

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Week 4 Menu 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 2:15 Bean Bag Toss (Atrium)
Week 1 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium)	HERITAGE DAY! 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) *cancelled* 10:30 Hangman (Court Activity Room) 1:00 Book Reading (Activity Room) 1:30 Ring Toss (Atrium) 2:15 Bible Study (Activity Room) *cancelled* 6:30 Scrabble (Activity Room)	9:30 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Crosswords (Court Activity Room) 1:30 Coach Trip to Meadowlark "sign up in mailroom" 1:30 Ice Cream Sandwich Day "see you at your door" 6:30 Cribbage (Fireside Lounge) ***Drop-In***	9:30 Active Yoga With Pramila (Activity Room) 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 Coach Trip: Mystery Drive "sign up in mailroom" 1:30 Penny Ante (Atrium) 6:30 Tile Rummy (Activity Room)	9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Coach Trip: Save-On/Winners "sign up in mailroom" 1:30 Horse Races (Atrium) 3:00 Manor Happy Hour "don't forget your money!" 6:00 Cribbage (Atrium)	9:30 Exercises (Activity Room) 10:30 Big Brain (Court Activity Room) 10:30 Horse Races (Activity Room) 11:00 Catholic Mass with Rev. Thomas Basani (Chapel) 2:00 Friday Entertainment with "The Sunbeams" (Atrium) 6:30 Friday Night Movie: "Air Force Elite: The Thunderbirds" (Activity Room)	1 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room)
Week 2 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel)	9:45 Chair Yoga With Colleen (Activity Room) 10:30 to 3:30 Ears to You Hearing Clinic (Court Library) "call Life Enrichment to book your appointment" 10:30 Trivia (Activity Room) 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:00 Men's Club House (Court Courtyard) 1:30 Garden Buddies (Court Courtyard) 2:15 Bible Study *cancelled* 6:30 Scrabble (Activity Room)	9:30 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:00 to 3:00 Pieces by Sharon (Manor Lobby Lounge) 10:30 Sudoku Club (Chapel) 12:30 to 1:00 Knife Sharpening Service *Knife Collection* "sign up at reception" 1:15 Tunes on the Ivories (Atrium) 1:30 Drums & Fun (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-in***	9:30 Active Yoga with Pramila (Activity Room) 9:30 Coach Trip: Freson Bros. "sign up in mailroom" 10:30 Hangman (Court Activity Room) 1:30 Card Bingo (Atrium) 3:00 Sing For Fun with Vanessa (Chapel) 6:30 Tile Rummy (Activity Room)	9:30 Exercises (Activity Room) 10:00 Coach Trip: Devonian Gardens "sign up in mailroom" 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 2:00 Concerts in Care Alberta (Atrium) 6:00 Cribbage (Atrium)	9:30 Exercise (Activity Room) 10:30 Word Whiz (Court Activity Room) 10:30 Horse Races (Activity Room) 11:30 to 12:00 Knife Sharpening Service *Knife Return* Manor 2:00 Friday Entertainment with "Juke Box Leigh" (Atrium) 6:30 Friday Night Movie: "Ladies in Lavender" (Activity Room)	2 3 4 5 6 7 8 9 10 11 12 13 14 15

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Week 3 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) 16	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 1:00 Book Reading (Activity Room) • 1:30 Garden Buddies (Court Courtyard) • 2:15 Bible Study (Activity Room) *cancelled* • 6:30 Scrabble (Activity Room) 17	• 9:30 Exercises (Activity Room) • 10:30 Brain Cloud (Court Activity Room) • 1:30 Afternoon Art with Madi (Court Activity Room) • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 18	• 9:30 Active Yoga with Pramila (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in the mailroom” • 10:30 Memory Magic (Atrium) • 1:30 Eat Street (Court Activity Room) • 6:30 Tile Rummy (Activity Room) 19	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Activity 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!” • 6:00 Cribbage (Atrium) 20	• 9:30 Exercises (Activity Room) • 10:30 Presentation: Lynnwood Centre Dental (Activity Room) • 11:30 Tunes on the Ivories (Piano Lounge) • 2:00 Friday Entertainment with “Kennedy Jensen” (Atrium) • 6:30 Friday Night Movie: “Annie Hall” (Activity Room) 21	• 9:30 Exercises (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) 22
Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) 23	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 1:00 Book Reading (Activity Room) • 2:00 Court Birthday Tea with “Len Umrysh” (Atrium) • 2:15 Bible Study *cancelled* • 6:30 Scrabble (Activity Room) 24	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark “sign up in mailroom” • 10:30 Sudoku Club (Chapel) • 1:30 Walker Wash to (Court Courtyard) 2:30 • 6:30 Cribbage (Fireside Lounge) **Drop-in** 25	• 9:30 Active Yoga with Pramila (Activity Room) • 10:30 Crosswords (Court Activity Room) • 1:00 Duck Race Sales (Atrium) • 2:00 Duck Races “rain or shine” (Court Courtyard) • 3:00 Sing For Fun with Vanessa (Chapel) • 6:30 Tile Rummy (Activity Room) 26	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Manor Activity Room) • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 2:00 Manor Birthday Tea 27	• 9:30 Exercises (Activity Room) • 10:30 Hangman (Court Activity Room) • 10:30 Horse Races (Activity Room) • 2:00 Friday Entertainment with “Randy Glen” (Atrium) • 6:30 Friday Night Movie: “Marty, Life is Short” (Activity Room) • 6:30 Shabbat Service with Cantor David (Chapel) 28	• 9:30 Exercises (Court Activity Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Court Games Lounge) • 2:15 Bean Bag Toss (Atrium) 29
Week 1 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 3:00 Hymn Sing (Chapel) 30	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 1:00 Book Reading (Activity Room) • 2:15 Bible Study (Activity Room) *cancelled* • 6:30 Scrabble (Activity Room) 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

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 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 Q 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 02 - Lorraine E.	August 16 - Gloria M.
August 04 - Edna S.	August 16 - Anna M.
August 08 - George F.	August 27 - Kathleen H.
August 08 - Brenda L.	August 27 - Dixie V.
August 13 - Maureen K.	August 30 - John H.
August 14 - Margaret I.	
August 16 - Gloria M.	

Welcome Wagon

Anna F.
George F.

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