












SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	WEEK 1 MENU CANADA DAY! <ul style="list-style-type: none"> • 9:00 Active Yoga With Diane (Exc. Rm) • 10:00 Canada Day Crafts (Haven) • 10:30 Crosswords (CAR) • 1:30 Super Bingo (Atrium) "You Play, We Pay!" • 3:15 Garden Tours 	<ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:30 Morning Walks • 10:30 Bible Studies (Chapel) • 1:30 Card Bingo (Atrium) • 1:30 Chaplain Visits • 6:30 Cribbage (Atrium) 	<ul style="list-style-type: none"> • 9:00 Active Yoga With Pramila (Exc. Rm) • 10:00 Activity Cart 1:1 (Haven) • 10:30 Big Brain (Act. Rm.) • 1:30 Canadian Stories & History (Haven) • 1:30 Balloon Badminton (Atrium) • 6:00 Evenings with Austin • 6:00 Evening Show: "Downtown Abbey" (GL) 	NATIONAL COUNTRY MUSIC DAY <ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exc. Rm) • 10:00 Morning Music with "Bob Gagnon" (Haven) • 10:30 Lutheran Worship with Rev. Scott (Chapel) • 1:30 Board Games (Haven) • 6:30 Days End Discussions 	<ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Music with Erica (Haven) • 10:30 Firework Art (Atrium) • 2:00 Friday Entertainment with "Wayne O" (Atrium) • 6:00 Friday Night Movie: "The Truth about Cats & Dogs" (GL) 	INTERNATIONAL FRIED CHICKEN DAY <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Coffee & Conversation (Atrium) *Independent • 10:30 Physical Games: Bean Bag Toss (Atrium) • 1:00 Virtual Concert (GL) 	
	WEEK 2 MENU NATIONAL CHOCOLATE DAY <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Morning Music with "Jim Bennette" (Haven) • 10:30 Catholic Worship (Chapel) • 1:00 Piano with Roy Li (Atrium) 	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exc. Rm) • 10:00 Morning Walks • 10:30 Crosswords (CAR) • 2:00 Square Dancing Performance (Atrium) 	NATIONAL DIMPLES DAY <ul style="list-style-type: none"> • 9:00 Exercises (Exc. Rm) ***Time Change • 10:00 Coffee and Conversation (Atrium) *Independent • Life Enrichment Planning Morning! • 10:30 Bible Studies (Chapel) • 1:30 Chaplain Visits • 3:00 Activity Cart 1:1 (Haven) • 6:30 Cribbage (Atrium) 	<ul style="list-style-type: none"> • 9:00 Active Yoga With Pramila (Exc. Rm) • 10:00 Morning Baking (Haven) • 10:30 Penny Ante (Atrium) • 1:30 Horse Races (Atrium) • 3:00 Sing for Fun (Chapel) • 6:00 Evenings with Austin • 6:00 Evening Show: "Downtown Abbey" (GL) 	NATIONAL FISH & CHIPS DAY <ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exc. Rm) • 10:00 Pet Therapy (Haven) • 10:30 Non-Denominational Worship with Rev. Colleen (Chapel) • 2:00 Health Arts Society (Atrium) • 6:30 Days End Discussions 	NATIONAL PECAN PIE DAY <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:30 Courtyard Stone Painting • 2:00 Friday Entertainment with "Colleen Lazourk" (Atrium) • 6:00 Friday Night Movie: "Hope Floats" (GL) 	NATIONAL FRENCH FRIES DAY <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Coffee & Conversation (Atrium) *Independent • 10:30 Physical Games: Horseshoes (GL) • 1:00 Virtual Concert (GL)
	WEEK 3 MENU INTERNATIONAL SHARK AWARENESS DAY <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Piano with Roy Li (Atrium) 	<ul style="list-style-type: none"> • 9:00 Active Yoga With Colleen (Exc. Rm) • 10:00 Activity Cart (1:1) (Haven) • 10:30 Crosswords (CAR) • 1:30 Live Horse Races (Atrium) • 3:15 Garden Tours 	WORLD SNAKE DAY <ul style="list-style-type: none"> • 9:00 Exercises (Exc. Rm) ***Time Change • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Bible Studies (Chapel) • 11:30 - 12:30 Hamburger BBQ (Court Dining Room) "Get your ticket at Reception for \$15" • 1:30 Chaplain Visits • 2:00 Card Bingo (Atrium) • 6:30 Cribbage (Atrium) 	<ul style="list-style-type: none"> • 9:00 Active Yoga With Pramilla (Exc. Rm) • 10:00 Feel Good Stories (Haven) • 10:30 Memory Magic (A) • 12:30 Court Zoo Outing "Sign up at Reception" • 1:30 Klondike Centerpieces (Atrium) • 6:00 Evenings with Austin • 6:00 Evening Show: "Downtown Abbey" (GL) 	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Exc. Rm) • 10:00 Haven Birthday Tea with "Mike Chaoweth" • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Pet Therapy (Haven) • 6:30 Days End Discussions 	K-DAYS KICK-OFF! Pancake Breakfast (Dining Room) <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Coffee and Conversation (Atrium) *Independent • 2:00 Klondike Days Kick-Off with "Gary Meyers" (Atrium) "Wear your finest Klondike Gear" • 6:00 Friday Night Movie: "Klondike Fury" (GL) 	INTERNATIONAL LOLLIPOP DAY <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Coffee & Conversation (Atrium) *Independent • 10:30 Physical Games: Bolongo Ball (Atrium) • 1:00 Virtual Concert (GL)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WEEK 4 NATIONAL JUNK FOOD DAY MENU</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Morning Music with "Heather Miller"  10:30 Catholic Worship (Chapel) 1:30 Big Brain (Act Rm.) 2:45 Hymn Sing (Chapel) <p style="text-align: right;">21</p>	<p>KLONDIKE DAYS!</p> <ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exc. Rm) 10:00 Morning Walks 10:30 Crosswords (CAR) 1:30 Klondike Day Games (Atrium) 3:15 Garden Tours <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exc. Rm) 10:00-3:00 Pieces by Sharon (GL) 10:30 Bible Studies (Chapel) 10:30 Men's Shed Meet in Atrium  1:30 Chaplain Visits 2:00 Ice Cream Day! "see you at your door!" 6:30 Cribbage (Atrium) <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> 9:00 Active Yoga with Pramila (Exc. Rm) 10:00 Morning Baking (Haven) 10:30 Brain Teasers (Court Library) 1:00 Duck Races Ticket Sale Buck a Duck! 2:00 Duck Races Begin (Courtyard—Rain or Shine!) 3:00 Sing for Fun (Chapel) 6:00 Evenings with Austin 6:00 Evening Show: "Downtown Abbey" (GL) <p style="text-align: right;">24</p>	<p>NATIONAL CAROUSEL DAY </p> <ul style="list-style-type: none"> 10:00 Morning Walks 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Tile Rummy (Atrium) 12:45 Music with Janice (Lane) 1:30 Popcorn & Movie: "Klondike Fever" (GL) 6:30 Days End Discussions <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> 9:30 Exercises (Exc. Rm) 10:00 Dramatic Readings (Haven) 10:30 Hangman (Act. Rm.) 2:00 Gold Rush Party with "Sean Sonogo" (Atrium) "Wear Gold or Yellow" 6:00 Friday Night Movie: "Sabrina" (GL)  <p style="text-align: right;">26</p>	<p>NATIONAL DAY OF THE COWBOY</p> <ul style="list-style-type: none"> 9:30 Exercises (Exc. Rm) 10:00 Coffee & Conversation (Atrium) *Independent 10:30 Physical Games Washer Toss (Atrium) 1:00 Virtual Concert (GL) <p style="text-align: right;">27</p>
<p>WEEK 1 MENU NATIONAL PARENTS DAY</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (A) 10:30 Catholic Worship (C) 1:30 Afternoon Music with Janice (Atrium)  <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exc. Rm) 10:00 Watercolour Painting (Haven) 10:30 Crosswords (CAR) 2:00 Court Birthday Tea "Kelly Bourdage" (Atrium)  <p style="text-align: right;">29</p>	<p>NATIONAL CHEESECAKE DAY</p> <ul style="list-style-type: none"> 9:30 Exercises (Exc. Rm) 10:00 Morning Walks 10:30 Bible Studies (Chapel) 1:30 Chaplain Visits 1:30 Card Bingo (Atrium) 1:30 Lane Birthday Tea "Sean Sonogo" (Lane) 3:15 Garden Tours  6:30 Cribbage (Atrium) <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> 9:00 Active Yoga with Pramila (Exc. Rm) 10:00-3:00 Plus Sized Creations (MLL) 10:00 Activity Cart (1:1) 10:30 Big Brain (Act. Rm.) 1:30 Pet Therapy (Haven) 6:00 Evenings with Austin 6:00 Evening Show: "Downtown Abbey" (GL) <p style="text-align: right;">31</p>			

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

- CAR Court Activity Room
- GL Games Lounge
- A Atrium
- MLL Manor Lobby Lounge
- C Chapel
-  Formal Event/Attire

LIFE ENRICHMENT STAFF

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

Co-ordinators: Vanessa, Erica, Rae, Chelcey, Kelly, Audra, Austin, Dana, Eric & Elora

CONTACT

 **Main Phone**
780-930-3736

 **Court Reception**
780-483-5361

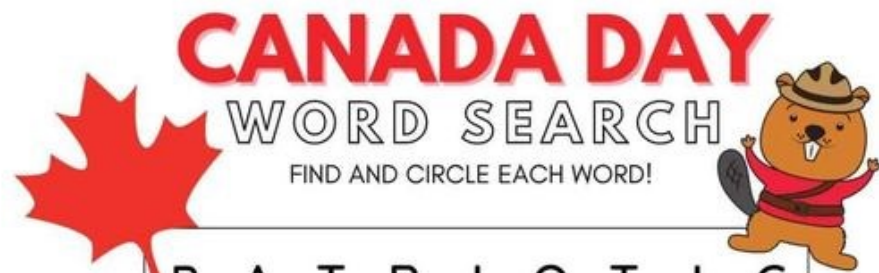
 **Nursing Station**
780-930-3734


Canterbury
 FOUNDATION
 The Promise of Home



CANADA DAY WORD SEARCH

FIND AND CIRCLE EACH WORD!



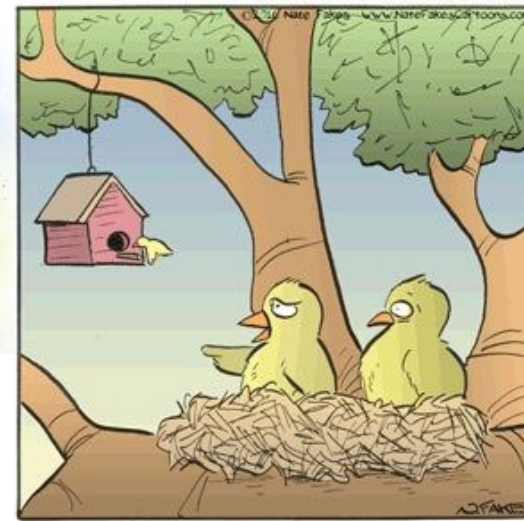
P	A	T	R	I	O	T	I	C
M	A	P	L	E	A	M	T	A
G	A	R	E	D	O	B	R	N
J	U	P	T	D	N	E	A	A
U	L	A	E	Y	T	A	K	D
L	U	E	R	S	F	V	N	A
Y	R	C	I	D	C	E	H	E
F	I	R	E	W	O	R	K	S
F	U	N	W	H	I	T	E	E

July	Beaver	White	Canada
Patriotic	Guard	Party	Free
Fireworks	Red	Maple	Fun

HOMEMADEHEATHER.COM



Phone Numbers of Interest:
 Beauty Salon: 780 444 0483
 Dietary: 780 930 3739



"That could've been ours.
 But nooooo...You and your DIY!"



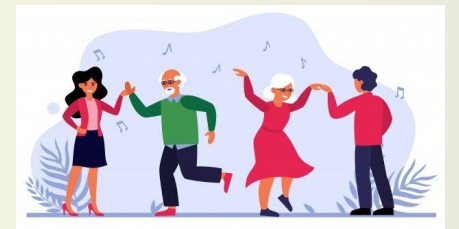
Birthday Wishes

JULY 8TH JOY H
 JULY 11TH RITA S
 JULY 20TH VINCE M




Welcome Wagon

GLADYS R.



ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

- CAR Court Activity Room
- GL Games Lounge
- A Atrium
- MLL Manor Lobby Lounge
- C Chapel
-  Formal Event/Attire

LIFE ENRICHMENT STAFF

Manager: Leana Nielsen | (780) 930 5819

Co-ordinators: Vanessa, Erica, Rae, Chelcey, Kelly, Audra, Austin, Dana, Eric & Elora

CONTACT

 **Main Phone**
780-930-3736

 **Court Reception**
780-483-5361

 **Nursing Station**
780-930-3734


Canterbury
 FOUNDATION
 The Promise of Home

