
























SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>Week 1 Menu</div> <div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:15 Music &amp; Meanders (Atrium)</div><div>• 11:30 Catholic Mass with Father Dean (Chapel) </div><div>• 2:00 Friday Entertainment with “Lyle Hobbs” (Atrium)</div><div>• 6:00 Friday Night Movie: “Under the Tuscan Sun” (Games Lounge) </div></div><div>1</div></div>	<div>Garden Watering</div> <div><div>• 9:45 Active Yoga with Pramila (Exercise Room)  *surprise program*</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div></div> <div>2</div>
<div>Week 2 Menu</div> <div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel) </div></div> <div>3</div>	<div>Garden Watering</div> <div><div>• 9:00 Active Yoga With Colleen (Exercise Room) </div><div>• 10:30 Horse Races (Atrium)</div><div>• 1:30 Super Bingo “you play, we pay!” (Atrium) </div></div> <div>4</div>	<div><div>• 9:30 Exercises (Exercise Room) </div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 1:15 Court Mystery Drive “sign up at reception” </div><div>• 1:30 Card Bingo (Atrium)</div></div> <div>5</div>	<div>Garden Watering </div> <div><div>• 9:30 Exercise (Exercise Room)</div><div>• 10:30 United Worship with Rev. Karen (Chapel)</div><div>• 10:30 Crosswords (Court Activity Room)</div><div>• 1:30 Memory Magic (Atrium)</div><div>• 6:30 Evening Show: “Northern Exposure” (Games Lounge)</div></div> <div>6</div>	<div><div>• 9:30 Exercises (Exercise Room) *cancelled*</div><div>• 9:00 Life Enrichment Half Day to Planning Meeting 12:00</div><div>• 10:30 Lutheran Worship with Rev. Greg (Chapel)</div><div>• 2:00 Health Arts Society (Atrium) </div><div>• 3:00 Manor Happy Hour (Manor Lobby Lounge) “don’t forget your money!” </div></div> <div>7</div>	<div>Garden Watering </div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Guest Speaker: Brennen D’Amours “The Importance of Exercise in Managing our Health” (Manor Activity Room)</div><div>• 2:00 Beach Party with “Donna Lee Random” (Atrium)</div><div>• 6:00 Friday Night Movie : “Moonrise Kingdom” (Games Lounge)</div></div> <div>8</div>	<div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:00 The Ukel Ladies (Manor Piano Lounge) </div></div> <div>9</div>
<div>Week 3 Menu</div> <div><div>Garden Watering</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent </div><div>• 10:30 Catholic Worship (Chapel)</div></div> <div>10</div>	<div><div>• 9:00 Active Yoga With Colleen (Exercise Room) </div><div>• 10:30 Crosswords (Court Activity Room)</div><div>• 1:00 Men’s Club House (Court Activity Room)</div><div>• 1:30 Courtyard Conversations with Popsicles &amp; Lemonade (Courtyard) </div></div> <div>11</div>	<div>Garden Watering</div> <div><div>• 9:30 Exercises (Exercise Room) </div><div>• 10:30 Hangman (Court Activity Room)</div><div>• 1:30 Bean Bag Toss (Atrium)</div></div> <div>12</div>	<div><div>• 9:30 Exercises (Exercise Room) </div><div>• 10:30 Summer Craft (Atrium)</div><div>• 1:30 Penny Ante (Atrium)</div><div>• 3:00 Sing for fun (Chapel) </div><div>• 6:30 Evening Show: “Northern Exposure” (Games Lounge)</div></div> <div>13</div>	<div>Garden Watering </div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Guest Speaker: “Estate Planning” with MLT Aikins (Manor Activity Room)</div><div>• 2:00 Friday Entertainment with “Erin Vanderplaten” (Atrium)</div><div>• 6:00 Friday Night Movie: “Blue Miracle” (Games Lounge) </div></div> <div>14</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</div><div>• 1:30 Horse Races (Atrium)</div></div> <div>15</div>	<div>Garden Watering</div> <div><div>• 9:30 Exercise (Exercise Room)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge) </div><div>• 2:30 Bolongo Ball (Atrium)</div></div> <div>16</div>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Week 4 Menu</div> <div><div><div>• 9:30 Balloon Badminton (Atrium)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 1:00 Hangman (Court Activity Room)</div></div><div>17</div></div>	<div>Garden Watering</div> <div><div><div>• 9:00 Active Yoga With Colleen (Exercise Room)</div><div>• 10:30 Crosswords (Court Activity Room)</div><div>• 1:00 Duck Race Sales (Games Lounge)</div><div>• 2:00 Duck Races (Courtyard)</div></div><div>18</div></div>	<div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 1:30 Ice Cream Day “see you at your door!”</div></div><div>19</div></div>	<div>Garden Watering</div> <div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 11:30 Life Enrichment BBQ (Dining Room/Atrium) Order forms at Reception</div><div>• 2:30 Popsicles &amp; Conversations (Court Courtyard)</div><div>• 6:00 Evening Show: “Northern Exposure” (Games Lounge)</div></div><div>20</div></div>	<div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Anglican Worship with Rev. Jordan (Chapel)</div><div>• 2:00 Men’s Club House (Court Activity Room)</div><div>• 3:00 Manor Happy Hour (Manor Lobby Lounge) “don’t forget your money!”</div></div><div>21</div></div>	<div>Garden Watering</div> <div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 A Helpful Hand “iPhone information &amp; assistance session” (Court Activity Room) *space is limited - contact LE to sign up*</div><div>• 2:00 Friday Entertainment with “Steven Tyler” (Atrium)</div><div>• 6:00 Friday Night Movie: “84 Charing Cross Road” (Games Lounge)</div><div>• 6:30 Shabbat Service with Cantor David (Chapel)</div></div><div>22</div></div>	<div><div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div></div><div>23</div></div>
<div>Week 1 Menu</div> <div><div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 3:00 Hymn Sing (Chapel)</div></div><div>24</div></div>	<div><div><div>• 9:00 Active Yoga With Colleen (Exercise Room)</div><div>• 10:30 Crosswords (Activity Room)</div><div>• 2:00 Court Birthday Tea with “Terry Jorden” (Atrium)</div></div><div>25</div></div>	<div>Garden Watering</div> <div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Hangman (Court Activity Room)</div><div>• 1:30 Card Bingo (Atrium)</div></div><div>26</div></div>	<div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Penny Ante (Atrium)</div><div>• 1:30 Plus Size Creations (Games Lounge)</div><div>• 1:00 Walker wash (Courtyard)</div><div>• 3:00 Sing For Fun (Chapel)</div><div>• 6:00 Evening Show: “Northern Exposure” (Games Lounge)</div></div><div>27</div></div>	<div>Garden Watering</div> <div><div><div>• 9:30 Exercise (Exercise Room)</div><div>• 10:30 Anglican Worship with Rev. Jordan (Chapel)</div><div>• 1:30 Movie &amp; Popcorn “My Girl” (Games Lounge)</div></div><div>28</div></div>	<div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:15 Music &amp; Meanders (Atrium)</div><div>• 2:00 Friday Entertainment with “Kennedy Jenson” (Atrium)</div><div>• 6:00 Friday Night Movie: “Grease” (Games Lounge)</div></div><div>29</div></div>	<div>Garden Watering</div> <div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Bean Bag Toss (Atrium)</div></div><div>30</div></div>
<div>Week 2 Menu</div> <div><div><div>• 9:30 Balloon Badminton (Atrium)</div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 1:00 Horse Races (Atrium)</div></div><div>31</div></div>						

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.

LIFE ENRICHMENT STAFF

**Manager:** Leana Nielsen | Phone: 780-930-5819  
**Team Lead:** Chelcey Buck | Phone: 780-930-5817  
**Co-ordinators:** Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Dana

CONTACT

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780-930-3736

Court Reception  
780-483-5361

Nursing Station  
780-930-3734

Canterbury  
FOUNDATION  
The Promise of Home



THIS MONTH'S ACTIVITIES

WORDSEARCH

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

TIM HORTONS  
HOCKEY  
MAPLE  
RED

ONTARIO  
BEAVER  
WHITE

POUTINE  
CANADA  
SNOW

Significant August Historical Events:

• **August 24, 79AD** - Pompeii was destroyed by the eruption of Mount Vesuvius.



• **August 18, 1920** - American woman gain voting rights.



• **August 3, 1838** - Slavery was abolished in Jamaica.



• **August 14, 1945** - Japan surrendered to the Allied Forces, effectively ending World War 2.



• **August 12, 1961** - The Berlin wall began to be constructed.



Birthday Wishes

August 01 - Leo W.  
August 09 - Sally D.  
August 23 - Sandra B.  
August 29 - Angela P.



Welcome Wagon

Leslie D.  
Elaine H.  
Mary J.  
Gloree L.  
Tikker P.  
Donna W.

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