




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:30 Catholic Worship (Chapel) 1:30 Piano Recital with Samantha & Children (Atrium) 1	SENIORS WEEK <ul style="list-style-type: none"> 9:45 Active Yoga With Jeanette (Activity Room) 10:00 Dansal Clothing (Games Lounge) 10:30 Trivia (Activity Room) 1:00 Live Slot Machine (Atrium) 2:00 Bible Study (Activity Room) 6:30 Scrabble/Whist (Activity Room) 2	SENIORS WEEK <ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:00 to 3:00 Care Rx Covid-19 Booster Clinic (Court Exercise Room) 1:00 Book Reading (Activity Room) 1:00 Duck Race Sales (Games Lounge) 2:30 Duck Races "rain or shine" (Court Courtyard) 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 3	SENIORS WEEK <ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:30 United Church Worship with Rev. Karen (Chapel) 12:00 Seniors' Week BBQ (Manor Dining Room/BBQ) "Order forms at reception" 1:30 Live Horse Races (Atrium) 6:30 Tile Rummy (Activity Room) 4	SENIORS WEEK <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 to 1:00 Casino Trip to Yellowhead Casino "sign up in mailroom" 10:30 Lutheran Worship with Rev. Greg (Chapel) 1:00 Summer Pictures and Popsicles (Atrium) 6:30 Shuffleboard Bowling (Activity Room) 5	SENIORS WEEK <ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) *cancelled* 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Fall Prevention Talk with Brennon D'Amours (Manor Activity Room) 11:00 Catholic Mass with Father Dean (Chapel) 1:30 Visit and Short talk by Counsellor Cartmell (Mayoral Candidate) (Atrium) 1:30 Mini Happy Hour "don't forget your money!" (Atrium) 2:00 Seniors' Prom with Steven Tyler (Atrium) 6:30 Friday Night Movie: "Conclave" (Activity Room) 6	<ul style="list-style-type: none"> 9:30 Exercise (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:30 Children's Piano Recital with Ava Tofino (Atrium) 7
Week 1 Menu <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:30 Violin Recital with Bonnie & Children (Atrium) 8	<ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 9:00 to 12:00 Life Enrichment Half Day to Planning Meeting 1:00 Sweet Memories Ice Cream Social (Atrium) 2:00 Dance Party Celebration (Atrium) 2:00 Bible Study (Activity Room) *cancelled* 6:30 Scrabble/Whist (Activity Room) 9	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in the mailroom" 10:30 Big Brain (Court Activity Room) 1:00 Book Reading (Activity Room) 1:30 Card Bingo (Atrium) 2:30 Gentle Stretch & Meditation with Kelly (Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-In*** 10	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:30 Hangman (Court Activity Room) 10:30 Coach Trip: Mystery Lunch and Drive sign up in mailroom" 1:30 Horse Races (Atrium) 3:00 Sing for Fun (Chapel) 6:30 Tile Rummy (Activity Room) 11	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Jeopardy (Activity Room) 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:00 Men's Club House (Court Activity Room) 2:00 Health Arts Society (Atrium) 3:00 Manor Happy Hour "don't forget your money!" 6:30 Shuffleboard Bowling (Activity Room) 12	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 2:00 Father's Day Tea with "Central Lions Band" (Atrium) 6:30 Friday Night Movie: "Nonnas" (Activity Room) 13	<ul style="list-style-type: none"> 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 14
Week 2 Menu FATHER'S DAY! <ul style="list-style-type: none"> 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:30 Piano Recital with Frank Ho (Atrium) 15	<ul style="list-style-type: none"> 9:45 Active Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 1:30 Garden Conversations (Court Courtyard) 2:00 Bible Study (Activity Room) 6:30 Scrabble/Whist (Activity Room) 16	<ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in the mailroom" 1:00 Book Reading (Activity Room) 6:30 Piano Recital with Elizabeth Cooper (Atrium) 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 17	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 9:30 Coach Trip to Freeson Brothers "sign up in mailroom" 10:30 Memory Magic (Atrium) 12:30 to 3:30 Shop Easy (Games Lounge) 1:30 Eat Street with Rus (Court Activity Room) 6:30 Tile Rummy (Activity Room) 18	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:30 Coach Trip: Italian Centre "sign up in mailroom" 2:00 Cookies & Conversation (Fireside Lounge) 6:30 Shuffleboard Bowling (Activity Room) 19	<ul style="list-style-type: none"> 9:30 Stretch & Strength (Activity Room) 9:30 Coach Trip to Bountiful Market "sign up in mailroom" 10:00 Music with Rus (Atrium) 10:30 Horse Races (Activity Room) 1:00 Indigenous Day of Prayer Service (Chapel) 2:00 Friday Entertainment with Bob Gagnon (Atrium) 6:30 Shabbat Service with Cantor David (Chapel) 6:30 Friday Night Movie: "Argo" (Activity Room) 20	<ul style="list-style-type: none"> National Indigenous Peoples Day 9:30 Exercise (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 3:30 Piano Recital with Stephanie Kwan & Students (Atrium) 21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Week 3 Menu</div><div><div><div>• 9:30</div><div>Balloon Badminton</div><div>(Atrium)</div></div><div><div>• 10:00</div><div>Coffee & Conversation</div><div> *Independent* (Atrium)</div></div><div><div>• 10:30</div><div>Catholic Worship</div><div>(Chapel) </div></div><div><div>• 1:00</div><div>Bolongo Ball (Atrium)</div></div></div><div>22</div></div> <div><div><div>• 9:45</div><div>Active Yoga With Pramila</div><div>(Activity Room) </div></div><div><div>• 10:30</div><div>Trivia (Activity Room)</div></div><div><div>• 2:00</div><div>Bible Study</div><div>(Activity Room)</div></div><div><div>• 2:00</div><div>Court Birthday Tea with</div><div> “Golden Dreams” (Atrium)</div></div><div><div>• 6:30</div><div>Scrabble/Whist</div><div>(Activity Room)</div></div></div> <div>23</div> <div><div><div>• 9:30</div><div>Coach Trip to Meadowlark</div><div> “sign up in mailroom”</div></div><div><div>• 10:30</div><div>Big Brain</div><div>(Court Activity Room)</div></div><div><div>• 1:00</div><div>Book Reading</div><div>(Activity Room)</div></div><div><div>• 1:15</div><div>Coach Trip to Winners &</div><div>Save-On “sign up in</div><div>mailroom”</div></div><div><div>• 6:30</div><div>Cribbage</div><div>(Fireside Lounge)</div><div>***Drop-In***</div></div></div> <div>24</div> <div><div><div>• 9:30</div><div>Active Yoga with Pramila</div><div>(Activity Room) </div></div><div><div>• 10:30</div><div>Celebration of Life</div><div>*all are welcome*</div><div>(Chapel)</div></div><div><div>• 1:30</div><div>Plus Size Creations</div><div>to</div><div>3:00</div></div><div><div>• 1:30</div><div>Courtyard Conversations</div><div>(Court Courtyard)</div></div><div><div>• 6:30</div><div>Tile Rummy</div><div>(Act. Rm)</div></div></div> <div>25</div> <div><div><div>• 9:30</div><div>Exercises</div><div>(Activity Room) </div></div><div><div>• 10:30</div><div>Card Bingo (Activity Room)</div></div><div><div>• 10:30</div><div>Anglican Worship with Rev.</div><div>David (Chapel)</div></div><div><div>• 2:00</div><div>Manor Birthday Tea</div><div></div></div><div><div>• 3:00</div><div>Happy Hour “Don’t forget</div><div>your money!” </div></div><div><div>• 6:30</div><div>Shuffleboard</div><div>Bowling</div><div>(Activity Room)</div></div></div> <div>26</div> <div><div><div>• 9:30</div><div>Stretch & Strength</div><div>(Activity Room) </div></div><div><div>• 10:00</div><div>Music with Rus (Atrium)</div></div><div><div>• 10:30</div><div>Horse Races</div><div>(Activity Room)</div></div><div><div>• 2:00</div><div>Canada Day Celebration</div><div>with “Randy Glenn”</div><div>(Atrium) </div></div><div><div>• 6:30</div><div>Friday Night Movie:</div><div>“Singing in the Rain”</div><div>(Activity Room)</div></div></div> <div>27</div> <div><div><div>• 10:30</div><div>Shuffleboard</div><div>(Activity Room)</div></div><div><div>• 1:00</div><div>Virtual Concert</div><div>(Games Lounge) </div></div></div> <div>28</div>						

<div><div>Week 4 Menu</div><div><div><div>• 10:00</div><div>Coffee & Conversation</div><div> *Independent* (Atrium)</div></div><div><div>• 10:30</div><div>Catholic Worship (Chapel)</div></div><div><div>• 1:30</div><div>Recital with Amber Shin &</div><div>Children (Atrium) </div></div><div><div>• 3:00</div><div>Hymn Sing</div><div>(Chapel)</div></div></div><div>29</div></div> <div><div><div>• 9:45</div><div>Active Yoga With Colleen</div><div>(Activity Room)</div></div><div><div>• 10:30</div><div>Trivia (Activity Room)</div></div><div><div>• 1:30</div><div>Garden Get Together</div><div>(Court Courtyard) “come for</div><div>an iced tea or lemonade”</div></div><div><div>• 2:00</div><div>Bible Study</div><div>(Activity Room) </div></div><div><div>• 6:30</div><div>Scrabble/Whist</div><div>(Activity Room)</div></div></div> <div>30</div> <div></div>

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

 Life Enrichment
Main Phone
780-930-3736

 Court Reception
780-483-5361

 Nursing Station
780-930-3734





THIS MONTH'S ACTIVITIES

Summer

WORD SEARCH

CNQWAZFESTIVALS

WVGQISBPOOLTOYS

JKHWRUASWIMMING

USZCCNSSSRHQALPY

LUXOOBEUMUMMERV

YMFNNABNPMPAOEF

WMLCDTASLIYFYGI

CEIEIHLCADCLZMR

ORPRTILRWICNQFE

ODFTINCENTKHITW

KALSOGJEMYEIQCO

OYOONVUNOZGKURR

USPLENNAWBKIJJK

TISFRYEIEUDNANS

OYPOOLPARTYGIEK

AIR CONDITIONER

LAWN MOWER

FIREWORKS

FESTIVALS

HUMIDITY

SUNBATHING

SUNSCREEN

CONCERTS

MAY

HIKING

SUMMER DAYS

BASEBALL

COOKOUT

POOL PARTY

JUNE

FLIP FLOPS

SWIMMING

PICNIC

POOL TOYS

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 06 - Jean K.
- June 12 - Dorothy R.
- June 13 - Marna T.
- June 16 - Lucille S.
- June 16 - Audrey Y.
- June 20 - Marion D.
- June 23 - Anne P.
- June 24 - Joan B.
- June 25 - Frank B.
- June 26 - Marjorie C.
- June 28 - Muriel W.
- June 28 - Gladys M.
- June 30 - Frances H.



Welcome Wagon

- Isebelle M.
- Gladys M.
- Margaret L.

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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

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