONDAY                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                    | SATURDAY                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Morning Music</div> <div>GREY CUP</div> <div><div>• 10:30 Ball Toss</div><div>• 1:30 Music with MaryLou Cleveland (Court Atrium)</div><div>• 2:30 Memory Joggers</div></div> <div>17</div>                                                                                                       | <div>Morning Music</div> <div>CHRISTMAS DECORATING PREPARATIONS<br/>*NO PROGRAM*</div> <div><div>• 10:00 Balloon Badminton</div><div>• 11:00 Table Setting<br/>*No LE staff available*</div><div>• 1:30 Christmas Decorating</div><div>• 2:00 Snacks &amp; Conversation</div></div> <div>18</div> | <div>Morning Music</div> <div><div>• 10:00 Morning Sing Along</div><div>• 11:00 Table Setting</div><div>• 2:00 Christmas Craft</div></div> <div>19</div>                | <div>Morning Music</div> <div><div>• 10:00 Meditation Exercise</div><div>• 11:00 Table Setting</div><div>• 12:30 Chaplain Visits<br/>*cancelled*</div><div>• 1:30 Memory Magic</div><div>• 2:00 Snacks and Conversation</div><div>• 6:30 Evening Entertainment with "Colleen Lazourk"</div></div> <div>20</div> | <div>Morning Music</div> <div><div>• 10:00 Christmas Decorating</div><div>• 11:00 Table Setting</div><div>• 12:45 Music with Marg</div><div>• 2:00 Snacks &amp; Conversations</div><div>• 5:00 Days End Discussions</div></div> <div>21</div> | <div>Morning Music</div> <div><div>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</div><div>• 11:00 Table Setting</div><div>• 2:00 Friday Entertainment<br/>with "Brad Ferguson" (Atrium)</div></div> <div>22</div>    | <div>Morning Music</div> <div><div>• 9:00 Virtual Concert</div><div>• 10:00 Music with Mike Chanoweth</div><div>• 1:30 Bolongo Ball</div><div>• 2:00 Snack and Conversations</div></div> <div>23</div> |
| <div>Morning Music</div> <div><div>• 10:30 Balloon Badminton</div><div>• 1:30 Music with MaryLou Cleveland *Venue Change* (Manor Lobby Lounge)</div><div>• 2:15 St. David's Welsh Male Voice Choir (Atrium)</div><div>• 2:30 1:1 Visits</div><div>• 3:00 Hymn Sing (Chapel)</div></div> <div>24</div> | <div>Morning Music</div> <div><div>• 10:00 Horse Races</div><div>• 11:00 Table Setting</div><div>• 2:00 Court Birthday Tea with "The Young at Heart Band" (Atrium)</div></div> <div>25</div>                                                                                                      | <div>Morning Music</div> <div><div>• 10:00 Memory Magic</div><div>• 11:00 Table Setting</div><div>• 1:30 Lane Birthday Tea with "Sean Sonogo"</div></div> <div>26</div> | <div>Morning Music</div> <div><div>• 10:00 Christmas Décor Crafting</div><div>• 11:00 Table Setting</div><div>• 12:30 Chaplain Visits</div><div>• 1:30 Music with Erica</div><div>• 2:00 Snacks and Conversation</div><div>• 3:15 Wine &amp; Cheese</div></div> <div>27</div>                                   | <div>Morning Music</div> <div><div>• 10:00 Piano with Rus</div><div>• 11:00 Table Setting</div><div>• 12:45 Music with Marg</div><div>• 5:00 Days End Discussions</div></div> <div>28</div>                                                   | <div>Morning Music</div> <div><div>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</div><div>• 11:00 Table Setting</div><div>• 2:00 Friday Entertainment<br/>with "Dahlia Wakefield" (Atrium)</div></div> <div>29</div> | <div>Morning Music</div> <div><div>• 9:00 Snowball Fight!</div><div>• 1:30 Piano Recital with Students (Atrium)</div><div>• 2:00 Snack and Conversations</div></div> <div>30</div>                     |

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<br>Main Phone<br>780-930-3736 | Court Reception<br>780-483-5361 | Nursing Station<br>780-930-3734 |
|-----------------------------------------------|---------------------------------|---------------------------------|

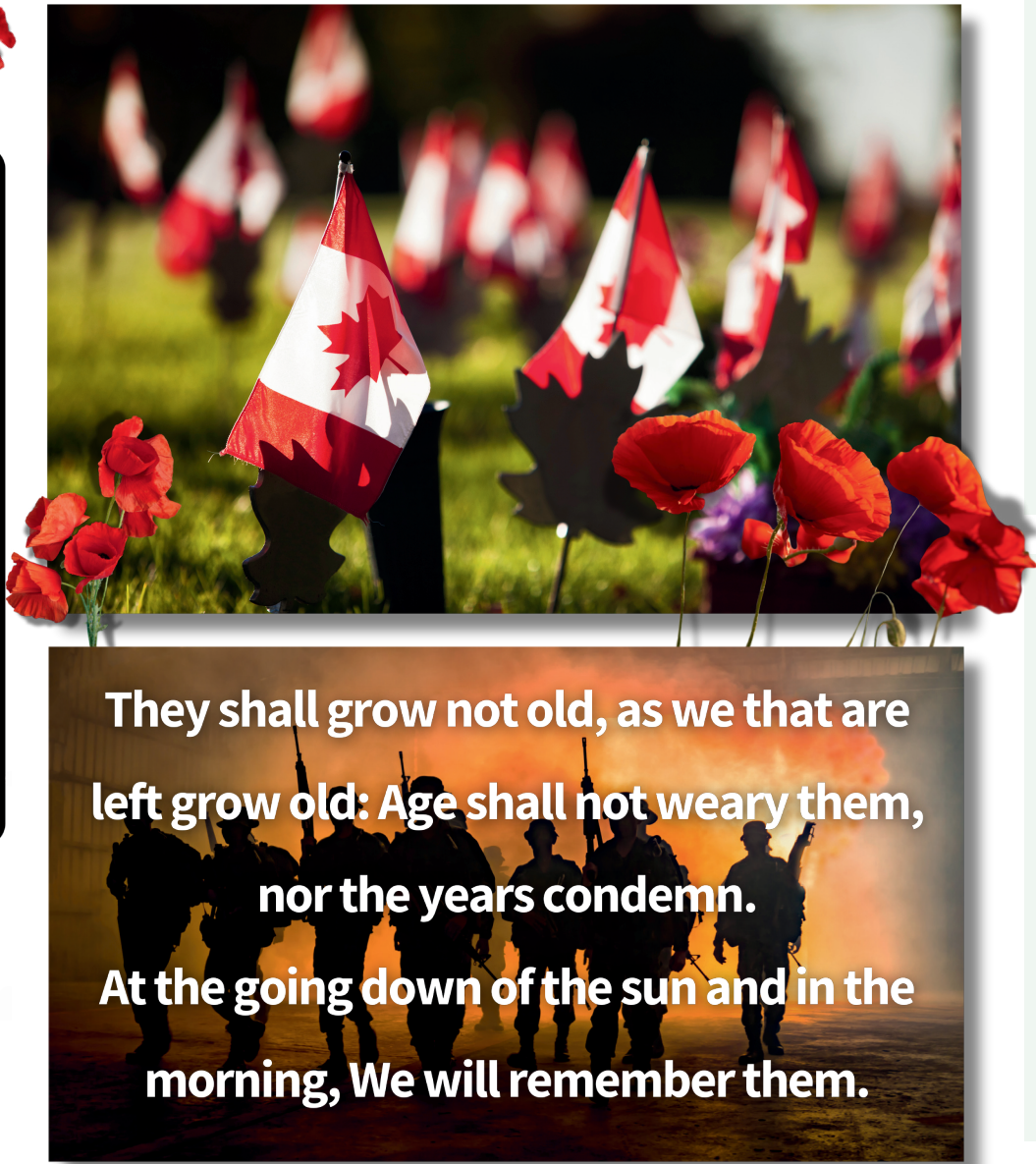


THIS MONTH'S ACTIVITIES

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 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 28 - Eileen S.



Welcome Wagon

Donald C.  
Betty C.  
Elfriede P.

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