

# JUNE 2025

## LIFE ENRICHMENT PROGRAMS



## HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week 4 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton</b> (Atrium)</li> <li>10:00 Morning Music with "Steven Tyler" </li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent</li> <li>10:30 <b>Catholic Worship</b> (Chapel)</li> <li>1:30 Piano Recital with Samantha &amp; Children (Atrium) </li> </ul> <b>1</b>	<b>SENIOR'S WEEK</b> <ul style="list-style-type: none"> <li>9:00 <b>Active Yoga With Jeanette</b> (Exercise Room) </li> <li>10:00 Dansal Clothing to 3:00 (Games Lounge)</li> <li>10:00 Manicures &amp; Hand Massages</li> <li>10:30 <b>Crosswords</b> (Court Activity Room)</li> <li>1:00 <b>Live Slot Machine</b> (Atrium)</li> </ul> <b>2</b>	<b>SENIOR'S WEEK</b> <ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room) *cancelled*</li> <li>10:00 <b>Care Rx Covid-19 to 3:00 Booster Clinic</b> (Court Exercise Room) </li> <li>1:00 Duck Race Sales (Games Lounge)</li> <li>1:30 Chaplain Visits</li> <li>2:30 <b>Duck Races "rain or shine"</b> (Court Courtyard)</li> </ul> <b>3</b>	<b>SENIOR'S WEEK</b> <ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room) *Cancelled*</li> <li>10:30 United Church Service with Rev. Karen (Chapel)</li> <li>11:30 <b>Seniors' Week BBQ</b> </li> <li>1:30 Live Horse Races (Atrium)</li> <li>6:30 <b>Evening Show:</b> "Everybody Loves Raymond" (Games Lounge) </li> </ul> <b>4</b>	<b>SENIOR'S WEEK</b> <ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:00 <b>Haven Birthday Tea with Randy Glen</b> </li> <li>10:30 Lutheran Worship with Rev. Greg (Chapel)</li> <li>1:00 <b>Summer Pictures &amp; Popsicles</b> (Atrium)</li> </ul> <b>5</b>	<b>SENIOR'S WEEK</b> <ul style="list-style-type: none"> <li>9:30 <b>Exercise</b> (Exercise Room)</li> <li>10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium) </li> <li>10:30 <b>Fall Prevention Talk with Brennen D'Amours</b> (Manor Activity Room)</li> <li>11:00 Catholic Mass with Father Dean (Chapel)</li> <li>1:30 <b>Visit and Short talk by Counsellor Cartmell</b> (Mayoral Candidate) (Atrium)</li> <li>1:30 Mini Happy Hour "don't forget your money!" (Atrium) </li> <li>2:00 <b>Seniors' Prom with "Steven Tyler"</b> (Atrium) </li> <li>6:00 <b>Friday Night Movie: "Rudy"</b> (Games Lounge)</li> </ul> <b>6</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercise</b> (Exercise Room)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent*</li> <li>1:30 <b>Children's Piano Recital</b> with Ava Tofino (Atrium) </li> </ul> <b>7</b>
<b>Week 1 Menu</b> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 <b>Coffee &amp; Conversation</b> *Independent* (Atrium)</li> <li>10:30 Catholic Worship (Chapel) </li> <li>1:30 <b>Violin Recital with Bonnie &amp; Children</b> (Atrium) </li> </ul> <b>8</b>	<ul style="list-style-type: none"> <li>9:00 Active Yoga With Colleen (Exercise Room)</li> <li>9:00 <b>Life Enrichment Half Day to Planning Meeting</b> 12:00</li> <li>1:00 <b>Sweet Memories Ice Cream Social</b> (Atrium) </li> <li>2:00 <b>Dance Party Celebration</b> (Atrium) </li> </ul> <b>9</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room) </li> <li>10:30 Big Brain (Court Activity Room)</li> <li>1:30 <b>Card Bingo</b> (Atrium)</li> <li>1:30 Chaplain Visits</li> </ul> <b>*cancelled*</b> <b>10</b>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:30 <b>Hangman</b> (Court Activity Room)</li> <li>1:30 Horse Races (Atrium) </li> <li>3:00 <b>Sing For Fun</b> (Chapel)</li> <li>6:30 <b>Evening Show:</b> "Everybody Loves Raymond" (Games Lounge)</li> </ul> <b>11</b>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:00 <b>Inspirational Stories</b></li> <li>10:30 Baptist Worship with Rev. Carol &amp; Rev. Jim (Chapel)</li> <li>1:00 <b>Men's Club House</b> (Court Activity Room)</li> <li>2:00 Health Arts Society (Atrium)</li> <li>3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!" </li> <li>6:30 <b>Days End Discussions</b></li> </ul> <b>12</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room)</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"</b> (Atrium) </li> <li>6:00 <b>Friday Night Movie: "Singing in the Rain"</b> (Games Lounge)</li> </ul> <b>13</b>	<ul style="list-style-type: none"> <li>9:30 <b>Morning Walks with Audra</b></li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent* </li> <li>10:30 <b>Memory Joggers</b></li> <li>1:00 Virtual Concert (Games Lounge) </li> </ul> <b>14</b>
<b>Week 2 Menu</b> <p><b>FATHER'S DAY!</b></p> <ul style="list-style-type: none"> <li>10:00 <b>Coffee &amp; Conversations</b> *Independent* (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:30 <b>Recital with Frank Ho</b> (Atrium) </li> <li>1:15 Memory Joggers (Retro)</li> </ul> <b>15</b>	<ul style="list-style-type: none"> <li>9:00 <b>Active Yoga With Colleen</b> (Exercise Room) </li> <li>10:00 Obie Fun!</li> <li>10:30 <b>Crosswords</b> (Court Activity Room)</li> <li>1:30 Afternoon Walks</li> <li>1:30 <b>Garden Conversations</b> (Courtyard)</li> <li>2:45 <b>Manicures &amp; Hand Massages</b> (Retro)</li> </ul> <b>16</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room) </li> <li>1:15 Court Mystery Drive "sign up at reception"</li> <li>1:30 <b>Chaplain Visits</b></li> <li>3:00 Music with "Marry Ellen Davidson" (Retro)</li> <li>5:00 <b>Townhall for Residents &amp; Families</b> (Chapel)</li> <li>6:30 <b>Piano Recital with Elizabeth Cooper</b> (Atrium)</li> </ul> <b>17</b>	<ul style="list-style-type: none"> <li>9:30 Exercise (Exercise Room)</li> <li>10:30 <b>Memory Magic</b> (Atrium)</li> <li>12:30 to 3:30 Shop Easy (Games Lounge)</li> <li>1:30 <b>Eat Street with Rus</b> (Court Activity Room) </li> <li>6:30 <b>Evening Show:</b> "Everybody Loves Raymond" (Games Lounge)</li> </ul> <b>18</b>	<ul style="list-style-type: none"> <li>9:30 <b>Stretch &amp; Strength</b> (Exercise Room)</li> <li>10:00 Haven Entertainment with "Donna Lee"</li> <li>10:30 <b>Anglican Worship with Rev. Colleen</b> (Chapel) </li> <li>1:30 Courtyard Conversations with Lemonade &amp; Popsicles (Court Courtyard)</li> </ul> <b>19</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b> (Exercise Room)</li> <li>10:00 Music with Rus (Atrium)</li> <li>1:00 <b>Indigenous Day of Prayer Service</b> (Chapel)</li> <li>2:00 Friday Entertainment with "Bob Gangnon" (Atrium) </li> <li>6:00 <b>Friday Night Movie: "Victoria and Abdul"</b> (Games Lounge)</li> <li>6:30 Shabbat Service with Cantor David (Chapel)</li> </ul> <b>20</b>	<p><b>NATIONAL INDIGENOUS PEOPLES DAY</b></p> <ul style="list-style-type: none"> <li>9:30 <b>Exercise</b> (Exercise Room)</li> <li>10:00 Coffee &amp; Conversation (Atrium) *Independent* </li> <li>1:00 Virtual Concert (Games Lounge)</li> <li>2:30 <b>Hangman</b> (Court Activity Room)</li> <li>3:30 Piano Recital with Stephanie Kwan &amp; Students (Atrium)</li> </ul> <b>21</b>

# JUNE 2025

## LIFE ENRICHMENT PROGRAMS



# HAVEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week 3 Menu</b> <ul style="list-style-type: none"> <li>9:30 <b>Balloon Badminton</b> (Atrium)</li> <li>10:00 Coffee &amp; Conversation *Independent* (Atrium)</li> <li>10:00 <b>Haven Entertainment with "Kristopher Brooks"</b> </li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:00 <b>Bolongo Ball</b> (Atrium)</li> </ul> <b>22</b>	<ul style="list-style-type: none"> <li>9:00 <b>Active Yoga with Pramila</b> (Exercise Room)</li> <li>10:30 Crosswords (Court Activity Room)</li> <li>2:00 <b>Court Birthday Tea with Golden Dreams</b>  (Atrium)</li> <li>3:00 1:1 Visits with Audra</li> </ul> <b>23</b>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:30 <b>Big Brain</b> (Court Activity Room)</li> <li>1:30 Chaplain Visits</li> <li>1:30 <b>Music &amp; Meanders</b> (Atrium) </li> <li>3:00 <b>Music with Mary Ellen</b> (Retro)</li> </ul> <b>24</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises (Exercise Room)</b> *cancelled*</li> <li>10:30 <b>Celebration of Life</b>  *all are welcome* (Chapel)</li> <li>1:30 Plus Size Creations (Games Lounge)</li> <li>1:30 Courtyard Conversations (Courtyard)</li> <li>6:00 <b>Evening Show:</b> "Everybody Loves Raymond" (Games Lounge)</li> </ul> <b>25</b>	<ul style="list-style-type: none"> <li>9:30 Stretch &amp; Strength (Exercise Room)</li> <li>10:00 <b>Walks &amp; Conversations</b></li> <li>10:30 Anglican Worship with Rev. David (Chapel)</li> <li>1:30 <b>Movie &amp; Popcorn "Air Force Elite: Thunderbirds"</b> (Games Lounge) </li> <li>3:00 <b>Manor Happy Hour</b> (Manor Lobby Lounge)  "don't forget your money!"</li> </ul> <b>26</b>	<ul style="list-style-type: none"> <li>9:30 <b>Exercises</b>  (Exercise Room)</li> <li>10:00 Music with Rus (Atrium)</li> <li>2:00 <b>Canada Day Celebration with "Randy Glenn"</b> (Atrium) </li> <li>6:00 <b>Friday Night Movie: "Nonnas"</b> (Games Lounge)</li> </ul> <b>27</b>	<ul style="list-style-type: none"> <li>10:00 Coffee and Conversation (Atrium) *Independent* </li> <li>1:00 Virtual Concert (Games Lounge)</li> </ul> <b>28</b>
<b>Week 4 Menu</b> <ul style="list-style-type: none"> <li>10:00 <b>Coffee &amp; Conversation</b> *Independent* (Atrium)</li> <li>10:30 Catholic Worship (Chapel)</li> <li>1:30 <b>Recital with Amber Shin &amp; Childrean</b> (Atrium)</li> <li>3:00 Hymn Sing (Chapel)</li> </ul> <b>29</b>	<ul style="list-style-type: none"> <li>9:00 <b>Active Yoga with Jeanette</b> (Exercise Room)</li> <li>10:00 Obie Fun!</li> <li>10:30 <b>Crosswords</b> (Court Activity Room)</li> <li>10:30 Summer Reminiscing &amp; Stories</li> <li>1:30 Garden Get Together (Courtyard) "come for an iced tea or lemonade"</li> <li>2:45 <b>Memory Joggers</b> (Retro)</li> </ul> <b>30</b>					

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, Kelly, Rus, Audra, Austin, Eric, Elora, Madi, Cassidy & Dana

### CONTACT

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**Canterbury**  
FOUNDATION  
The Promise of Home





# JUNE 2025

## LIFE ENRICHMENT PROGRAMS



HAVEN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### THIS MONTH'S ACTIVITIES

# Summer

## WORD SEARCH

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

AIR CONDITIONER    SUNBATHING    SUMMER DAYS    FLIP FLOPS  
LAWN MOWER    SUNSCREEN    BASEBALL    SWIMMING  
FIREWORKS    CONCERTS    COOKOUT    PICNIC  
FESTIVALS    MAY    POOL PARTY    POOL TOYS  
HUMIDITY    HIKING    JUNE    JULY

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."  
— F. Scott Fitzgerald, *The Great Gatsby*



## Birthday Wishes

June 29 - Lola S.



## Welcome Wagon

Lucy S.

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CAR	Court Activity Room
FSL	Manor Fireside Lounge
🎩	Formal Event/Attire

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