

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 Week 1 Menu 9:30 Exercise (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:30 Horse Races (Atrium) 6:00 Evening Show: "The Toys That Made Us" Season 1: Episode 1 (Games Lounge)	Garden Watering 9:30 Exercises (Exercise Room) *cancelled* 9:00 Life Enrichment Full Day to Planning Meeting 10:30 Lutheran Worship with Rev. Greg (Chapel) 6:00 Cribbage (Atrium)	9:30 Exercises (Exercise Room) 10:30 Celebration of National Indigenous Day (Chapel) 11:00 Catholic Mass with Father Dean (Chapel) *cancelled* 2:00 Canada Day Party with "The Britz" (Atrium) 6:00 Friday Night Movie: "Jerry & Marge Go Large" (Games Lounge)	Garden Watering 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:15 Bean Bag Toss Match (Atrium) *new program*
Week 2 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium)	Garden Watering 9:00 Chair Yoga With Colleen (Exercise Room) 10:00 Court Mystery Drive "sign up at reception" 10:00 Pieces by Sharon (Manor Lobby Lounge) 10:30 Washer Toss (Atrium) 1:00 Men's Club House (Court Courtyard) 1:30 Garden Buddies (Court Courtyard) 3:30 Cribbage (Atrium)	9:30 Exercises (Exercise Room) 10:30 Sudoku Club (Chapel) 1:30 Afternoon Art with Madi (Court Activity Room)	Garden Watering 9:30 Exercise (Exercise Room) 10:30 United Church Worship with Rev. Karen (Chapel) 10:30 Big Brain (Court Activity Room) 2:00 Square Dancers (Atrium) 6:00 Evening Show: "The Toys That Made Us" Season 1: Episode 2 (Games Lounge)	9:30 Exercises (Exercise Room) 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:30 Penny Ante (Atrium) 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) 6:00 Cribbage (Atrium)	Garden Watering 9:30 Exercises (Exercise Room) 10:30 Presentation: "High Performance Aging" by Denise Rouleau (Manor Activity Room) 2:00 Friday Entertainment with "Kelly Bourdage" (Atrium) 6:00 Friday Night Movie: "BIG" (Games Lounge)	9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge)
Week 3 Menu Garden Watering 9:30 Balloon Badminton (Atrium) 10:00 Coffee and Conversation (Atrium) *Independent 10:30 Catholic Worship (Chapel)	9:00 Chair Yoga With Colleen (Exercise Room) 10:00 Personal Touch to Fashions (Atrium) 10:30 Hangman (Court Activity Room) 1:30 Garden Buddies (Court Courtyard) 3:30 Cribbage (Atrium)	Garden Watering 9:30 Exercises (Exercise Room) 9:00 Optometry Clinic with Dr Kallal *Call Life to 3:00 Enrichment to Book Appointment* (Court Private Dining Room) 1:30 Fudgesicle Day "see you at your door!"	9:30 Exercise (Exercise Room) 10:30 Pop Quiz Trivia (Court Activity Room) *new program* 1:30 Ring Toss (Atrium) 3:00 Sing For Fun (Chapel) 6:00 Evening Show: "The Toys That Made Us" Season 1: Episode 3 (Games Lounge)	Garden Watering 9:30 Exercises (Exercise Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 2:00 Concerts in Care Alberta (Atrium) 6:00 Cribbage (Atrium)	9:30 Exercises (Exercise Room) *cancelled* Pancake Breakfast! (Dining Room) 2:00 Klondike Days Kick-Off with "Sean Sonego" (Atrium) 6:00 Friday Night Movie: "Patch Adams" (Games Lounge)	Garden Watering 9:30 Exercises (Exercise Room) 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 2:15 Basketball Pong (Atrium) *new program*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) • 3:00 Hymn Sing (Chapel) 19	Garden Watering • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 1:30 Garden Buddies (Court Courtyard) • 3:30 Cribbage (Atrium) 20	• 9:30 Exercises (Exercise Room) • 10:30 Sudoku Club (Chapel) • 1:30 Super Bingo "you play, we pay!" (Atrium) 21	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 1:00 Duck Race Sales (Atrium) • 2:00 Duck Races "rain or shine" (Court Courtyard) • 6:00 Evening Show: "The Toys That Made Us" Season 1: Episode 4 (Games Lounge) 22	• 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Live Horse Races (Atrium) • 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge) • 6:00 Cribbage (Atrium) 23	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Word Whiz (Court Activity Room) *new program* • 2:00 Gold Rush Party with "Lindsay Nagy" (Atrium) • 6:00 Friday Night Movie: "The Mountain Within Me" (Games Lounge) 24	• 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) 25
Week 1 Menu Garden Watering • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) 26	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:00 Court Mytery Drive "sign up at receoption" • 10:30 Big Brain (Court Activity Room) • 2:00 Court Birthday Tea with "Bob Gagnon" (Atrium) • 3:30 Cribbage (Atrium) 27	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Crosswords (Court Activity Room) • 1:30 Garden Buddies (Court Courtyard) 28	• 9:30 Exercises (Exercise Room) • 11:30 Life Enrichment BBQ (Court Dining Room) *Service at 11:30!* • 3:00 Sing For Fun with Vanessa (Chapel) • 6:00 Evening Show: "The Toys That Made Us" Season 2: Episode 1 (Games Lounge) 29	Garden Watering • 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Jordan (Chapel) • 1:30 Movie & Popcorn : "The Grapes of Wrath" (Games Lounge) 30	• 9:30 Exercises (Exercise Room) • 10:30 Morning Art with Madi (Court Activity Room) • 2:00 Friday Entertainment with "Michael Greet" (Atrium) • 6:00 Friday Night Movie: "A Shine of Rainbows" (Games Lounge) 31	Here comes August!

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

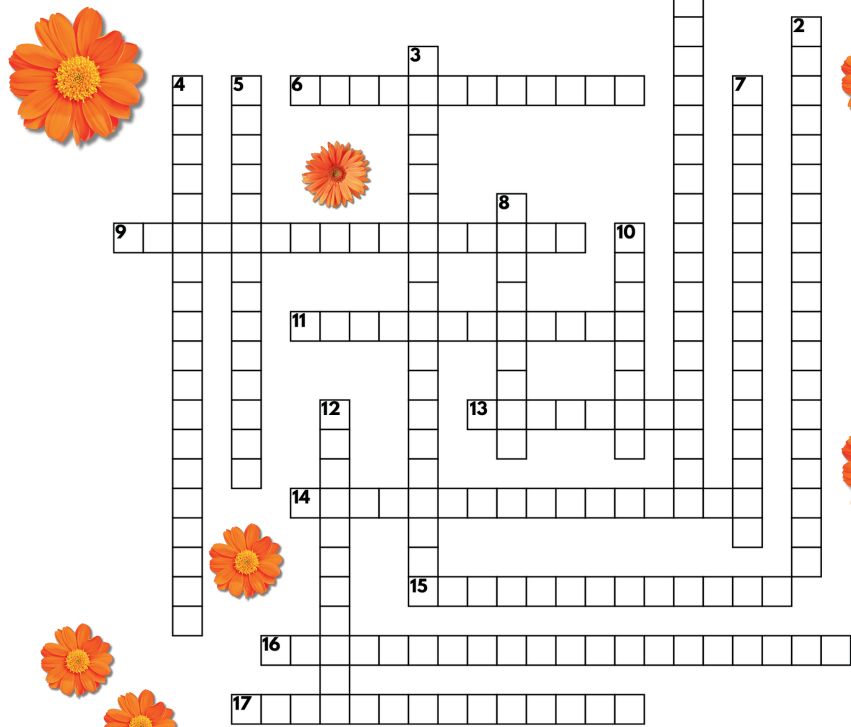
Supervisor: Chelcey Buck | Phone: 780-930-5817

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



THIS MONTH'S ACTIVITIES

Edmonton Crossword



- Across
6. Discover your heritage in this park every summer

9. Go back in time and play in our fort

11. Corn Dogs, Cotton Candy, Roller coasters and Ferris wheels

13. Best place to "Stalk" your friends during Halloween
14. Shopping, Skating, Santa Maria

15. Our own river Queen

16. Concerts and conferences

17. Edmonton's finest big "Mac"
- Down
1. Artsy!

2. Green and Gold

3. Today we science!

4. Botanical beauty
5. Downtown's copper house for performing arts

7. Our city's own pyramid of justice

8. Wildlife in the valley

10. Music, theatre comedy, acoustics

12. Our new "Boys on the bus" protect this house



Birthday Wishes

- July 01 - Teresa F.

July 01 - Katie K.

July 01 - Melanie L.

July 01 - Elizabeth M.

July 09 - Percy V.

July 11 - Richard V.

July 16 - Ruth P.

July 17 - Artrude D.

July 19 - Gary G.

July 19 - Janice L.

July 22 - John C.
- July 23 - Stephanie F.

July 24 - Elizabeth R.

July 27 - Airi H.

July 28 - Ralph M.

July 28 - Bill D.

July 28 - Barbara S.

July 29 - Lorene R.



Welcome Wagon

- Joan B.
- Colin C.
- Pierina F.
- Harold G.
- Margaret G.
- Jessie J.
- Marlene L.
- Mercedes R.
- Gail S.

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Supervisor: Chelcey Buck | Phone: 780-930-5817

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

Canterbury

FOUNDATION

The Promise of Home



- Across:
1. ArtGallenOfAlbera

3. TelusWorldOfScience

5. CitadelTheatre

7. EdmontonCityHall
2. CommonWealthStadium

4. ValleyZoo

6. HawrelakPark

8. Winnspear

10. RogersPlace

12. CommonWealthStadium

14. WestEdmontonMall

15. EdmontonQueen

16. ShawConferenceCentre

17. HotelMacdonald
9. FortEdmontonPark

11. KlondikeDays

13. ComMaize