

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					DIWALI • 9:30 Stretch & Strength (Activity Room) • 10:15 Mom & Tots “Do, Re, Mi, ABC” (Atrium) • 10:30 Horse Races (Activity Room) • 11:00 Catholic Mass with Father Dean (Chapel) • 2:00 Friday Entertainment with “Kay Desilva” (Atrium) • 6:30 Friday Night Movie: “The Boy who Harnessed the Wind” (Activity Room) 1	• 9:30 Exercises (Atrium) • 10:00 Shuffleboard (Activity Room) • 10:30 Physical Games: Horseshoes (Atrium) • 1:00 Virtual Concert (Court Games Lounge) 2
Week 3 Menu • 9:30 Balloon Badminton (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Big Brain (Court Activity Room) • 1:30 Music with MaryLou Cleveland (Court Atrium) 3	• 9:45 Active Yoga With Colleen (Activity Room) • 9:00 to 12:00 LIFE ENRICHMENT PLANNING DAY • 10:00 G + G Designs (Manor Lobby Lounge) • 11:30 to 12:00 Knife Sharpening Service *Knife Collection* “sign up at reception” • 1:30 Big Brain (Court Activity Room) • 2:00 Bible Study (Activity Room) • 6:30 Scrabble/Whist (Activity Room) 4	• 9:00 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 1:00 Book Reading (Manor Private Dining Rm) • 1:30 Parc Laurier Development Engagement Session (Manor Activity Room) • 6:30 Cribbage (Activity Room) ***Drop-in*** 5	• 9:30 Active Yoga With Pramila (Activity Room) • 10:30 United Church Worship with Rev. Karen • 10:30 Card Bingo (Activity Room) • 12:30 to 1:30 Knife Sharpening Service *Knife Return* • 1:30 Coach Trip to Save on & Winners “sign up in mailroom” • 6:30 Tile Rummy (Activity Room) 6	• 9:30 Exercises (Activity Room) • 10:30 Remembrance Day Service (Chapel) • 1:30 Men’s Club House (Court Activity Room) • 1:30 Coach Trip to Southgate “sign up in mailroom” • 6:30 Shuffleboard Bowling (Activity Room) 7	• 9:30 Stretch & Strength (Activity Room) • 10:15 Mom and Tots “Do, Re, Mi, ABC” (Atrium) • 10:30 Horse Races (Activity Room) • 2:00 Friday Entertainment with “Ray Marleau” (Atrium) • 6:30 Friday Night Movie: “The Queen” (Activity Room) 8	• 9:30 Exercises (Atrium) • 10:00 Shuffleboard (Activity Room) • 10:30 Physical Games: Bolongo Ball (Atrium) • 1:00 Virtual Concert (Court Games Lounge) 9
Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) • 1:30 Music with MaryLou Cleveland (Court Atrium) 10	REMEMBRANCE DAY • 9:45 Active Yoga With Colleen (Activity Room) • 10:30 Crosswords (Court Activity Room) • 1:30 Super Bingo (Atrium) “You play, we Pay” • 2:00 Bible Study (Activity Room) ***Cancelled*** • 6:30 Scrabble/Whist (Activity Room) 11	• 9:00 Exercises (Exercise Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 1:30 Manor Resident Meeting (Activity Room) • 1:30 Chocolate Brownie Day “See you at your door!” • 6:30 Cribbage (Activity Room) ***Drop-in*** 12	• 9:30 Active Yoga With Pramila (Activity Room) • 10:30 Card Bingo (Activity Room) • 12:30 to 2:00 Eat Street with Rus  (Court Activity Room) • 3:00 Sing For Fun (Chapel) • 6:30 Tile Rummy (Activity Room) 13	• 9:30 Exercises (Activity Room) • 10:30 Coach Trip to The Italian Centre “sign up in the mailroom” • 10:30 Anglican Holy Communion with Rev. Colleen (Chapel) • 1:30 Penny Ante (Atrium) • 2:00 Cookies & Conversations (FSL) • 3:00 Happy Hour (Manor Lobby Lounge) “don’t forget your money!” • 6:30 Shuffleboard Bowling (Activity Room) 14	JERSEY DAY • 9:00 Stretch & Strength (Activity Room) *time change* • 9:30 Coach Trip to Bountiful Market “sign up in the mailroom” • 10:15 Mom and Tots “Do, Re, Mi, ABC” (Atrium) • 10:30 Horse Races (Activity Room) • 2:00 Friday Entertainment with “Larry Renn” (Atrium) • 6:30 Friday Night Movie: “Mrs Harris goes to Paris” (Activity Room) 15	• 9:30 Exercises (Atrium) • 10:00 Shuffleboard (Activity Room) • 10:30 Physical Games: Ball Toss (Atrium) • 1:00 Virtual Concert (Court Games Lounge) 16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 Menu GREY CUP • 9:30 Balloon Badminton (Atrium) • 10:30 Catholic Worship (Chapel) • 11:00 Ukulele Jam Session with Dorothy McVey (Manor Lobby Lounge) • 1:00 Hangman (Court Activity Room) • 1:30 Music with MaryLou Cleveland (Court Atrium) 17	• 9:45 Active Yoga With Colleen (Activity Room) Christmas Decorating Preparations! • 2:00 Bible Study (Activity Room) • 6:30 Scrabble/Whist (Activity Room) 18	• 9:00 Exercises (Activity Room) *cancelled* Christmas Decorating “Come lend a helping hand” (Manor) • 10:30 Men’s Club House (Court Activity Room) • 1:00 Book Reading (Activity Room) • 6:30 Cribbage (Activity Room) ***Drop-In*** 19	• 9:30 Active Yoga With Pramila (Activity Room) Christmas Decorating (Court) • 1:00 Christmas Decorating with to Laurier Heights Students 2:30 (Court) • 6:30 Tile Rummy (Act. Rm) 20	• 9:30 Exercises (Activity Room) *cancelled* Christmas Decorating (Lane/Haven) • 10:30 Lutheran Worship with Rev. Greg Anderson (Chapel) • 1:30 St. Andrew’s Coffee Party (Activity Room) • 6:30 Shuffleboard Bowling (Activity Room) 21	• 9:30 Stretch & Strength (Activity Room) • 10:15 Mom and Tots “Do, Re, Mi, ABC” (Atrium) • 10:30 Horse Races (Activity Room) • 2:00 Friday Entertainment with “Brad Ferguson” (Atrium) • 6:30 Friday Night Movie: “The Grand Seduction” (Activity Room) 22	• 9:30 Exercises (Atrium) • 10:00 Shuffleboard (Activity Room) • 10:30 Physical Games: Bean Bag Toss (Atrium) • 1:00 Virtual Concert (Court Games Lounge) 23
Week 2 Menu • 9:30 Balloon Badminton (Atrium) • 10:30 Catholic Worship (Chapel) • 1:30 Music with MaryLou Cleveland *Venue Change* (Manor Lobby Lounge) • 2:15 St. David’s Welsh Male Voice Choir (Atrium) • 3:00 Hymn Sing (Chapel) 24	• 9:45 Active Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 2:00 Bible Study (Activity Room) • 2:00 Court Birthday Tea with “The Young at Heart Band” (Atrium) • 6:30 Scrabble/Whist (Activity Room) 25	• 9:00 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 1:00 Book Reading (Activity Room) • 6:30 Cribbage (Activity Room) ***Drop-In*** 26	• 9:30 Active Yoga With Pramila (Activity Room) • 10:00 Plus Size Creations to (Games Lounge) 3:00 • 1:30 Kelly’s Kitchen  (Court Activity Room) • 3:00 Sing for Fun (Chapel) • 6:30 Tile Rummy (Activity Room) 27	• 9:30 Exercises (Activity Room) • 10:30 Anglican Worship with Rev. Clare (Chapel) • 2:00 Manor Birthday Tea • 3:00 Happy Hour (Manor Lobby Lounge) “don’t forget your money!” • 6:30 Shuffleboard Bowling (Activity Room) 28	• 9:30 Stretch & Strength (Activity Room) • 10:15 Mom and Tots “Do, Re, Mi, ABC” (Atrium) • 10:30 Horse Races (Activity Room) • 1:00 to 2:00 Poetry Slam (Atrium) • 2:00 Friday Entertainment with “Dahlia Wakefield” (Atrium) • 6:30 Friday Night Movie: “The Other Boleyn Girl” (Activity Room) 29	• 9:30 Exercises (Atrium) • 10:00 Shuffleboard (Activity Room) • 10:30 Physical Games: Bolongo Ball (Atrium) • 1:00 Virtual Concert (Court Games Lounge) • 1:30 Piano Recital with students (Court Atrium) 30

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

Exc. Rm

GL

A

M

MLL

C

CAR

FSL



Exercise Room

Games Lounge

Atrium

Manor

Manor Lobby Lounge

Chapel

Court Activity Room

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



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



They shall grow not old, as we that are
left grow old: Age shall not weary them,
nor the years condemn.
At the going down of the sun and in the
morning, We will remember them.



Birthday Wishes

- November 4 - Ethel K.
November 6 - Ellinor T.
November 6 - Elizabeth S.
November 13 - Brian W.
November 17 - William V.
November 23 - Eleanor M.
November 23 - Erica R.
- November 26 - Ozzie M.
November 28 - Lucy S.



Welcome Wagon

- Barbara H.
Audrey Y.
Shirley R.
Margaret F.
Dorothy M.

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

