

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Week 4 Menu Garden Watering • 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:15 Bean Bag Toss (Atrium) 1
Week 1 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) 2	HERITAGE DAY! Garden Watering • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Hangman (Court Activity Room) • 1:30 Ring Toss (Atrium) • 3:30 Cribbage (Atrium) 3	• 9:30 Exercises (Exercise Room) • 10:30 Crosswords (Court Exercise Room) • 1:30 Ice Cream Sandwich Day “see you at your door!” 4	Garden Watering • 9:30 Exercise (Exercise Room) *cancelled* • 9:00 to 12:00 Life Enrichment Half Day Planning Meeting • 10:00 to 3:00 Personal Touch Fashions (Manor Lobby Lounge) • 10:30 United Worship with Rev. Karen (Chapel) • 1:30 Penny Ante (Atrium) • 6:00 Evening Show: Life In Colour with David Attenborough “Seeing In Colour” (Games Lounge) 5	• 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) 6	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Big Brain (Court Activity Room) • 11:00 Catholic Mass with Rev. Thomas Basani (Chapel) • 2:00 Friday Entertainment with “The Sunbeams” (Atrium) • 6:00 Friday Night Movie : “Marty, Life is Short” (Games Lounge) 7	• 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) 8
Week 2 Menu Garden Watering • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) 9	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Ears to You Hearing Clinic to 3:30 Enrichment to book your appointment* • 10:30 Morning Walks “meet in the Atrium” • 1:00 Men’s Club House (Court Courtyard) • 1:30 Garden Buddies (Court Courtyard) • 3:30 Cribbage (Atrium) 10	Garden Watering • 9:30 Exercises (Exercise Room) • 10:00 to 3:00 Pieces by Sharon (Manor Lobby Lounge) • 10:30 Sudoku Club (Chapel) • 1:15 Tunes on the Ivories (Atrium) • 1:30 Court Mystery Drive “sign up at reception” 11	• 9:30 Exercise (Exercise Room) • 10:30 Hangman (Court Activity Room) • 1:30 Card Bingo (Atrium) • 3:00 Sing For Fun with Vanessa (Chapel) • 6:00 Evening Show: Life In Colour with David Attenborough “Hiding In Colour” (Games Lounge) 12	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) • 2:00 Concerts in Care Alberta (Atrium) • 6:00 Cribbage (Atrium) 13	• 9:30 Exercises (Exercise Room) • 10:30 Word Whiz (Court Activity Room) • 2:00 Friday Entertainment with “Juke Box Leigh” (Atrium) • 6:00 Friday Night Movie: “The Swedish Connection” (Games Lounge) 14	Garden Watering • 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:15 Big Brain (Court Activity Room) 15

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 3 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) 16	Garden Watering • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks “meet in the Atrium” • 1:30 Garden Buddies (Court Courtyard) • 3:30 Cribbage (Atrium) 17	• 9:30 Exercises (Exercise Room) • 10:30 Brain Cloud (Court Activity Room) • 1:30 Afternoon Art with Madi (Court Activity Room) 18	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Memory Magic (Atrium) • 1:30 Eat Street (Court Activity Room) • 6:00 Evening Show: Life In Colour with David Attenborough “Chasing Colour” (Games Lounge) 19	• 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Jordan (Chapel) • 1:30 Pop Quiz Trivia (Court Activity Room) • 3:00 Manor Happy Hour “don’t forget your money!” (Manor Lobby Lounge) • 6:00 Cribbage (Atrium) 20	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Presentation: Lynnwood Centre Dental (Manor Activity Room) • 2:00 Friday Entertainment with “Kennedy Jensen” (Atrium) • 6:00 Friday Night Movie: “Ordinary Angels” (Games Lounge) 21	• 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) 22
Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) 23	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks “meet in the Atrium” • 2:00 Court Birthday Tea with “Len Umrysh” (Atrium) • 3:30 Cribbage (Atrium) 24	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Sudoku Club (Chapel) 25	• 9:30 Exercises (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 10:30 Court Mystery Drive “sign up at reception” • 1:00 Duck Race Sales (Atrium) • 2:00 Duck Races “rain or shine” (Court Courtyard) • 3:00 Sing For Fun with Vanessa (Chapel) • 6:00 Evening Show: “Street Food Asia” (Games Lounge) 26	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Movie & Popcorn : “The Young Victoria” (Games Lounge) 27	• 9:30 Exercises (Exercise Room) • 10:30 Hangman (Court Activity Room) • 2:00 Friday Entertainment with “Randy Glen” (Atrium) • 6:00 Friday Night Movie: “Our Souls at Night” (Games Lounge) • 6:30 Shabbat Service with Cantor David (Chapel) 28	Garden Watering • 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:15 Bean Bag Toss (Atrium) 29
Week 1 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 3:00 Hymn Sing (Chapel) 30	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks “meet in the Atrium” • 1:30 Garden Buddies (Court Courtyard) • 3:30 Cribbage (Atrium) 31	• 1:00 Walker Wash to 2:30 (Court Courtyard) 25	• 9:30 Exercises (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 10:30 Court Mystery Drive “sign up at reception” • 1:00 Duck Race Sales (Atrium) • 2:00 Duck Races “rain or shine” (Court Courtyard) • 3:00 Sing For Fun with Vanessa (Chapel) • 6:00 Evening Show: “Street Food Asia” (Games Lounge) 26	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Movie & Popcorn : “The Young Victoria” (Games Lounge) 27	• 9:30 Exercises (Exercise Room) • 10:30 Hangman (Court Activity Room) • 2:00 Friday Entertainment with “Randy Glen” (Atrium) • 6:00 Friday Night Movie: “Our Souls at Night” (Games Lounge) • 6:30 Shabbat Service with Cantor David (Chapel) 28	Garden Watering • 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:15 Bean Bag Toss (Atrium) 29

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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
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780-930-3736



Court Reception
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Nursing Station
780-930-3734

LIFE ENRICHMENT STAFF

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

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



THIS MONTH'S ACTIVITIES

COUNTRIES OF THE WORLD

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

New Zealand	Argentina	Scotland	Thailand
England	Germany	Hungary	Nigeria
Canada	France	Israel	Mexico
Russia	Sweden	Turkey	China
Egypt	Italy	Japan	Peru



Ethiopia: Ethiopia operates on its own ancient Coptic calendar, which features 13 months and places them roughly seven years behind the standard Gregorian calendar.



Italy: Since the end of World War II, the Italian Republic has had dozens of different governments, averaging a new administration nearly every year due to frequent parliamentary shifts.



France: Because of its scattered overseas territories (such as French Polynesia, Guadeloupe, and Réunion), France technically spans 12 different time zones, the most of any country in the world.



Australia: The continent-country of Australia is nearly 4000 km wide, making it physically wider than the Moon.



Birthday Wishes

- August 01 - Jim T.
August 01 - Peggy G.
August 02 - Renate G.
August 04 - Joan B.
August 07 - Veronica T.
August 07 - Gail S.
August 09 - Sally D.
- August 13 - Sue M.
August 22 - Garland H.
August 26 - Jane A.
August 28 - Halie A.
August 29 - Angela P.



Welcome Wagon

- Bernice C.
Monica C.
Fred P.
Mary P.
Frances V.

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