

AUGUST 2025

LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Week 1 Menu <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Music & Meanders (Atrium) 11:30 Catholic Mass with Father Dean (Chapel) 2:00 Friday Entertainment with "Lyle Hobbs" (Atrium) 6:00 Friday Night Movie: "Under the Tuscan Sun" (Games Lounge) 	<ul style="list-style-type: none"> 9:45 Active Yoga with Pramila (Exercise Room) <i>*surprise program*</i> 10:00 Coffee & Conversation (Atrium) <i>*Independent*</i> 1:00 Virtual Concert (Games Lounge)
Week 2 Menu <ul style="list-style-type: none"> 10:00 Haven Entertainment with "Rachel Walton" 10:00 Coffee & Conversation <i>*Independent*</i> (Atrium) 10:30 Catholic Worship (Chapel) 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Horse Races (Atrium) 1:30 Super Bingo "you play, we pay!" (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:15 Court Mystery Drive "sign up at reception" 1:30 Card Bingo (Atrium) 1:30 Chaplain Visits <i>*cancelled*</i> 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 United Worship with Rev. Karen (Chapel) 10:30 Crosswords (Court Activity Room) 1:30 Memory Magic (Atrium) 6:30 Evening Show: "Northern Exposure" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) <i>*cancelled*</i> 9:00 to 12:00 Life Enrichment Half Day Planning Meeting 10:30 Lutheran Worship with Rev. Greg (Chapel) 2:00 Health Arts Society (Atrium) 3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!" 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Guest Speaker: Brennen D'Amours "The Importance of Exercise in Managing our Health" (Manor Activity Room) 2:00 Beach Party with "Donna Lee Random" (Atrium) 6:00 Friday Night Movie: "Moonrise Kingdom" (Games Lounge) 	<ul style="list-style-type: none"> 10:00 Coffee & Conversation (Atrium) <i>*Independent*</i> 1:00 Virtual Concert (Games Lounge) 2:00 The Ukel Ladies (Manor Piano Lounge)
Week 3 Menu <ul style="list-style-type: none"> 10:00 Coffee & Conversations <i>*Independent*</i> (Atrium) 10:30 Catholic Worship (Chapel) 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:00 1:1 Visits with Austin 10:30 Crosswords (Court Activity Room) 1:00 Men's Club House (Court Activity Room) 1:30 Courtyard Conversations with Popsicles & Lemonade (Courtyard) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Hangman (Court Activity Room) 1:30 Chaplain Visits <i>*cancelled*</i> 1:30 Bean Bag Toss (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Summer Craft (Atrium) 1:30 Penny Ante (Atrium) 3:00 Sing For Fun (Chapel) 6:30 Evening Show: "Northern Exposure" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Haven Entertainment with "Steven Tyler" 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:30 Horse Races (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Guest Speaker: "Estate Planning" with MLT Aikins (Manor Activity Room) 2:00 Friday Entertainment with "Erin Vanderplaten" (Atrium) 6:00 Friday Night Movie: "Blue Miracle" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Coffee & Conversation (Atrium) <i>*Independent*</i> 1:00 Virtual Concert (Games Lounge) 2:30 Bolongo Ball (Atrium)

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LIFE ENRICHMENT PROGRAMS



HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Paul Lamoureux" 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Hangman (Court Activity Room) 	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 Morning Walks & Talks with Austin 10:30 Crosswords (Court Activity Room) 1:00 Duck Race Sales (Games Lounge) 2:00 Duck Races (Courtyard) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:30 Chaplain Visits *cancelled* 1:30 Ice Cream Day "see you at your door!" 3:00 Afternoon Music with "Mary Ellen Davidson" (Retro) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 11:30 Life Enrichment BBQ (Dining Room/Atrium) Order Form at Reception 2:30 Popsicles & Conversations (Court Courtyard) 6:00 Evening Show: "Northern Exposure" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Anglican Worship with Rev. Jordan (Chapel) 2:00 Men's Club House (Court Activity Room) 3:00 Manor Happy Hour "don't forget your money!" 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 A Helpful Hand "iPhone information & assistance session" (Court Activity Room) *space is limited - contact LE to sign up* 2:00 Friday Entertainment with "Steven Tyler" (Atrium) 6:00 Friday Night Movie: "84 Charing Cross Road" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) 	<ul style="list-style-type: none"> 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge)
17	18	19	20	21	22	23
Week 1 Menu <ul style="list-style-type: none"> 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 3:00 Hymn Sing (Chapel) 	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 1:1 Visits 10:30 Crosswords (Court Activity Room) 2:00 Court Birthday Tea with "Terry Jorden" (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Hangman (Court Activity Room) 1:30 Card Bingo (Atrium) 1:30 Chaplain Visits *cancelled* 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Penny Ante (Atrium) 1:30 Plus Size Creations (Games Lounge) 1:00 Walker Wash (Court Courtyard) 3:00 Sing for fun (Chapel) 6:00 Evening Show: "Northern Exposure" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Anglican Worship with Rev. Jordan (Chapel) 1:30 Popcorn & Movie "My Girl" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:15 Music & Meanders (Atrium) 2:00 Friday Entertainment with "Kennedy Jenson" (Atrium) 6:00 Friday Night Movie: "Grease" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:30 Bean Bag Toss (Atrium)
24	25	26	27	28	29	30
Week 2 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Horse Races (Atrium) 						
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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

Life Enrichment
Main Phone
780-930-3736



Court Reception
780-483-5361



Nursing Station
780-930-3734

Canterbury
FOUNDATION
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 23 - Anita N.
August 30 - Helena H.



Welcome Wagon

Helena H.
Dorothy S.

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