

JULY 2025

LIFE ENRICHMENT PROGRAMS



HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Week 1 Menu CANADA DAY <ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Hangman (Court Activity Room) 10:30 1:1 Visits with Madi 1:30 Super Bingo "you play, we pay!" (Atrium) 1:30 Chaplain Visits *cancelled* 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Penny Ante (Atrium) 10:30 United Church Service with Rev. Karen (Chapel) 1:00 Music & Meanders (Atrium) 6:00 Evenings with Madi 6:30 Evening Show: "Young Sheldon" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:00 Haven Birthday Tea with "Roy Marleau" 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:30 Horse Races (Atrium) 1:30 Afternoon Walks with Vanessa 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Bean Bag Toss (Atrium) 11:00 Catholic Mass with Father Dean (Chapel) 2:00 Friday Entertainment with "Mike Chenoweth" (Atrium) 6:00 Friday Night Movie: "The Truth about Cats & Dogs" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Coffee & Conversation (Atrium) *Independent* 10:30 Obie Fun! 1:00 Virtual Concert (Games Lounge)
	Week 2 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Brad Ferguson" 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Hangman (Atrium) 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:30 Inspirational Stories (Court Courtyard) 3:00 Afternoon Walks with Audra 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:30 Ice Cream Day "see you at your door!" 1:30 Chaplain Visits 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Memory Magic (Atrium) 1:00 Men's Club House (Court Activity Room) 2:00 Edmonton Square Dancers Association (Atrium) 6:00 Evenings with Madi 6:30 Evening Show: "Young Sheldon" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:00 Music & Meanders (Atrium) 2:00 Friday Entertainment with "Juke Box Leigh" (Atrium) 6:00 Friday Night Movie: "Poseidon Adventure" (Games Lounge) 	<ul style="list-style-type: none"> 10:00 Coffee & Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge)
	Week 3 Menu <ul style="list-style-type: none"> 10:00 Coffee & Conversations *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 	<ul style="list-style-type: none"> 9:00 Active Yoga With Colleen (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:30 Card Bingo (Atrium) 2:45 Pet Therapy (Retro) 	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) *cancelled* 9:00 Life Enrichment Full Day to Planning Meeting 4:00 10:00 Pieces by Sharon to 3:00 1:30 Chaplain Visits 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 11:30 to 12:30 Life Enrichment BBQ (Dining Room/Atrium) order forms at Reception 3:00 Sing For Fun (Chapel) 6:00 Evenings with Madi 6:30 Evening Music with "Paul Lamoureux" (Lane) 6:30 Evening Show: "Young Sheldon" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:00 Haven Entertainment with "Kristopher Brooks" 10:30 Live Slot Machines (Atrium) 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Courtyard Conversations with Popsicles & Lemonade (Court Courtyard) 2:00 Klondike Kick Off with "Lindsay Nagy" (Atrium) 6:00 Friday Night Movie: "Beautiful Girls" (Games Lounge) 	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:00 Coffee & Conversation (Atrium) *Independent 10:30 Balloon Badminton 1:00 Virtual Concert (Games Lounge) 2:30 Courtyard Conversations (Courtyard)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Kelly Bourdage" 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Big Brain (Court Activity Room) 20	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 Morning Walks & Talks with Audra 10:30 Crosswords (Court Activity Room) 2:00 New Resident Welcome Tea (Atrium) "All are welcome!" 21	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Life Enrichment to Development Training 11:30 1:00 Chaplain Visits 1:30 Live Horse Races (Atrium) 22	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) *cancelled* 9:30 to 10:30 Life Enrichment Development Training 1:00 Duck Race Sales (Games Lounge) 2:00 "New" Duck Races (Court Courtyard) "rain or shine" 6:00 Evenings with Madi 6:00 Evening Show: "Young Sheldon" (Games Lounge) 23	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:30 to 11:30 Life Enrichment Development Training 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Classic Bingo (Atrium) 3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!" 24	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Rock Painting (Courtyard) 1:30 Happy Hour "don't forget your money!" (Atrium) 2:00 Gold Rush Party with "Sean Sonego" (Atrium) "Wear Gold or Yellow" 6:00 Friday Night Movie: "Kiss Me Kate" (Games Lounge) 6:30 Shabbat Service with Cantor David (Chapel) 25	<ul style="list-style-type: none"> 10:00 Coffee and Conversation (Atrium) *Independent 1:00 Virtual Concert (Games Lounge) 26
Week 1 Menu <ul style="list-style-type: none"> 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 3:00 Hymn Sing (Chapel) 27	<ul style="list-style-type: none"> 9:00 Active Yoga with Colleen (Exercise Room) 10:00 1:1 Visits 10:30 Crosswords (Court Activity Room) 2:00 Court Birthday Tea with "Douglas Mitchell" (Atrium) 28	<ul style="list-style-type: none"> 9:30 Exercises (Exercise Room) 10:30 Big Brain (Court Activity Room) 1:30 Chaplain Visits 1:30 Pet Therapy (Courtyard) 3:00 Afternoon Music with "Mary Ellen Davidson" (Retro) 29	<ul style="list-style-type: none"> 9:30 Exercise (Exercise Room) 10:30 Memory Magic (Atrium) 1:30 to 3:00 Plus Size Creations (Manor Lobby Lounge) 1:30 Courtyard Conversations (Courtyard) 2:30 Men's Club House (Court Activity Room) 3:00 Sing For Fun (Chapel) 6:00 Evenings with Madi 6:00 Evening Show: "Young Sheldon" (Games Lounge) 30	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Exercise Room) 10:00 Obie Fun! 10:30 Non-Denominational Worship with Rev. Colleen (Chapel) 1:30 Popcorn & Movie "The Great Outdoors" (Games Lounge) 31		

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

LEGEND

Exc. Rm	Exercise Room
GL	Games Lounge
A	Atrium
M	Manor
MLL	Manor Lobby Lounge
C	Chapel
CAR	Court Activity Room
FSL	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, Rus, Kelly, 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



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HAVEN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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	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 07 - Esther N.

July 22 - Doris S.



Welcome Wagon

Lucy S.

Debra T.

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