



| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|---|---|--|--|--|
|   |   |   |   |  | <div>Week 1 Menu</div> <div><div><div>• 9:30 Exercises (Court Exercise Room)<br/>*location change*</div><div>• 10:15 Music &amp; Meanders (Atrium)</div><div>• 10:30 Horse Races (Activity Room)</div><div>• 11:30 Catholic Mass with Father Dean (Chapel)</div><div>• 2:00 Friday Entertainment with "Lyle Hobbs" (Atrium)</div><div>• 6:30 Friday Night Movie: "Blue Miracle" (Activity Room)</div></div><div><div></div><div></div></div><div>1</div></div> | <div><div>• 9:00 Active Yoga with Pramila (Activity Room)<br/>*surprise program!*</div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div></div> <div>2</div>  |
| <div>Week 2 Menu</div> <div><div><div>• 10:00 Coffee &amp; Conversation<br/>*Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div></div><div><div></div><div></div></div><div>3</div></div>    | <div><div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 1:30 Super Bingo "you play, we pay!"</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div><div><div></div><div></div></div><div>4</div></div>  | <div><div><div>• 9:30 Coach Trip to Meadowlark "sign up in mailroom"</div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Card Bingo (Atrium)</div><div>• 6:30 Cribbage (Fireside Lounge)<br/>***Drop-In***</div></div><div><div></div><div></div></div><div>5</div></div>  | <div><div><div>• 9:30 Active Yoga With Pramila (Activity Room)</div><div>• 10:30 United Worship with Rev. Karen (Chapel)</div><div>• 10:30 Crosswords (Court Activity Room)</div><div>• 1:15 Coach Trip: Save-On /Winners "sign up in mailroom"</div><div>• 1:30 Memory Magic (Atrium)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div><div><div></div><div></div></div><div>6</div></div> | <div><div><div>• 9:30 Exercises (Activity Room) *cancelled*</div><div>• 9:00 Life Enrichment Half Day to 12:00 Planning Meeting</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 "don't forget your money!"</div></div><div><div></div><div></div></div><div>7</div></div> | <div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Guest Speaker: Brennen D'Amours "The Importance of Exercise in Managing our Health" (Activity Room)</div><div>• 2:00 Beach Party with "Donna Lee Random" (Atrium)</div><div>• 6:30 Friday Night Movie: "Number 24" (Activity Room)</div></div><div><div></div><div></div></div><div>8</div></div>  | <div><div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:00 The Ukel Ladies (Piano Lounge)</div></div><div><div></div></div><div>9</div></div>                                   |
| <div>Week 3 Menu</div> <div><div><div>• 10:00 Coffee &amp; Conversation<br/>*Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div></div><div><div></div><div></div></div><div>10</div></div> | <div><div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 1:00 Men's Club House (Court Activity Room)</div><div>• 1:30 Courtyard Conversations with Popsicles &amp; Lemonade (Court Courtyard)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div><div><div></div><div></div></div><div>11</div></div> | <div><div><div>• 9:30 Coach Trip to Meadowlark "sign up in mailroom"</div><div>• 10:30 Hangman (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:15 Manor Mystery Drive "sign up in mailroom"</div><div>• 1:30 Bean Bag Toss (Atrium)</div><div>• 6:30 Cribbage (Fireside Lounge)<br/>***Drop-in***</div></div><div><div></div><div></div></div><div>12</div></div> | <div><div><div>• 9:30 Active Yoga with Pramila (Activity Room)</div><div>• 10:30 Coach Lunch &amp; Drive "sign up in mailroom"</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 Tile Rummy (Activity Room)</div></div><div><div></div><div></div></div><div>13</div></div>                                    | <div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Card Bingo (Activity Room)</div><div>• 10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</div><div>• 1:30 Horse Races (Atrium)</div></div><div><div></div><div></div></div><div>14</div></div>   | <div><div><div>• 9:30 Exercise (Court Exercise Room) *location change*</div><div>• 9:30 Coach Trip to Bountiful Market "sign up in mailroom"</div><div>• 10:30 Guest Speaker: Estate Planning with MLT Aikins (Activity Room)</div><div>• 2:00 Friday Entertainment with "Erin Vanderplaten" (Atrium)</div><div>• 6:30 Friday Night Movie: "Breakfast At Tiffany's" (Activity Room)</div></div><div><div></div><div></div></div><div>15</div></div>        | <div><div><div>• 9:30 Exercise (Exercise Room)</div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Bolongo Ball (Atrium)</div></div><div><div></div></div><div>16</div></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 &amp; Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 1:00 Hangman (Court Activity Room)</div></div><div>17</div></div> | <div><div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 1:00 Duck Race Sales (Games Lounge)</div><div>• 2:00 Duck Races (Court Courtyard)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div><div>18</div></div> | <div><div><div>• 9:30 Exercise (Activity Room)</div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Ice Cream Day “see you at your door!”</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-In***</div></div><div>19</div></div> | <div><div><div>• 9:30 Active Yoga with Pramila (Activity Room)</div><div>• 12:00 Life Enrichment BBQ to 1:00 Order Forms at Reception (Dining Room/BBQ Area)</div><div>• 2:30 Popsicles &amp; Conversations (Court Courtyard)</div><div>• 6:30 Tile Rummy (Act. Rm)</div></div><div>20</div></div>   | <div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 9:30 Coach Trip to Meadowlark “sign up in the mailroom”</div><div>• 10:30 Anglican Worship with Rev. Jordan (Chapel)</div><div>• 1:00 Jeopardy (Activity Room)</div><div>• 2:00 Men’s Club House (Court Activity Room)</div><div>• 3:00 Manor Happy Hour “don’t forget your money!”</div></div><div>21</div></div> | <div><div><div>• 9:30 Exercises (Activity 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>• 10:30 Horse Races (Activity Room)</div><div>• 2:00 Friday Entertainment with “Steven Tyler” (Atrium)</div><div>• 6:30 Friday Night Movie: “Montana Story” (Activity Room)</div><div>• 6:30 Shabbat Service with Cantor David (Chapel)</div></div><div>22</div></div> | <div><div><div>• 10:30 Shuffleboard (Activity Room)</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 &amp; Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 3:00 Hymn Sing (Chapel)</div></div><div>24</div></div>  | <div><div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 2:00 Court Birthday Tea with “Terry Jorden” (Atrium)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div><div>25</div></div>                              | <div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Hangman (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Card Bingo (Atrium)</div><div>• 6:30 Cribbage (Fireside Lounge) **Drop-in**</div></div><div>26</div></div>                      | <div><div><div>• 9:30 Active Yoga With Pramila (Activity Room)</div><div>• 10:30 Penny Ante (Court Activity Room)</div><div>• 1:30 Plus Size Creations to 3:00 (Games Lounge)</div><div>• 1:00 Walker Wash (Court Courtyard)</div><div>• 3:00 Sing for fun (Chapel)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div><div>27</div></div> | <div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Card Bingo (Activity Room)</div><div>• 10:30 Anglican Worship with Rev. Jordan (Chapel)</div><div>• 2:00 Manor Birthday Tea</div></div><div>28</div></div>   | <div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:15 Music &amp; Meanders (Atrium)</div><div>• 10:30 Horse Races (Activity Room)</div><div>• 2:00 Friday Entertainment with “Kennedy Jenson” (Atrium)</div><div>• 6:30 Friday Night Movie: “84 Charring Cross Road” (Activity Room)</div></div><div>29</div></div>  | <div><div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Court 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 &amp; Conversation *Independent* (Atrium)</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

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

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 02 - Lorraine E.

August 04 - Edna S.

August 08 - Brenda L.

August 14 - Marg I.

August 16 - Gloria M.


August 16 - Anna M.

August 26 - Mary A.

August 27 - Kathleen H.

August 27 - Dixie V.

August 30 - John H..



Welcome Wagon

Ann G.

Charles G.

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