


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p><b>Week 4 Menu</b> <b>SENIORS' WEEK</b></p> <p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 <b>Chair Yoga With Colleen (Exercise Room)</b></li> <li>• 10:00 Pieces by Sharon to 3:00 (Atrium)</li> <li>• 10:30 <b>Crosswords (Court Activity Room)</b></li> <li>• 1:30 <b>Super Bingo "you play, we pay!" (Atrium)</b></li> <li>• 3:30 <b>Cribbage (Atrium)</b></li> </ul> <p style="text-align: right;"><b>1</b></p>	<p><b>SENIORS' WEEK</b></p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:30 <b>Big Brain (Court Activity Room)</b></li> <li>• 11:30 <b>Seniors' Week BBQ</b></li> <li>• 1:30 <b>Garden Buddies Program Launch Event! (Court Courtyard)</b></li> </ul> <p style="text-align: right;"><b>*All Are Welcome* 2</b></p>	<p><b>SENIORS' WEEK</b></p> <p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 Exercise (Exercise Room) <b>*cancelled*</b></li> <li>• 9:00 to 12:00 <b>Life Enrichment Half Day Planning Meeting</b></li> <li>• 10:30 United Worship with Rev. Karen (Chapel)</li> <li>• 12:30 to 2:30 <b>The Senior Showcase with Rio Terrace Students (Atrium)</b></li> <li>• 3:00 Sing For Fun with Vanessa (Chapel)</li> <li>• 6:00 <b>Evening Show: "Somebody Feed Phil" Season 1: Episode 1 (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>3</b></p>	<p><b>SENIORS' WEEK</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Anglican Worship with Rev. Colleen (Chapel)</li> <li>• 1:00 <b>Duck Race Sales (Atrium)</b></li> <li>• 2:00 <b>Duck Races "rain or shine" (Court Courtyard)</b></li> <li>• 3:00 Manor Happy Hour "don't forget your money!" (Manor Lobby Lounge)</li> <li>• 6:00 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>4</b></p>	<p><b>SENIORS' WEEK</b></p> <p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:15 <b>Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</b></li> <li>• 11:00 Catholic Mass with Father Dean (Chapel)</li> <li>• 2:00 <b>Senior Prom with "Cosmopolitan Show Band" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Eleanor the Great" (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>5</b></p>	<p><b>SENIORS' WEEK</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 1:00 <b>Virtual Concert (Games Lounge)</b></li> <li>• 2:15 Hangman (Court Activity Room)</li> </ul> <p style="text-align: right;"><b>6</b></p>	
	<p><b>Week 1 Menu</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 Card Bingo (Atrium)</li> </ul> <p style="text-align: right;"><b>7</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 <b>Chair Yoga With Zoel (Exercise Room)</b></li> <li>• 10:30 Big Brain (Court Activity Room)</li> <li>• 1:30 <b>Horse Races (Atrium)</b></li> <li>• 3:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>8</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:30 <b>Sudoku Club (Chapel)</b></li> <li>• 1:00 Tunes on the Ivories (Atrium)</li> <li>• 7:00 <b>Piano Recital with Elizabeth Fretter's Students (Atrium)</b></li> </ul> <p style="text-align: right;"><b>9</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 Exercise (Exercise Room) <b>*cancelled*</b></li> <li>• 10:30 <b>Celebration of Life (Chapel) *all are welcome*</b></li> <li>• 1:30 <b>Garden Buddies Program (Court Courtyard) *New Program*</b></li> <li>• 6:00 <b>Evening Show: "Somebody Feed Phil" Season 1: Episode 2 (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 <b>Life Enrichment In Service to Training "no programs 12:00 during this time."</b></li> <li>• 10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</li> <li>• 1:00 <b>Poetry Slam with Norquest Students (Atrium)</b></li> <li>• 6:00 <b>Cribbage (Atrium)</b></li> </ul> <p style="text-align: right;"><b>11</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 2:00 <b>Tea with "The King" &amp; Queen with "Logan Klaus" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Runaway Jury" (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 1:00 <b>Virtual Concert (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>13</b></p>
	<p><b>Week 2 Menu</b></p> <p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:30 Recital with Frank Ho Students (Atrium)</li> </ul> <p style="text-align: right;"><b>14</b></p>	<ul style="list-style-type: none"> <li>• 9:00 <b>Chair Yoga With Colleen (Exercise Room)</b></li> <li>• 10:30 Hangman (Court Activity Room)</li> <li>• 1:30 <b>Penny Ante (Atrium)</b></li> <li>• 3:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>15</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 <b>Presentation with Jean Cote: "The Two United Farmers' Court Cases or Scandals." (Manor Activity Room)</b></li> <li>• 1:30 <b>Ice Cream Bar Day "see you at your door!"</b></li> </ul> <p style="text-align: right;"><b>16</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercise (Exercise Room)</b></li> <li>• 10:30 Morning Walks "meet in the Atrium"</li> <li>• 1:30 <b>Garden Buddies (Court Courtyard) *New Program*</b></li> <li>• 3:00 Sing For Fun with Vanessa (Chapel)</li> <li>• 6:00 <b>Evening Show: "Somebody Feed Phil" Season 1: Episode 3 (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>17</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>• 2:00 <b>Concerts in Care Alberta (Atrium)</b></li> <li>• 3:00 Manor Happy Hour "don't forget your money!"</li> <li>• 6:00 <b>Cribbage (Atrium)</b></li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 2:00 <b>Father's Day Tea with "Central Lions Band" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "Remarkably Bright Creatures" (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>19</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 1:00 <b>Virtual Concert (Games Lounge)</b></li> <li>• 2:00 Piano Recital with Stephanie Kwan (Atrium)</li> </ul> <p style="text-align: right;"><b>20</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Week 3 Menu</b></p> <p><b>FATHER'S DAY</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 1:00 Card Bingo (Atrium)</li> </ul> <p style="text-align: right;"><b>21</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:00 Chair Yoga With Colleen (Exercise Room)</li> <li>• 10:30 <b>Balloon Volleyball (Atrium)</b></li> <li>• 1:30 <b>Presentation by Foot Care Solutions: "Why Foot Health Matters for Staying Independent" (Court Activity Room)</b></li> <li>• 3:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>22</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Sudoku Club (Chapel)</li> <li>• 1:15 <b>Court Mystery Drive "sign up at reception"</b></li> <li>• 2:30 <b>Men's Club House (Court Activity Room)</b></li> </ul> <p style="text-align: right;"><b>23</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room) *cancelled*</b></li> <li>• 10:00 <b>Life Enrichment Offsite to Event *no programming during this time*</b></li> <li>• 2:00</li> <li>• 6:00 <b>Evening Show: "Somebody Feed Phil" Season 1: Episode 4 (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>24</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Anglican Worship with Rev. Jordan (Chapel)</li> <li>• 1:30 <b>Garden Buddies Program (Court Courtyard) *New Program*</b></li> <li>• 1:30 <b>Movie &amp; Popcorn: "Knives Out" (Games Lounge)</b></li> <li>• 6:00 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>25</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Morning Art with Madi (Court Activity Room)</li> <li>• 2:00 <b>Friday Entertainment with "Lindsay Nagy" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "People We Meet on Vacation" (Games Lounge)</b></li> <li>• 6:30 <b>Shaabbat Service (Chapel)</b></li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 1:00 <b>Virtual Concert (Games Lounge)</b></li> </ul> <p style="text-align: right;"><b>27</b></p>
<p><b>Week 4 Menu</b></p> <p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 Catholic Worship (Chapel)</li> <li>• 3:00 <b>Hymn Sing (Chapel)</b></li> </ul> <p style="text-align: right;"><b>28</b></p>	<ul style="list-style-type: none"> <li>• 9:00 <b>Chair Yoga With Colleen (Exercise Room)</b></li> <li>• 10:30 Big Brain (Court Activity Room)</li> <li>• 2:00 <b>Court Birthday Tea with "Old Smoothies" (Atrium)</b></li> <li>• 3:30 Cribbage (Atrium)</li> </ul> <p style="text-align: right;"><b>29</b></p>	<p>Garden Watering</p> <ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:30 <b>Brain Cloud (Court Activity Room)</b></li> <li>• 1:00 Tunes on the Ivories (Atrium)</li> </ul> <p style="text-align: right;"><b>30</b></p>				

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### 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  
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780-930-3736



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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



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### THIS MONTH'S ACTIVITIES

#### ENDANGERED ANIMALS

F A K L E N I R E V L O W R K O I Q K E P W R E  
 G L I I F C J H W T I H U G D L V A L A P R A E  
 W X N L L S H T F O M U Q F C P K M E P H M U N  
 B C T C O L F H T L Z Q N W R Z P R M X B D H K  
 H M B X W L E F L E E D T O I O H Q U Y O O K O  
 F G Q J C R O R U C S P T R P Y M P R W F P O X  
 U I I D I A Q L W O M R O J A C Y Q Q E A F P A  
 G W Z K T U R A I H P B Y J T E C T D D E X L Y  
 K I N D C G W N F W A I X Y Z P D R N W N H V U  
 B Y Y E R A M W G H K L D O B S U A R T A F J G  
 X C F R A J S K C H D C E N E G P M F R P W D M  
 T G N E E P E D S F P S A A I T Y O B S A P D W  
 I J I D E X A X B B D T C U N K M A P B R K D X  
 W S Q N S L O V I A U O P A A Z R O X Q R E K E  
 F L I A I P T K N G W Z I U G C L B J R O L D Y  
 L O Q M O K T X N D A G P N T A W P K C T R Z L  
 F T Q A P I E A O F I R A I R K Y P H T J E X Q  
 Q H M L R U R K V W G P C B H X J P J D Z D O V  
 N D Z A O O A X Q G T F E O T X Q N E F T P C X  
 B M K S P W F W A U O A W G L Q C Z T F N A L B  
 U N T T W P A Y Y X R F A F J S Y A R G Q N R H  
 U T X L I Y L Q B W L U H M X W A L Y L Y D L X  
 Q Q N I R A M A T N O I L N E D L O G A C A K P  
 Z C U X R H I N O C E R O S D M H U L Q P T P M

- Golden Lion Tamarin
- Giant Panda
- Salamander
- Polar Bear
- Porpoise
- Ocelot
- Tapir
- Killer Whale
- Rhinoceros
- Red Panda
- Parrot
- Seacow
- Lemur
- Arctic Wolf
- Arctic Fox
- Orangutan
- Sea Otter
- Jaguar
- Sloth



### Birthday Wishes

- |                      |                    |
|----------------------|--------------------|
| June 03 - Myles M.   | June 18 - Donna W. |
| June 10 - Victor L.  | June 26 - Susan T. |
| June 12 - Lindsay S. | June 27 - Wendy P. |
| June 15 - Myron S.   | June 28 - Eppy G.  |
| June 15 - Lois S.    |                    |
| June 16 - Audrey Y.  |                    |



### Welcome Wagon

- |              |             |
|--------------|-------------|
| Ingrid B.    | Katie K.    |
| Katherine B. | Melanie L.  |
| Todor B.     | Veronica T. |
| Agnes C.     | Wallace P.  |
| Marlene F-J. |             |
| Ronal J.     |             |
| Bobbie K.    |             |

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