

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 Week 1 Menu 9:30 Active Yoga With Pramila (Activity Room) 10:30 Crosswords (Court Activity Room) 1:30 Horse Races (Atrium) 6:30 Tile Rummy (Activity room) 1	9:30 Exercises (Activity Room) *cancelled* 9:00 Life Enrichment Full Day to Planning Meeting 10:30 Lutheran Worship with Rev. Greg (Chapel) 6:00 Cribbage (Atrium) 2	9:30 Exercises (Activity Room) 9:30 Coach Trip to Bountiful Farmers Market “sign up in mailroom” 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) 6:30 Friday Night Movie: “Voicemails for Isabelle” (Activity Room) 3	9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 2:15 Bean Bag Toss Match (Atrium) *new program* 4
Week 2 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) 5	9:45 Chair Yoga With Colleen (Activity Room) 10:00 to 3:00 Pieces by Sharon (Lobby Lounge) 10:30 Trivia (Activity Room) 1:00 Book Reading (Activity Room) 1:00 Men’s Club House (Court Courtyard) 1:30 Garden Buddies (Court Courtyard) 2:15 Bible Study (Activity Room) 6:30 Scrabble (Activity Room) 6	9:30 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark “sign up in mailroom” 10:30 Sudoku Club (Chapel) 1:30 Afternoon Art with Madi (Court Activity Room) 1:30 Coach Trip: Mystery Drive “sign up in mailroom” 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 7	9:30 Active Yoga With Pramila (Activity Room) 9:30 Coach Trip to Save-On/Winners “sign up in mailroom” 10:30 United Church Worship with Rev. Karen (Chapel) 10:30 Big Brain (Court Ativity Room) 2:00 Square Dancing (Atrium) 6:30 Tile Rummy (Activity Room) 8	9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:15 Coach Trip: Made by Marcus Ice Cream “sign up in mailroom” 1:30 Penny Ante (Atrium) 3:00 Manor Happy Hour “don’t forget your money!” 6:00 Cribbage (Atrium) 9	9:30 Exercises (Activity Room) 10:30 Presentation: “High Performance Aging” by Denise Rouleau (Activity Room) 2:00 Friday Entertainment with “Kelly Bourdage” (Atrium) 6:30 Friday Night Movie: “RBG” (Activity Room) 10	9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room) 11
Week 3 Menu 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 12	9:45 Chair Yoga With Colleen (Activity Room) 10:00 to 3:00 Personal Touch Fashions (Atrium) 10:30 Trivia (Activity Room) 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:30 Garden Buddies (Court Courtyard) 2:15 Bible Study (Activity Room) *cancelled* 6:30 Scrabble (Activity Room) 13	9:30 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark “sign up in mailroom” 9:00 to 3:00 Optometry Clinic with Dr Kallal *Call Life Enrichment to Book Appointment* (Court Private Dining Room) 1:30 Manor Resident Meeting (Activity Room) 1:30 Fudgesicle Day “see you at your door!” 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 14	9:30 Active Yoga with Pramila (Activity Room) 10:30 Coach Trip : Lunch & Drive “sign up in mailroom” 10:30 Pop Quiz Trivia (Court Activity Room) *new program* 1:30 Ring Toss (Atrium) 3:00 Sing For Fun (Chapel) 6:30 Tile Rummy (Activity Room) 15	9:30 Exercises (Activity Room) 9:30 Card Bingo (Activity Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 2:00 Concerts in Care Alberta (Atrium) 6:00 Cribbage (Atrium) 16	9:30 Exercise (Activity Room) *cancelled* 8:30 Pancake Breakfast to 10:00 (Dining Room) “sign up at reception” 2:00 Klondike Days Kick-Off with “Sean Sonego” (Atrium) 6:30 Friday Night Movie: “Jerry & Marge Go Large” (Activity Room) 17	9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room) 2:15 Basketball Pong (Atrium) *new program* 18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) • 3:00 Hymn Sing (Chapel) 19	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 1:00 Book Reading (Activity Room) • 1:30 Garden Buddies (Court Courtyard) • 2:15 Bible Study (Activity Room) • 6:30 Scrabble (Activity Room) 20	• 9:30 Exercises (Activity Room) • 10:30 Sudoku Club (Chapel) • 1:30 Super Bingo "you play, we pay!" (Atrium) • 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 21	• 9:30 Active Yoga with Pramila (Activity Room) • 9:30 Coach Trip to Meadowlark "sign up in mailroom" • 10:30 Morning Walks "meet in Atrium" • 1:00 Duck Race Sales (Atrium) • 2:00 Duck Races "rain or shine" (Court Courtyard) • 6:30 Tile Rummy (Activity Room) 22	• 9:30 Exercises (Activity 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!" • 6:00 Cribbage (Atrium) 23	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Bountiful Farmers Market "sign up in mailroom" • 10:30 Horse Races (Activity Room) • 10:30 Word Whiz (Court Activity Room) *new program* • 2:00 Gold Rush Party with "Lindsay Nagy" (Atrium) • 6:30 Friday Night Movie: "A better Life" (Activity Room) 24	• 9:30 Exercises (Court Exercise Room) • 10:30 Shuffleboard (Activity Room) • 1:00 Virtual Concert (Games Lounge) • 1:00 Hand & Foot Canasta (Activity Room) 25
Week 1 Menu • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee & Conversation *Independent* (Atrium) • 10:30 Catholic Worship (Chapel) 26	• 9:45 Chair Yoga With Colleen (Activity Room) • 10:30 Trivia (Activity Room) • 1:00 Book Reading (Activity Room) • 2:00 Court Birthday Tea with "Bob Gagnon" (Atrium) • 2:15 Bible Study (Activity Room) *cancelled* • 6:30 Scrabble (Activity Room) 27	• 9:30 Exercises (Activity Room) • 9:30 Coach Trip to Meadowlark "sign up in mailroom" • 10:30 Crosswords (Court Activity Room) • 1:30 Garden Buddies (Court Courtyard) • 1:30 Drums & Fun! (Activity Room) • 6:30 Cribbage (Fireside Lounge) **Drop-in** 28	• 9:30 Active Yoga with Pramila (Activity Room) • 11:45 Life Enrichment BBQ & "sign up at reception" • 12:15 (Two Seating Times) • 3:00 Sing For Fun with Vanessa (Chapel) • 6:30 Tile Rummy (Activity Room) 29	• 9:30 Exercises (Activity Room) • 10:30 Card Bingo (Manor Activity Room) • 10:30 Anglican Worship with Rev. Jordan (Chapel) • 2:00 Manor Birthday Tea • 6:30 Shuffleboard Bowling (Activity Room) 30	• 9:30 Exercises (Activity Room) • 10:30 Morning Art with Madi (Court Activity Room) • 10:30 Horse Races (Activity Room) • 11:00 Tunes on the Ivories (Piano Lounge) • 2:00 Friday Entertainment with "Michael Greet" (Atrium) • 6:30 Friday Night Movie: "The Grapes of Wrath" (Activity Room) 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

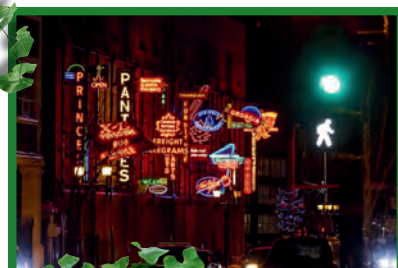
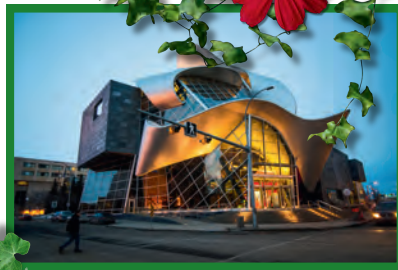
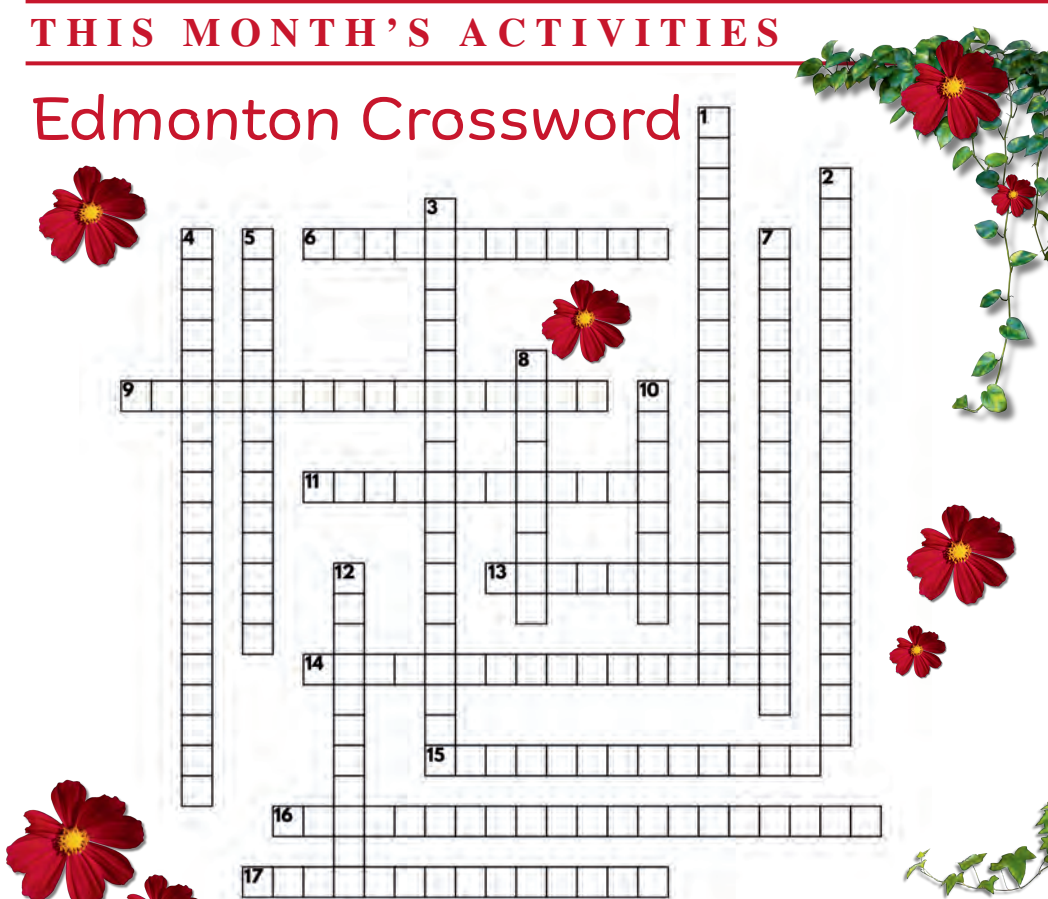
Supervisor: Chelcey Buck | Phone: 780-930-5817

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 - Ruth K. July 16 - Carol D.
July 02 - Rita A. July 18 - Julia S.
July 13 - Helen M. July 19 - Keith P.
July 13 - Pauline M. July 29 - Fran B.
July 14 - Kathy H.
July 15 - Peter E.



Welcome Wagon

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Down:
1. ArtGalleryOfAlberta
2. CommonWealthStadium
3. TelusWorldOfScience
4. MuttartConservatory
5. CitadelTheatre
6. ValleyZoo
7. EdmontonCityHall
8. Winespear
9. FortEdmontonPark
10. Winespear
11. KlonkideDays
12. RogersPlace
13. ComMaize
14. WestEdmontonMall
15. EdmontonQueen
16. ShawConferenceCentre
17. Hotel Macdonald