



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Week 3 Menu</b> <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 &amp; Conversation *Independent* (Atrium)</li> <li>10:30 <b>Catholic Worship (Chapel)</b></li> <li>1:00 Card Bingo (Atrium)</li> </ul> <p style="text-align: right; font-size: 2em;"><b>21</b></p>	<ul style="list-style-type: none"> <li>9:00 <b>Chair Yoga with Colleen (Exercise Room)</b></li> <li>10:30 Balloon Volleyball (Atrium)</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 <b>Cribbage (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><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>1:30 Chaplain Visits *cancelled*</li> <li>2:30 <b>Men's Club House (Court Activity Room)</b></li> <li>3:00 <b>Afternoon Entertainment with Mary Ellen Davidson</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>23</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room) *cancelled*</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; font-size: 2em;"><b>24</b></p>	<ul style="list-style-type: none"> <li>9:30 Exercises (Exercise Room)</li> <li>10:00 <b>Haven Entertainment with "Jeff Ramsey"</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 Movie &amp; Popcorn: "Knives Out" (Games Lounge)</li> <li>6:00 <b>Cribbage (Atrium)</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>25</b></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 Shabbat Service with Cantor David (Chapel)</li> </ul> <p style="text-align: right; font-size: 2em;"><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> <li>2:00 Afternoon Walks</li> </ul> <p style="text-align: right; font-size: 2em;"><b>27</b></p>
<p><b>Week 4 Menu</b></p> <ul style="list-style-type: none"> <li>9:30 Balloon Badminton (Atrium)</li> <li>10:00 <b>Haven Entertainment with "Steven Tyler"</b></li> <li>10:30 Catholic Worship (Chapel)</li> <li>2:00 <b>Wellness Visits</b></li> <li>3:00 Hymn Sing (Chapel)</li> </ul> <p style="text-align: right; font-size: 2em;"><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; font-size: 2em;"><b>29</b></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> <li>1:30 <b>Chaplain Visits</b></li> </ul> <p style="text-align: right; font-size: 2em;"><b>30</b></p>				

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

  
**Canterbury**  
FOUNDATION  
The Promise of Home



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

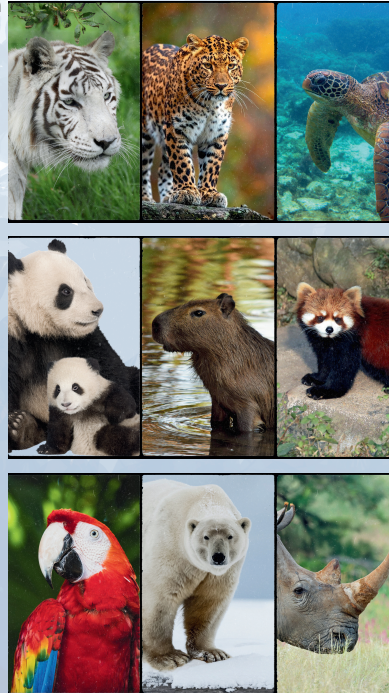
SATURDAY

### 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



### Welcome Wagon

Lorraine P.  
Katherine R.

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