



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Week 4 Menu • 9:30 Exercises (Exercise Room) • 10:00 Coffee & Conversation *Independent* (Atrium) • 1:00 Virtual Concert (Games Lounge) • 2:15 Bean Bag Toss (Atrium) 1
Week 1 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Haven Entertainment with "Troy Gates" • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) 2	HERITAGE DAY! • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Hangman (Court Activity Room) • 1:30 Ring Toss (Atrium) • 3:00 Creative Connections with Kiran & Elora (Retro) • 3:30 Cribbage (Atrium) 3	• 9:30 Exercises (Exercise Room) • 10:00 Morning Fun & Visits with Cassidy • 10:30 Crosswords (Court Activity Room) • 1:30 Ice Cream Sandwich Day "see you at your door!" • 1:30 Chaplain Visits *cancelled* 4	• 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 Woship with Rev. Karen (Chapel) • 1:00 Afternoon Fun with Elora (Retro) • 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) • 10:00 Haven Birthday Tea with "Randy Glen" • 10:30 Luthern Worship with Rev. Greg (Chapel) • 1:30 Afternoon Visits with Vanessa (Retro) • 1:30 Horse Races (Atrium) • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) • 6:00 Cribbage (Atrium) 6	• 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 & Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:00 Afternoon Fun with Kiran (Retro) 8
Week 2 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversations *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 2:00 Wellness Visits 9	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:00 Ears to You Hearing Clinic to (Court Library) "call Life 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	• 9:30 Exercises (Exercise Room) • 10:00 to 3:00 Pieces by Sharon (Manor Lobby Lounge) • 10:00 Creative Connections with Elora (Retro) • 10:30 Sudoku Club (Chapel) • 1:15 Tunes on the Ivories (Atrium) • 1:30 Chaplain Visits *cancelled* • 1:30 Court Mystery Drive "sign up at reception" 11	• 9:30 Exercise (Exercise Room) • 10:00 Wellness Visits • 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	• 9:30 Exercises (Exercise Room) • 10:30 Morning Walks • 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) • 10:00 Tunes on the Ivories • 10:15 Wellness Visits (Retro) • 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	• 9:30 Exercises (Exercise Room) • 10:00 Coffee & Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:15 Big Brain (Court Activity Room) 15

AUGUST 2026

LIFE ENRICHMENT PROGRAMS



HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 3 Menu 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Mike Chenoweth" 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 16	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) 10:00 Tunes on the Ivories 10:30 Brain Cloud (Court Activity Room) 1:30 Chaplain Visits <i>*cancelled*</i> 1:30 Afternoon Art with Madi (Court Activity Room) 18	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) 10:00 Haven Entertainment with "James Leigh" 10:30 Anglican Worship with Rev. Jordan (Chapel) 1:00 Creative Connections with Vanessa (Retro) 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	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) 2:00 Afternoon Walks 22
Week 4 Menu 9:30 Balloon Badminton (Atrium) 10:30 Catholic Worship (Chapel) 2:00 Wellness Visits 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	9:30 Exercises (Exercise Room) 10:30 Wellness Visits 10:30 Sudoku Club (Chapel) 1:00 Walker Wash to (Court Courtyard) 2:30 1:30 Chaplain Visits 25	9:30 Exercise (Exercise Room) 10:00 Creative Connections with Cassidy (Retro) 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	9:30 Exercises (Exercise Room) 10:00 Inspirational Stories 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Popcorn & Movie "The Young Victoria" (Games Lounge) 27	9:30 Exercises (Exercise Room) 10:00 Wellness Visits 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	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) 10:30 Catholic Worship (Chapel) 2:00 Wellness Visits 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					

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.

CONTACT



Life Enrichment
Main Phone
780-930-3736



Court Reception
780-483-5361



Nursing Station
780-930-3734

LIFE ENRICHMENT STAFF

Co-ordinators: Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Kiran

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

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



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 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 O 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 O 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 29 - Marlene B.
August 30 - Helena H.



Welcome Wagon

Joyce H.

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