


SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY					
		<b>Week 1 Menu</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Exercise (Exercise Room)</b></li><li>• 10:30 <b>Penny Ante (Atrium)</b></li><li>• 10:30 United Worship with Rev. Karen (Chapel)</li><li>• 1:00 Music &amp; Meanders (Atrium)</li><li>• 6:30 <b>Evening Show:</b> “Young Sheldon” (Games Lounge)</li></ul>		<b>Garden Watering</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Stretch &amp; Strength (Exercise Room)</b></li><li>• 10:30 Lutheran Worship with Rev. Greg (Chapel)</li><li>• 1:30 <b>Horse Races (Atrium)</b></li></ul>		<ul style="list-style-type: none"><li>• 9:30 <b>Exercises (Exercise Room)</b></li><li>• 10:30 Bean Bag Toss (Atrium)</li><li>• 11:00 <b>Catholic Mass with Father Dean (Chapel)</b></li><li>• 2:00 Friday Entertainment with “Mike Chenoweth” (Atrium)</li><li>• 6:00 <b>Friday Night Movie:</b> “The Truth about Cats &amp; Dogs” (Games Lounge)</li></ul>		<b>Garden Watering</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Exercise (Exercise Room)</b></li><li>• 10:00 Coffee and Conversation (Atrium) *Independent</li><li>• 1:00 Virtual Concert (Games Lounge)</li><li>• 2:30 <b>Courtyard Conversations (Court Courtyard)</b></li></ul>			
		<b>CANADA DAY</b>															
		<b>Garden Watering</b>															
		<ul style="list-style-type: none"><li>• 9:30 <b>Exercises (Exercise Room)</b></li><li>• 10:30 Hangman (Court Activity Room)</li><li>• 1:30 <b>Super Bingo “you play, we pay!” (Atrium)</b></li></ul> <b>1</b>															
<b>Week 2 Menu</b>		<b>Garden Watering</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Exercises (Exercise Room)</b></li><li>• 10:30 Big Brain (Court Activity Room)</li><li>• 1:30 <b>Ice Cream Day “see you at your door!”</b></li></ul> <b>8</b>		<b>Garden Watering</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Stretch &amp; Strength (Exercise Room)</b></li><li>• 10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</li><li>• 2:00 <b>Health Arts Society (Atrium)</b></li><li>• 3:00 Manor Happy Hour “don’t forget your money”</li></ul> <b>10</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Exercises (Exercise Room)</b></li><li>• 10:00 Music &amp; Meanders (Atrium)</li><li>• 2:00 <b>Friday Entertainment with “Juke Box Leigh” (Atrium)</b></li><li>• 6:00 <b>Friday Night Movie :</b> “Poseidon Adventure” (Games Lounge)</li></ul> <b>11</b>		<ul style="list-style-type: none"><li>• 10:00 Coffee and Conversation (Atrium) *Independent</li><li>• 1:00 Virtual Concert (Games Lounge)</li></ul> <b>12</b>					
<ul style="list-style-type: none"><li>• 9:30 <b>Balloon Badminton (Atrium)</b></li><li>• 10:00 Coffee and Conversation (Atrium) *Independent</li><li>• 10:30 <b>Catholic Worship (Chapel)</b></li><li>• 1:00 Hangman (Court Activity Room)</li></ul> <b>6</b>		<ul style="list-style-type: none"><li>• 9:00 <b>Active Yoga With Colleen (Exercise Room)</b></li><li>• 10:30 Crosswords (Court Activity Room)</li><li>• 1:30 <b>Inspirational Stories (Court Courtyard)</b></li></ul> <b>7</b>				<ul style="list-style-type: none"><li>• 9:30 Exercise (Exercise Room)</li><li>• 10:30 <b>Memory Magic (Atrium)</b></li><li>• 1:00 <b>Men’s Club House (Court Activity Room)</b></li><li>• 2:00 Edmonton Square Dancers Association (Atrium)</li><li>• 6:30 <b>Evening Show:</b> “Young Sheldon” (Games Lounge)</li></ul> <b>9</b>											
<b>Week 3 Menu</b>		<ul style="list-style-type: none"><li>• 9:00 <b>Active Yoga With Colleen (Exercise Room)</b></li><li>• 10:30 Crosswords (Court Activity Room)</li><li>• 1:30 <b>Card Bingo (Atrium)</b></li></ul> <b>14</b>		<b>Garden Watering</b>		<ul style="list-style-type: none"><li>• 9:30 Exercises (Exercise Room)</li><li>• 11:30 <b>Life Enrichment BBQ to 12:30 *order forms Reception*</b></li><li>• 3:00 <b>Sing For Fun (Chapel)</b></li><li>• 6:30 Evening Show: “Young Sheldon” (Games Lounge)</li></ul> <b>16</b>		<b>Garden Watering</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Stretch &amp; Strength (Exercise Room)</b></li><li>• 10:30 Live Slot Machine (Atrium)</li><li>• 10:30 <b>Anglican Worship with Rev. Colleen (Chapel)</b></li><li>• 1:30 Courtyard Conversations with Popsicles &amp; Lemonade (Court Courtyard)</li></ul> <b>17</b>		<ul style="list-style-type: none"><li>• 9:30 Exercises (Exercise Room) <b>*cancelled*</b></li><li>• <b>Pancake Breakfast! (Dining Room)</b></li><li>• 1:30 Visit &amp; Short Talk with Mayoral Candidate Dr Omar Mohammad (Atrium)</li><li>• 2:00 <b>Klondike Kick Off with “Lindsey Nagy” (Atrium)</b></li><li>• 6:00 <b>Friday Night Movie:</b> “Beautiful Girls” (Games Lounge)</li></ul> <b>18</b>		<b>Garden Watering</b>		<ul style="list-style-type: none"><li>• 9:30 <b>Exercise (Exercise Room)</b></li><li>• 10:00 Coffee and Conversation (Atrium) *Independent</li><li>• 1:00 <b>Virtual Concert (Games Lounge)</b></li><li>• 2:30 Courtyard Conversations (Courtyard)</li></ul> <b>19</b>	
<ul style="list-style-type: none"><li>• 10:00 Coffee and Conversation (Atrium) *Independent</li><li>• 10:30 <b>Catholic Worship (Chapel)</b></li></ul> <b>13</b>				<ul style="list-style-type: none"><li>• 9:30 <b>Exercises (Exercise Room)</b> <b>*cancelled*</b></li><li>• 9:00 <b>Life Enrichment Full Day to Planning Meeting 4:00</b></li><li>• 10:00 Pieces by Sharon to 3:00 (Manor Lobby Lounge)</li></ul> <b>15</b>													

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 and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 1:00 Big Brain (Court Activity Room)</div></div><div>20</div></div>	<div>Garden Watering</div> <div><div>• 9:00 Active Yoga With Colleen (Exercise Room)</div><div>• 10:30 Crosswords (Court Activity Room)</div><div>• 2:00 New Resident Welcome Tea (Atrium) "All are Welcome"</div></div> <div>21</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Life Enrichment to Development Training 11:30</div><div>• 1:30 Live Horse Races (Atrium)</div></div> <div>22</div>	<div>Garden Watering</div> <div><div>• 9:30 Exercises (Exercise Room) *cancelled*</div><div>• 9:30 Life Enrichment to Development Training 10:30</div><div>• 1:00 Duck Race Sales (Games Lounge)</div><div>• 2:00 "New" Duck Races (Court Courtyard) "rain or shine"</div><div>• 6:00 Evening Show: "Young Sheldon" (Games Lounge)</div></div> <div>23</div>	<div><div>• 9:30 Stretch &amp; Strength (Exercise Room)</div><div>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</div><div>• 10:30 Life Enrichment to Development Training 11:30</div><div>• 1:30 Classic Bingo (Atrium)</div><div>• 3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!"</div></div> <div>24</div>	<div>Garden Watering</div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Rock Painting (Courtyard)</div><div>• 1:30 Happy Hour (Atrium) "don't forget your money!"</div><div>• 2:00 Gold Rush Party with "Sean Sonego" (Atrium) "Wear Gold or Yellow"</div><div>• 6:00 Friday Night Movie: "Kiss Me Kate" (Games Lounge)</div><div>• 6:30 Shabbat Service with Cantor David (Chapel)</div></div> <div>25</div>	<div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 1:00 Virtual Concert (Games Lounge)</div></div> <div>26</div>
<div>Week 1 Menu</div> <div><div><div>Garden Watering</div><div><div>• 10:00 Coffee and Conversation (Atrium) *Independent</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 3:00 Hymn Sing (Chapel)</div></div><div>27</div></div></div>	<div><div>• 9:00 Active Yoga With Colleen (Exercise Room)</div><div>• 10:30 Crosswords (Activity Room)</div><div>• 2:00 Court Birthday Tea with "Douglas Mitchell" (Atrium)</div></div> <div>28</div>	<div>Garden Watering</div> <div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 1:30 Pet Therapy (Courtyard)</div></div> <div>29</div>	<div><div>• 9:30 Exercises (Exercise Room)</div><div>• 10:30 Memory Magic (Atrium)</div><div>• 1:30 Plus Size Creations (Manor Lobby Lounge)</div><div>• 1:30 Courtyard Conversations (Courtyard)</div><div>• 2:30 Men's Club House (Court Activity Room)</div><div>• 3:00 Sing For Fun (Chapel)</div><div>• 6:00 Evening Show: "Young Sheldon" (Games Lounge)</div></div> <div>30</div>	<div>Garden Watering</div> <div><div>• 9:30 Stretch &amp; Strength (Exercise Room)</div><div>• 10:30 Non-Denominational Worship with Rev. Colleen (Chapel)</div><div>• 1:30 Movie &amp; Popcorn "The Great Outdoors" (Games Lounge)</div></div> <div>31</div>		

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

Exc. Rm

GL

A


M

MLL

C

CAR

FSL



Exercise Room

Games Lounge

Atrium

Manor

Manor Lobby Lounge

Chapel

Court Activity Room

Manor Fireside Lounge

Formal Event/Attire

LIFE ENRICHMENT STAFF

Manager:

Leana Nielsen | Phone: 780-930-5819


Team Lead:


Chelcey Buck | Phone: 780-930-5817


Co-ordinators:

Vanessa, Erica, Kelly, Rus. Audra, 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

Canada Day Word Search

Search for the hidden words going up, down, left and right.

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

ALBERTA	BEAVER	CANADA
FLAG	LEAF	MAPLE
MONTREAL	ONTARIO	OTTAWA
PATRIOT	TERRITORIES	TORONTO
UNIFICATION	VANCOUVER	YUKON



Birthday Wishes

- July 01 - Teresa F.
- July 09 - Percy V.
- July 11 - Richard V.
- July 26 - Fred D.
- July 28 - Ralph M.
- July 28 - Barbara S.
- July 29 - Lorene R.



Welcome Wagon

- Margaret H.
- Michael M.
- Lorene R.
- Margaret R.
- Sebastian T.
- Susan T.

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LEGEND

Exc. Rm	Exercise Room
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M	Manor
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