



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Week 4 Menu SENIORS' WEEK <ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:00 Pieces by Sharon to 3:00 (Atrium) 10:30 Trivia (Activity Room) 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:30 Super Bingo "you play, we pay!" (Atrium) 2:15 Bible Study (Activity Room) 6:30 Scrabble (Activity Room) 	SENIORS' WEEK <ul style="list-style-type: none"> 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Big Brain (Court Activity Room) 12:00 Seniors' Week BBQ (Manor Dining Room/BBQ) 1:30 Garden Buddies Program Launch Event! (Court Courtyard) *All Are Welcome!* 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 	SENIORS' WEEK <ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 9:00 to 12:00 Life Enrichment Half Day Planning Meeting 10:30 United Church Worship with Rev. Karen (Chapel) 12:30 to 2:30 The Senior Showcase with Rio Terrace Students (Atrium) 3:00 Sing For Fun with Vanessa (Chapel) 6:30 Tile Rummy (Activity room) 	SENIORS' WEEK <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Coach Trip: The Italian Centre "sign up in mailroom" 10:30 Anglican Worship with Rev. Colleen (Chapel) 1:00 Duck Race Sales (Atrium) 2:00 Duck Races "rain or shine!" (Court Courtyard) 3:00 Manor Happy Hour "don't forget your money!" 6:00 Cribbage (Atrium) 	SENIORS' WEEK <ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 11:00 Catholic Mass with Father Dean (Chapel) 2:00 Senior Prom with "Cosmopolitan Show Band" (Atrium) 6:30 Friday Night Movie: "Remarkably Bright Creatures" (Activity Room) 	SENIORS' WEEK <ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 2:15 Hangman (Court Activity Room) 	
	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) 1:00 Card Bingo (Atrium) 	<ul style="list-style-type: none"> 9:45 Chair Yoga With Zoel (Activity Room) 10:30 Trivia (Activity Room) 1:00 Book Reading (Activity Room) 1:30 Horse Races (Atrium) 2:15 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Sudoku Club (Chapel) 1:00 Tunes on the Ivories (Atrium) 1:15 Coach Trip: Southgate Mall "sign up in mailroom" 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 7:00 Piano Recital with Elizabeth Fretter's Students (Atrium) 	<ul style="list-style-type: none"> 9:30 Active Yoga With Pramila (Activity Room) 10:30 Celebration of Life (Chapel) *all are welcome!* 1:30 Garden Buddies (Court Courtyard) *New Program* 1:30 Coach Trip: Made by Marcus Ice Cream "sign up in mailroom" 6:30 Tile Rummy (Activity Room) 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Life Enrichment In-Service to Training *no programs during this time* 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) 1:00 Poetry Slam with NorQuest Students (Atrium) 6:00 Cribbage (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) 10:30 Horse Races (Activity Room) 2:00 Tea with "The King" & Queen with "Logan Klaus" (Atrium) 6:30 Friday Night Movie: "Eleanor the Great" (Activity Room) 	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room)
	Week 2 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 Recital with Frank Ho Students (Atrium) 	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 11:35 Tunes on the Ivories (Piano Lounge) 1:00 Book Reading (Activity Room) 1:30 Penny Ante (Atrium) 2:15 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Presentation with Jean Cote: "The Two United Farmers' Court Cases or Scandals." (Activity Room) 1:30 Ice Cream Bar Day "see you at your door!" 6:30 Cribbage (Fireside Lounge) ***Drop-in*** 	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Morning Walks "meet in the Atrium" 1:30 Garden Buddies (Court Courtyard) *New Program* 3:00 Sing For Fun with Vanessa (Chapel) 6:30 Tile Rummy (Activity Room) 	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Card Bingo (Activity Room) 10:30 Lutheran Worship with Rev. Greg (Chapel) 2:00 Concerts in Care Alberta (Atrium) 3:00 Manor Happy Hour "don't forget your money!" 6:00 Cribbage (Atrium) 	<ul style="list-style-type: none"> 9:30 Exercise (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: "Mr Church" (Activity Room) 	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room) 2:00 Piano Recital with Stephanie Kwan (Atrium)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Week 3 Menu</p> <p>FATHER'S DAY</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Card Bingo (Atrium) <p style="text-align: right; font-size: 2em;">21</p>	<ul style="list-style-type: none"> 9:45 Chair Yoga With Colleen (Activity Room) 10:30 Trivia (Activity Room) 1:00 Book Reading (Activity Room) 1:30 Presentation by Foot Care Solutions: "Why Foot Health Matters for Staying Independent" (Court Activity Room) 2:15 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) <p style="text-align: right; font-size: 2em;">22</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Sudoku Club (Chapel) 1:00 Jeopardy (Activity Room) 2:30 Men's Club House (Court Activity Room) 6:30 Cribbage (Fireside Lounge) ***Drop-In*** <p style="text-align: right; font-size: 2em;">23</p>	<ul style="list-style-type: none"> 9:30 Active Yoga with Pramila (Activity Room) 10:00 Life Enrichment Sizzlin' to BBQ Party at Laurier Park 2:00 *see poster for details* "sign up in mailroom" 6:30 Tile Rummy (Activity Room) <p style="text-align: right; font-size: 2em;">24</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Card Bingo (Activity Room) 10:30 Anglican Worship with Rev. Jordan (Chapel) 1:30 Garden Buddies (Court Courtyard) *New Program* 2:00 Manor Birthday Tea 6:00 Cribbage (Atrium) <p style="text-align: right; font-size: 2em;">25</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 10:30 Horse Races (Activity Room) 10:30 Morning Art with Madi (Court Activity Room) 11:00 Tunes on the Ivories (Piano Lounge) 2:00 Friday Entertainment with "Lindsay Nagy" (Atrium) 6:30 Friday Night Movie: "The Swedish Connection" (Activity Room) 6:30 Shabbat Service (Chapel) <p style="text-align: right; font-size: 2em;">26</p>	<ul style="list-style-type: none"> 9:30 Exercises (Court Exercise Room) 10:30 Shuffleboard (Activity Room) 1:00 Virtual Concert (Games Lounge) 1:00 Hand & Foot Canasta (Activity Room) <p style="text-align: right; font-size: 2em;">27</p>
<p>Week 4 Menu</p> <ul style="list-style-type: none"> 9:30 Balloon Badminton (Atrium) 10:00 Coffee & Conversation *Independent* (Atrium) 10:30 Catholic Worship (Chapel) 1:00 Ukel Ladies (Piano Lounge) 3:00 Hymn Sing (Chapel) <p style="text-align: right; font-size: 2em;">28</p>	<ul style="list-style-type: none"> 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 "Old Smoothies" (Atrium) 2:15 Bible Study (Activity Room) 3:30 Cribbage (Atrium) 6:30 Scrabble (Activity Room) <p style="text-align: right; font-size: 2em;">29</p>	<ul style="list-style-type: none"> 9:30 Exercises (Activity Room) 9:30 Coach Trip to Meadowlark "sign up in mailroom" 10:30 Brain Cloud (Court Activity Room) 1:00 Tunes on the Ivories (Atrium) 1:30 Drums & Fun! (Activity Room) 6:30 Cribbage (Fireside Lounge) **Drop-in** <p style="text-align: right; font-size: 2em;">30</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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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 06 - Jean K. | June 24 - Joan B. |
| June 12 - Dorothy R. | June 25 - Frank B. |
| June 13 - Marna T. | June 28 - Gladys M. |
| June 16 - Lucille S. | June 30 - Fran H. |
| June 17 - Caroline P. | |
| June 20 - Marion D. | |
| June 23 - Anne P. | |



Welcome Wagon

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