

JULY 2026

LIFE ENRICHMENT PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CANADA DAY 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)			9:30 Exercises (Exercise Room) *cancelled* 9:00 Life Enrichment Full Day to Planning Meeting 4:00 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)	9:30 Exercises (Exercise Room) 10:00 Coffee & Conversation "Independent" (Atrium) 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 Haven Entertainment with "Dahlia Wakefield" 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium)	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) 1:00 Afternoon Chats with Rus (Retro) 1:30 Afternoon Art with Madi (Court Activity Room) 1:30 Chaplain Visits	9:30 Exercise (Exercise Room) 10:30 Big Brain (Court Activity Room) 10:30 United Church Service with Rev. Karen (Chapel) 2:00 Square Dancing (Atrium) 6:00 Evening Show: "The Toys That Made Us" Season 1: Episode 2 (Games Lounge)	9:30 Exercises (Exercise Room) 10:30 Haven Entertainment with "Amber Dallas" 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)	9:30 Exercises (Exercise Room) 10:00 Wellness Visits with Madi 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)
	Week 3 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversations "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 2:00 Wellness Visits	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)	9:30 Exercises (Exercise Room) 10:00 Tunes on the Ivories 9:00 Optometry Clinic with Dr Kallal *Call Life 3:00 Enrichment to Book Appointment* (Court Private Dining Room) 1:30 Chaplain Visits *cancelled* 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)	9:30 Exercises (Exercise Room) 10:30 Morning Fun with Elora (Retro) 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 Sonogo" (Atrium) 6:00 Friday Night Movie: "Patch Adams" (Games Lounge)

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HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu 9:30 Balloon Badminton (Atrium) 10:00 Haven Entertainment with "Martha Livingstone" 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 3:00 Hymn Sing (Chapel) 19	9:00 Chair Yoga with Colleen (Exercise Room) 10:00 Wellness Visits 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) 1:30 Chaplain Visits 3:00 Afternoon Entertainment with Mary Ellen Davidson 21	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) 10:00 Haven Entertainment with "Sebastian Barrera & Kathy" 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	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) 2:00 Afternoon Fun with Kiran 25
Week 1 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation "Independent" (Atrium) 10:30 Catholic Worship (Chapel) 2:00 Wellness Visits 26	9:00 Chair Yoga with Colleen (Exercise Room) 10:00 Morning Fun with Madi 10:00 Court Mystery Drive "sign up at reception" 10:30 Big Brain (Court Activity Room) 2:00 Court Birthday Tea with "Bob Gagnon" (Atrium) 3:30 Cribbage (Atrium) 27	9:30 Exercises (Exercise Room) 10:30 Crosswords (Court Activity Room) 1:30 Garden Buddies (Court Courtyard) 1:30 Chaplain Visits *cancelled* 28	9:30 Exercise (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	9:30 Exercises (Exercise Room) 10:00 Music Discovery (Retro) 10:30 Anglican Worship with Rev. Jordan (Chapel) 1:30 Popcorn & Movie "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	

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



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HAVEN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

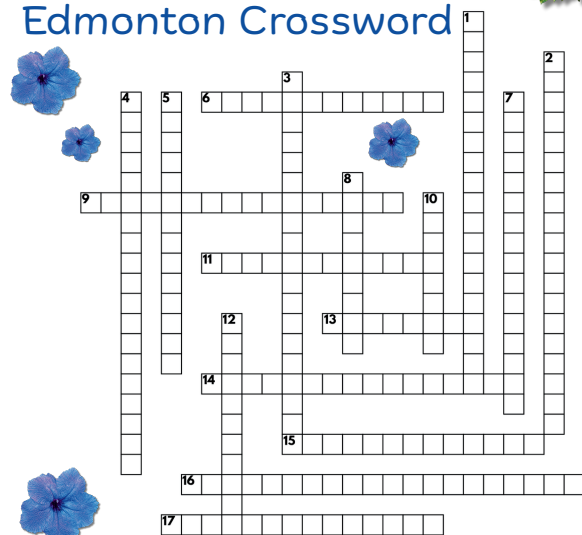
THURSDAY

FRIDAY

SATURDAY

THIS MONTH'S ACTIVITIES

Edmonton Crossword

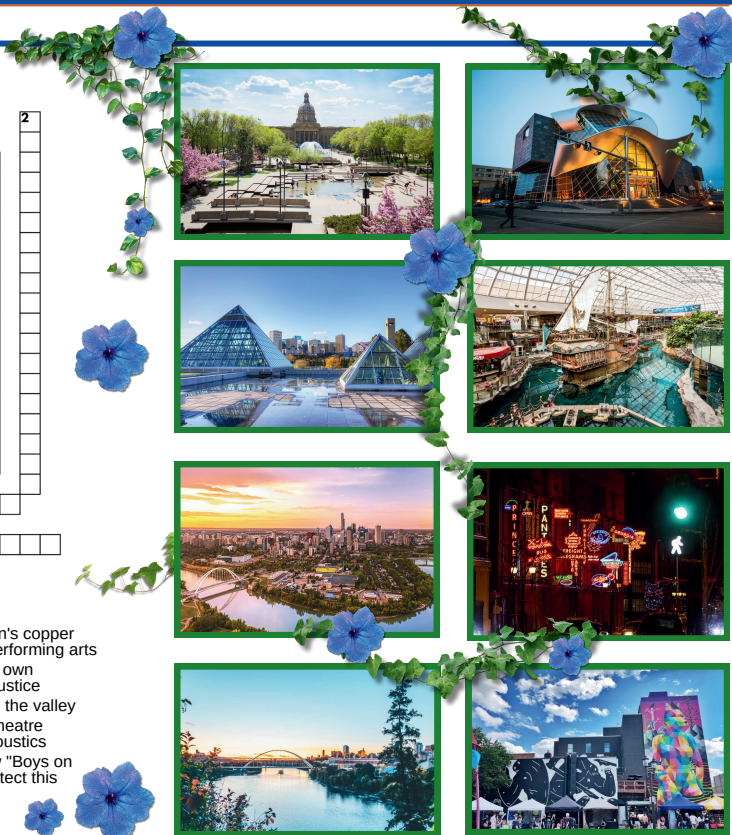


Across

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



Welcome Wagon

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- Across:**
1. Art gallery
2. Commonwealth Stadium
3. Telus World of Science
4. Citadel Theatre
5. Valley Zoo
6. Hawrelak Park
7. Edmonton City Hall
8. Valley Zoo
9. Fort Edmonton Park
10. Winspear
11. Kildare Days
12. Rogers Place
13. ComMaize
14. West Edmonton Mall
15. Edmonton Queen
16. Shaw Conference Centre
17. Hotel Macdonald
- Down:**
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