

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
		<div><div><div>Week 1 Menu</div><div>CANADA DAY</div><div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Hangman (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Super Bingo “you play, we pay!” (Atrium)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-in***</div></div></div></div><div>1</div></div>	<div><div><div>• 9:30 Active Yoga With Pramila (Activity Room)</div><div>• 10:30 Penny Ante (Atrium)</div><div>• 10:30 United Church Worship with Rev. Karen (Chapel)</div><div>• 1:00 Music &amp; Meanders (Atrium)</div><div>• 2:00 Stretch &amp; Meditation with Kelly (Activity Room)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div></div> <div>2</div>	<div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Lutheran Worship with Rev. Greg (Chapel)</div><div>• 10:30 Card Bingo (Activity Room)</div><div>• 1:30 Horse Races (Atrium)</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div></div> <div>3</div>	<div><div><div>• 9:30 Stretch &amp; Strength (Activity Room)</div><div>• 10:30 Bean Bag Toss (Atrium)</div><div>• 10:30 Horse Races (Activity Room)</div><div>• 11:00 Catholic Mass with Father Dean (Chapel)</div><div>• 2:00 Friday Entertainment with “Mike Chenoweth” (Atrium)</div><div>• 6:30 Friday Night Movie: “The Out of Towners” (Activity Room)</div></div></div> <div>4</div>	<div><div><div>• 9:30 Exercise (Court Exercise Room)</div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Courtyard Conversations (Court Courtyard)</div></div></div> <div>5</div>
<div><div><div>Week 2 Menu</div><div><div>• 9:30 Balloon Badminton (Atrium)</div><div>• 10:00 Coffee &amp; Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 1:00 Hangman (Court Activity Room)</div></div></div><div>6</div></div>	<div><div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 11:30 Knife Sharpening Service to *Knife Collection* 12:30 “sign up at reception”</div><div>• 1:30 Inspirational Stories (Court Courtyard)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div></div> <div>7</div>	<div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Ice Cream Day “see you at your door!”</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-In***</div></div></div> <div>8</div>	<div><div><div>• 9:30 Active Yoga With Pramila (Activity Room)</div><div>• 10:30 Card Bingo (Activity Room)</div><div>• 10:30 Memory Magic (Atrium)</div><div>• 1:00 Men’s Club House (Court Activity Room)</div><div>• 2:00 Edmonton Square Dancers Association (Atrium)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div></div> <div>9</div>	<div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</div><div>• 11:30 Knife Sharpening Service to *Knife Return* 12:00</div><div>• 2:00 Health Arts Society (Atrium)</div><div>• 3:00 Manor Happy Hour “don’t forget your money!”</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div></div> <div>10</div>	<div><div><div>• 9:30 Stretch &amp; Strength (Activity Room)</div><div>• 10:00 Music &amp; Meanders (Atrium)</div><div>• 10:30 Horse Races (Activity Room)</div><div>• 2:00 Friday Entertainment with “Juke Box Leigh” (Atrium)</div><div>• 6:30 Friday Night Movie: “A Hologram for the King” (Activity Room)</div></div></div> <div>11</div>	<div><div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div></div></div> <div>12</div>
<div><div><div>Week 3 Menu</div><div><div>• 10:00 Coffee &amp; Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div></div></div><div>13</div></div>	<div><div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 1:30 Card Bingo (Atrium)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div></div> <div>14</div>	<div><div><div>• 9:00 Life Enrichment Full Day to Planning Meeting 4:00</div><div>• 10:00 Pieces by Sharon (Manor Lobby Lounge)</div><div>• 1:00 Book Reading (Activity Room) *cancelled*</div><div>• 1:30 Manor Resident Meeting (Activity Room)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-in***</div></div></div> <div>15</div>	<div><div><div>• 9:30 Active Yoga with Pramila (Activity Room)</div><div>• 12:00 Life Enrichment BBQ to 1:00 Order forms at Reception</div><div>• 3:00 Sing For Fun (Chapel)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div></div> <div>16</div>	<div><div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Live Slot Machine (Atrium)</div><div>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</div><div>• 1:30 Courtyard Conversations with Popsicles &amp; Lemonade (Court Courtyard)</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div></div> <div>17</div>	<div><div><div>• 9:30 Stretch &amp; Strength (Activity Room) *cancelled*</div><div>• 8:30 Pancake Breakfast to 10:00 “Sign up at Reception”</div><div>• 1:30 Visit &amp; Short Talk with Mayoral Candidate Dr Omar Mohammad (Atrium)</div><div>• 2:00 Klondike Kick Off with “Lindsay Nagy” (Atrium)</div><div>• 6:30 Friday Night Movie: “Kiss me Kate” (Activity Room)</div></div></div> <div>18</div>	<div><div><div>• 9:30 Exercise (Court Activity Room)</div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div><div>• 2:30 Courtyard Conversations (Court Courtyard)</div></div></div> <div>19</div>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Week 4 Menu</div> <div><div>• 9:30 Balloon Badminton (Atrium)</div><div>• 10:00 Coffee &amp; Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 1:00 Big Brain (Court Activity Room)</div></div> <div>20</div>	<div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 2:00 New Resident Welcome Tea (Atrium) "All are Welcome"</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div> <div>21</div>	<div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Life Enrichment to Development Training 11:30</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Live Horse Races (Atrium)</div><div>• 6:30 Cribbage (Fireside Lounge) ***Drop-In***</div></div> <div>22</div>	<div><div>• 9:30 Active Yoga with Pramila (Activity Room)</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>• 6:30 Tile Rummy (Act. Rm)</div></div> <div>23</div>	<div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Life Enrichment to Development Training 11:30</div><div>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</div><div>• 1:30 Classic Bingo (Atrium)</div><div>• 3:00 Manor Happy Hour "don't forget your money!"</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</div></div> <div>24</div>	<div><div>• 9:30 Stretch &amp; Strength (Activity Room)</div><div>• 10:00 Rock Painting (Court Courtyard)</div><div>• 10:30 Horse Races (Activity Room)</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>• 6:30 Friday Night Movie: "Poseidon Adventure" (Activity Room)</div><div>• 6:30 Shabbat Service with Cantor David (Chapel)</div></div> <div>25</div>	<div><div>• 10:30 Shuffleboard (Activity Room)</div><div>• 1:00 Virtual Concert (Games Lounge)</div></div> <div>26</div>
<div>Week 1 Menu</div> <div><div>• 10:00 Coffee &amp; Conversation *Independent* (Atrium)</div><div>• 10:30 Catholic Worship (Chapel)</div><div>• 3:00 Hymn Sing (Chapel)</div></div> <div>27</div>	<div><div>• 9:45 Active Yoga With Colleen (Activity Room)</div><div>• 10:30 Trivia (Activity Room)</div><div>• 2:00 Bible Study (Activity Room)</div><div>• 2:00 Court Birthday Tea with "Douglas Mitchell" (Atrium)</div><div>• 6:30 Scrabble/Whist (Activity Room)</div></div> <div>28</div>	<div><div>• 9:30 Exercise (Activity Room)</div><div>• 10:30 Big Brain (Court Activity Room)</div><div>• 1:00 Book Reading (Activity Room)</div><div>• 1:30 Pet Therapy (Court Courtyard)</div><div>• 6:30 Cribbage (Fireside Lounge) **Drop-in**</div></div> <div>29</div>	<div><div>• 9:30 Active Yoga With Pramila (Activity Room)</div><div>• 10:30 ASL (American Sign Language) Session #13 (Activity Room)</div><div>• 1:30 Plus Size Creations (Manor Lobby Lounge)</div><div>• 1:00 Jeopardy (Activity Room)</div><div>• 2:30 Men's Club House (Court Activity Room)</div><div>• 3:00 Sing For Fun (Chapel)</div><div>• 6:30 Tile Rummy (Activity Room)</div></div> <div>30</div>	<div><div>• 9:30 Exercises (Activity Room)</div><div>• 10:30 Card Bingo (Activity Room)</div><div>• 10:30 Non-Denominational Worship with Rev. Colleen (Chapel)</div><div>• 2:00 Manor Birthday Tea</div><div>• 6:30 Shuffleboard Bowling (Activity Room)</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

ACCREDITED  
ACCREDITATION  
AGREEMENT  
CANADA



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 - Ruth K.
- July 02 - Rita A.
- July 13 - Pauline M.
- July 14 - Kathy H.
- July 15 - Peter E.
- July 16 - Carol D.
- July 17 - Ron E.
- July 18 - Julia S.
- July 29 - Frances B.



Welcome Wagon

- Rita A.
- Grant C.
- John H.

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GL	Games Lounge
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