














SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>WEEK 1 MENU CANADA DAY! </p> <ul style="list-style-type: none"> • 9:45 Active Yoga With Colleen (Act. Rm.) • 10:30 Crosswords (Court Act. Rm.) • 1:30 Super Bingo (Atrium) "You Play, We Pay!" • No Bible Study • 6:30 Scrabble/Whist (Act. Rm.) 	<p>WEEK 1 MENU CANADA DAY! </p> <ul style="list-style-type: none"> • 9:45 Active Yoga With Colleen (Act. Rm.) • 10:30 Crosswords (Court Act. Rm.) • 1:30 Super Bingo (Atrium) "You Play, We Pay!" • No Bible Study • 6:30 Scrabble/Whist (Act. Rm.) 	<ul style="list-style-type: none"> • 9:30 Exercises (Act. Rm.) • 9:30 Coach Trip to Meadowlark "signup in the Mailroom" • 1:00 Book Reading (Act. Rm) • 1:30 Card Bingo (Atrium) • 6:30 Cribbage (Act. Rm.) ***Drop-in*** 	<p>I.G.A. Grocery Delivery</p> <ul style="list-style-type: none"> • 9:45 Active Yoga With Pramila (Act. Rm) • 10:30 United Worship with Pastor Karen (Chapel) • 10:30 Trivia (Act. Rm) • 1:00 Coach Trip to Callingwood Market & Safeway "signup in the Mailroom" • 6:30 Tile Rummy (Act. Rm) 	<p>NATIONAL COUNTRY MUSIC DAY</p> <ul style="list-style-type: none"> • 9:30 Exercises (Act. Room) • 10:30 Lutheran Worship with Rev. Scott (Chapel) • 1:30 Tile Rummy (Atrium) • 3:00 Happy Hour (LL) "don't forget your money!" • 6:30 Shuffleboard Bowling (Act. Rm.) 	<ul style="list-style-type: none"> • 9:30 Stretch & Strength (Act. Room)  • 10:30 Horse Races (Act. Rm) • 11:00 Catholic Mass with Rev. Dean (Chapel) • 2:00 Friday Entertainment with "The Brits" (Atrium) • 6:30 Friday Night Movie: "The Light We Carry" (Act. Rm.) 	<p>INTERNATIONAL FRIED CHICKEN DAY</p> <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Shuffleboard (Act. Rm.) • 10:30 Physical Games: Bean Bag Toss (Atrium) • 1:00 Virtual Concert (CGL)  	
	<p>WEEK 2 MENU NATIONAL CHOCOLATE DAY</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Piano with Roy Li (Atrium) 	<p>NATIONAL DIMPLES DAY</p> <ul style="list-style-type: none"> • 9:45 Active Yoga With Colleen (Act. Rm.)  • 10:30 Trivia (Act. Rm) • 2:00 Square Dancing Performance (Atrium) • 2:00 Bible Study (Act. Rm) • 6:30 Scrabble/Whist (Act. Rm.) 	<ul style="list-style-type: none"> • 9:00 Exercises (Act. Rm) ***Time Change • LE Planning Morning! • Coach on Thursday to Meadowlark • 1:00 Book Reading (Act. Rm) • 1:30 Manor Resident Meeting (Act. Rm) • 6:30 Cribbage (Act. Rm.) ***Drop-in*** 	<p>I.G.A. Grocery Delivery</p> <ul style="list-style-type: none"> • 9:45 Active Yoga With Pramila (Act. Rm)  • 9:30 Coach Trip: The Valley Zoo & Lunch! "sign up in the Mailroom" • 1:30 Horse Races (Atrium) • 3:00 Sing for Fun (Chapel) • 6:30 Tile Rummy (Act. Rm) 	<ul style="list-style-type: none"> • 9:30 Exercises (Act. Room) • 10:30 Non-Denominational Worship with Rev. Colleen • 9:30 Coach Trip: Meadowlark "sign up in the Mailroom" • 1:30 Coach Trip: Katie's Crossing & Ice Cream "sign up in the Mailroom" • 2:00 Health Arts Society (Atrium) • 6:30 Shuffleboard Bowling (Act. Rm.) 	<p>NATIONAL PECAN PIE DAY</p> <ul style="list-style-type: none"> • 9:30 Stretch & Strength (Act. Room) • 10:30 Horse Races (Act. Rm) • 1:30 Happy Hour (Atrium) "don't forget your money!"  • 2:00 Friday Entertainment with "Colleen Lazourk" (Atrium) • 6:30 Friday Night Movie: "Fatherhood" (Act. Rm.) 	<p>NATIONAL FRENCH FRIES DAY</p> <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Shuffleboard (Act. Rm.) • 10:30 Physical Games: Horseshoes • 1:00 Virtual Concert (CGL) 
	<p>WEEK 3 MENU INTERNATIONAL SHARK AWARENESS DAY</p> <ul style="list-style-type: none"> • 9:30 Balloon Badminton (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Piano with Roy Li (Atrium) 	<ul style="list-style-type: none"> • 9:45 Active Yoga With Colleen (Act. Rm.)  • 10:00-3:00 Pieces by Sharon (GL) • 10:30 Trivia (Act. Rm) • 1:30 Live Horse Races (Atrium) • 2:00 Bible Studies (Act. Rm) • 6:30 Scrabble/Whist (Act. Rm.) 	<p>WORLD SNAKE DAY</p> <ul style="list-style-type: none"> • 9:30 Exercises (Act. Rm.) • 9:30 Coach Trip to Meadowlark "signup in the Mailroom" • 12:00 -1:00 Hamburger BBQ "Get your ticket at Reception for \$15" (Manor Dining Rm/BBQ Area) • 1:00 Book Reading (Act. Rm) • 6:30 Cribbage (Act. Rm.) ***Drop-in*** 	<p>I.G.A. Grocery Delivery </p> <ul style="list-style-type: none"> • 9:45 Active Yoga With Pramila (Act. Rm.) • 10:30 Card Bingo (Act. Rm) • 1:30 Klondike Centerpieces (Atrium) • 6:30 Tile Rummy (Act. Rm) 	<ul style="list-style-type: none"> • 9:30 Exercises (Act. Rm.) • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Coach Trip to Southgate "Sign-up in mailroom" • 6:30 Shuffleboard Bowling (Act. Rm.) 	<p>INTERNATIONAL DAIQUIRI DAY </p> <ul style="list-style-type: none"> • 9:00 K-Days Pancake Breakfast "Tickets at Reception!" • 2:00 Klondike Days Kick-off with "Gary Meyers" (Atrium) "Wear your finest Klondike Gear" • Canterbury Open House! 12:00pm—4:00pm • 6:30 Friday Night Movie: "Travels with my Aunt" (Act. Rm.)  	<p>Canterbury Open House! 10:00am—4:00pm</p> <ul style="list-style-type: none"> • 9:30 Exercises (Exc. Rm) • 10:00 Shuffleboard (Act. Rm.)  • 10:30 Physical Games: Bolongo Ball (Atrium) • 1:00 Virtual Concert (CGL)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WEEK 4 MENU NATIONAL JUNK FOOD DAY <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:30 Catholic Worship (Chapel) 1:30 Big Brain (Act. Rm.) 2:45 Hymn Sing (Chapel) 	NATIONAL HAMMOCK DAY <ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Act. Rm.) 10:30 Trivia (Act. Rm.) 1:30 Klondike Day Games (Atrium) 2:00 Bible Studies (Act. Rm.) 6:30 Scrabble/Whist (Act. Rm.) 	<ul style="list-style-type: none"> 9:30 Exercises (Act. Rm) 9:30 Coach Trip to Meadowlark "sign up in the Mailroom" 10:30 Men's Shed Meet in Atrium 1:00 Book Reading (Act. Rm) 1:30 Ice Cream Day "see you at your door!" 6:30 Cribbage (Act. Rm) ***Drop-in*** 	I.G.A. Grocery Delivery  <ul style="list-style-type: none"> 9:45 Active Yoga With Pramila (Act. Rm) 10:30 Card Bingo (Act. Rm.) 1:00 Duck Race Ticket Sale 2:00 Duck Races Begin (Court Courtyard– Rain or Shine!) 3:00 Sing for Fun (Chapel) 6:30 Tile Rummy (Act. Rm) 	NATIONAL CAROUSEL DAY <ul style="list-style-type: none"> 9:30 Exercises (Act. Rm.) 10:30 Anglican Holy Communion with Rev. Colleen (Chapel) 10:30 Tech Assists with (Sign up in Mail Room) 2:00 Manor Birthday Tea (Dining Room) 3:00 Happy Hour (LL) "don't forget your money!" 6:30 Shuffleboard Bowling (Act. Rm.) 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Act. Rm) 10:30 Horse Races (Act. Rm) 2:00 Friday Entertainment with "Sean Sonego" (Atrium) "Wear Gold or Yellow!" 6:30 Friday Night Movie: "The Monument Men" (Act. Rm)  	NATIONAL DAY OF THE COWBOY <ul style="list-style-type: none"> 9:30 Exercises (Exc. Rm) 10:00 Shuffleboard (Act. Rm.) 10:30 Physical Games: Washer Toss (Atrium) 1:00 Virtual Concert (CGL) 	
21	22	23	24	25	26	27	
WEEK 1 MENU <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:30 Catholic Worship (Chapel) 2:00 Afternoon Music with Janice (Atrium) 	<ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Act. Rm)  10:30 Trivia (Act. Rm) 2:00 Bible Studies (Act. Rm)  2:00 Court Birthday Tea "Kelly Bourdage" (Atrium) 6:30 Scrabble/Whist (Act. Rm.) 	NATIONAL CHEESECAKE DAY <ul style="list-style-type: none"> 9:30 Exercises (Act. Rm.) 9:30 Coach Trip to Meadowlark "sign up in the Mailroom" 1:00 Book Reading (Act. Rm) 1:30 Card Bingo (Atrium) 6:30 Cribbage (Act. Rm) ***Drop-in*** 	I.G.A. Grocery Delivery <ul style="list-style-type: none"> 9:45 Active Yoga With Pramila (Act. Rm) 10:00-3:00 Plus Sized Creations (GL) 10:30 Crosswords (Act. Rm.) 1:30 Centerpieces Creations (Atrium) 6:30 Tile Rummy (Act. Rm) 	 <p style="text-align: center;">HAPPY <i>Canada Day</i></p>			
28	29	30	31				

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

- Act. Rm..... Manor Activity Room
- LL Lobby Lounge
- FSL Fireside Lounge
- CGL Court Games Lounge
- CAR Court Activity Room
- Exc. Rm Exercise Room
- C Chapel
- PDR Manor Private Dining Room
-  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

 **Life Enrichment Main Phone**
780-930-3736

 **Court Reception**
780-483-5361

 **Nursing Station**
780-930-3734


Canterbury
FOUNDATION
The Promise of Home



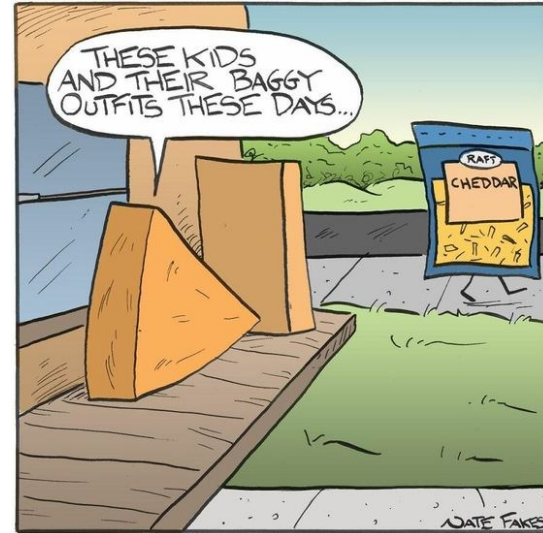
THIS MONTH'S ACTIVITIES

Some Canadian inventions we could not do without

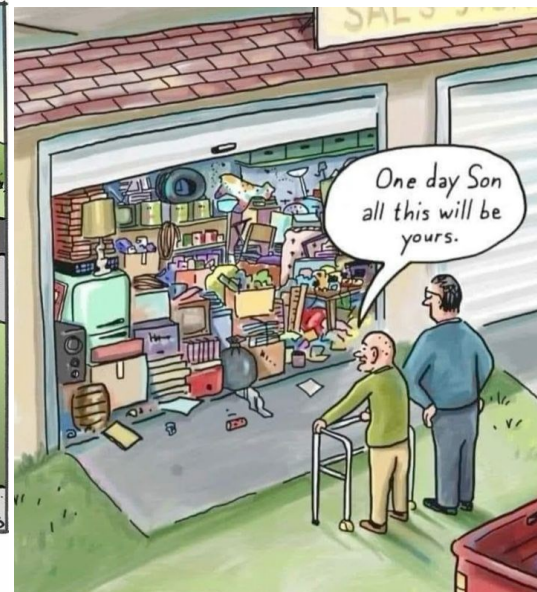
- Insulin as a diabetes treatment** - invented by Frederick Banting, Charles Best and James Collip in 1922.
- Walkie-talkies** - invented by Donald I. Hings and Alfred J. Gross in 1942.
- Cardiac pacemaker** - invented by John Hopps in 1950.
- Peanut butter** - first patented by Marcellus Gilmore Edson in 1884.
- Plexiglas** - invented by William Chalmers at McGill University in 1931.



Phone Numbers of Interest:
Manor Reception: (780) 481-3629
Beauty Salon: (780) 444-0483
Dietary: (780) 930 3739



Aged Cheddar



Birthday Wishes

JULY 1ST RUTH K	JULY 17TH RON E
JULY 13TH PAULINE M	JULY 18TH JULIA S
JULY 14TH KATHY H	JULY 26TH FRED D
JULY 15TH PETER E	JULY 28TH FRANCES B



Welcome Wagon



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