



ACTIVITY BOOKLET – AUGUST 2026



B.C. Day, celebrated on the first Monday of August, commemorates the creation of the Crown Colony of British Columbia in 1858. It's a time for British Columbians to enjoy a long weekend and celebrate the province's culture and heritage. The Holiday was officially established in 1974 by the NDP government led by Dave Barrett.



We Appreciate all that you do!

HAPPY BIRTHDAY

- 12 - Laura "Ev" D.
- 14 - Charlotte M.
- 24 - Greg B.
- 24 - Christopher C.
- 26 - Patricia "Tricia" N.
- 30 - Jack S.



**Happy Birthday from all
of us at Luther Court!**

MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
30 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	31 9:30 - Devotions 10:15 - Exercises 1:45 - Music w/ Ron O.		
2 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	3 	4 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Bowling 1:45 - Music	5 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Bingo 1:30 - Ladder Ball 3:00 - Poker
9 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	10 9:30 - Devotions 10:15 - Exercises 11:00 - BB Toss 1:45 - It's Them Again 3:00 - Board Games & Cards	11 9:30 - Devotions 10:10 - Coffee w/ Kevin 10:15 - Hula w/ Tina 11:00 - Dice Game 1:45 - Bingo	12 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Curling 1:30 - Armchair Travel 3:00 - Poker
16 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	17 9:30 - Devotions 10:15 - Exercises 11:00 - Washer Toss 1:45 - Music w/ Jesse B.	18 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Brain Game 2:30 - Food Committee w/ Anne	19 9:30 - Devotions 10:00 - Staff Forum 11:00 - Trivia 11:45 - Boneyard Babes 1:45 - Bowling 3:00 - Poker
23 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	24 9:30 - Devotions 10:15 - Exercises 11:00 - Ping Pong Fun 1:30 - TBA	25 9:30 - Devotions 10:15 - Exercises 11:00 - Axe Toss 1:45 - TBA	26 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Seabreeze Band 3:00 - Poker

AUGUST 2026

THURSDAY	FRIDAY	SATURDAY
		1
6 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:30 - Mental Aerbics 3:00 - Community Connect & Knitting	7 9:30 - Devotions 10:15 - Exercises 11:00 - Pool Noodle Hockey 1:45 - Curling	8
13 9:30 - Devotions 10:15 - Exercises 11:00 - Word in a Word 1:30 - Music w/ Jesse B. 3:00 - Craft Connect w/ Oasis SocietyKnitting	14 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Bingo	15 1:30 - Heart Circle ADP Room
20 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:30 - Bingo 3:00 - Community Connect & Knitting	21 9:30 - Devotions 10:15 - Exercises 11:00 - BB Toss 1:45 - Music w/ Ron O.	22 1:30 - Heart Circle ADP Room
27 9:30 - Devotions 10:15 - Exercises 11:00 - Pool Noodle Hockey 1:30 - Armchair Travel Hawaii 3:00 - Community Connect & Knitting	28 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:30 - Hawaiian Dancers	29 1:30 - Heart Circle ADP Room

SUMMER WORD SEARCH

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

BARBEQUE

BASEBALL

BEACH

CAMP

FLOWERS

FRISBEE

GARDEN

HIKING

LEMONADE

OUTSIDE

PICNIC

POOL

POPSICLE

SANDALS

SUMMER

SUNGLASSES

SWIMMING

T SHIRT

VACATION

WATERMELON

SECOND FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
30 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	31 9:30 - Devotions 1:45 - Music w/ Ron O.		Main Floor Lounge Programs are in Blue Dave W - 2nd floor Activity Worker
2 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	3 9:30 - Devotions 10:00 - Crosswords 2:00 - Trivia	4 9:30 - Devotions 10:00 - Crosswords 1:45 - Jazz in the Garden 4:00 - Trivia	5 9:30 - Devotions 10:15 - Crosswords 1:30 - Hawaiian Dancers 4:00 - Trivia
9 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	10 9:30 - Devotions 1:45 - It's Them Again	11 9:30 - Devotions 10:00 - Crosswords 1:45 - Jazz in the Garden 4:00 - Trivia	12 9:30 - Devotions 10:15 - Crosswords 1:45 - Jazz in the Garden 4:00 - Trivia
16 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	17 9:30 - Devotions 1:45 - Music w/ Jesse	18 9:30 - Devotions	19 9:30 - Devotions 10:15 - Crosswords
23 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	24 9:30 - Devotions	25 9:30 - Devotions	26 9:30 - Devotions 10:15 - Crosswords 1:45 - Seabreeze Band 4:00 - Trivia

AUGUST 2026

THURSDAY	FRIDAY	SATURDAY
		1 2:30 - Dogs Visits
6 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz in the Garden 3:00 - Community Connect & Knitting 4:00 - Trivia	7 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia	8 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
13 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Music w/ Jesse B. 3:00 - Craft Connect w/ Oasis SocietyKnitting 4:00 - Trivia	14 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia	15 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
20 9:30 - Devotions 10:30 - Maudie's Music 3:00 - Community Connect & Knitting	21 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Music w/ Ron O.	22 2:30 - Dogs Visits
27 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz in the Garden 3:00 - Community Connect & Knitting 4:00 - Trivia	28 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Hawaiian Dancers 1:45 - Trivia	29 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits



'Mother Teresa' of Calcutta

Born: August 26th, 1910

Died: Sept 5th, 1997

Mother Teresa was born Anjezë Gonxhe Bojaxhiu, an Albanian-Indian Catholic, and was raised in a deeply devout Catholic family.

At the age of 18, she moved to Ireland to join the Sisters of Loreto before traveling to India, where she spent most of her life carrying out her missionary work.

On September 4, 2016, she was canonized by the Catholic Church as Saint Teresa of Calcutta. Her feast day is celebrated each year on the anniversary of her death, September 5.

Over the decades, the congregation she founded, the Missionaries of Charity, expanded to 133 countries, with more than 4,500 nuns caring for people suffering from AIDS, leprosy, and tuberculosis, while also operating soup kitchens, dispensaries, orphanages, and schools.

Members of the Missionaries of Charity take four vows: chastity, poverty, obedience, and wholehearted service to the poorest of the poor.

Library Corner by Sylvia M.



FIND 10 DIFFERENCES

FIND 10 DIFFERENCES BETWEEN THE TWO IMAGES



SEASONEDTIMES.COM

THIRD FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
30 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	31 9:30 - Devotions 10:30 - Chocolaty Bingo 2:00 - Reminiscing of Days Gone 3:30 - Chatty Walks	Main Floor Lounge Programs are in Blue 3rd floor Activity Worker	
2 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	3 	4 9:30 - Devotions 10:30 - Music w/ Ron 1:45 - Music w/ Davies 2:00 - Short Stories 3:30 - Chatty Walks	5 9:30 - Devotions 10:30 - The Basic Crafts 2:00 - Target Toss 3:30 - Chatty Walks
9 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	10 9:30 - Devotions 10:30 - Chocolaty Bingo 2:00 - Remembering School Days 3:30 - Chatty Walks	11 9:30 - Devotions 10:30 - Music w/ Jesse 2:15 - For The Birds 3:30 - Chatty Walks	12 9:30 - Devotions 10:30 - Mind & Body Fit 2:00 - Target Toss 3:30 - Sit or Stroll Stories
16 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	17 9:30 - Devotions 10:30 - Chocolaty Bingo 2:00 - Short Stories 3:30 - Chatty Walks	18 9:30 - Devotions 10:30 - Music w/ Ron 2:00 - Coffee News 3:30 - Chatty Walks	19 9:30 - Devotions 10:30 - Creative Cafe 2:00 - Coffee News 3:30 - Chatty Walks
23 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	24 9:30 - Devotions 10:30 - Chocolaty Bingo 2:00 - Past Inventions 3:30 - Chatty Walks	25 9:30 - Devotions 10:30 - Mind & Body Fit 10:30 - Music w/ Davies 3:30 - Chatty Walks	26 9:30 - Devotions 10:30 - The Basic Crafts 2:00 - Target Toss 3:30 - Chatty Walks

AUGUST 2026		
THURSDAY	FRIDAY	SATURDAY
		1
6 9:30 - Devotions 10:30 - Mind & Body Fit 2:00 - Coffee News 3:30 - Sit or Stroll Stories	7 9:30 - Devotions	8
13 9:30 - Devotions 10:30 - For The Birds 2:00 - Mind Jog 3:30 - Chatty Walks	14 9:30 - Devotions	15
20 9:30 - Devotions 10:00 - Drive for Ice Cream	21 9:30 - Devotions	22
27 9:30 - Devotions 10:30 - Birthday Celebration w/ It's Them Again 2:00 - Music w/ Maudie 3:45 - Chatty Walks	28 9:30 - Devotions	29

Community Health Centre Upcoming Events

**Thursdays
3:00pm**

Community Craft & Connect

Paint, colour, craft, and chat with others! Snacks and crafts provided. Open to all ages and abilities!

**Thursday
Aug 13th
3:00pm**

Craft & Connect with Oasis Society

Join the Oasis Society on August 13th for a box decoration workshop! Open to all ages and abilities.

**Email Mia at community@luthercourt.org
for more information**



Why We Use Territorial Acknowledgements

You may have noticed that many meetings, celebrations, and events begin with a Territorial Acknowledgement. This is a way of recognizing and showing respect for the Indigenous Peoples who have lived on and cared for this land for thousands of years. At our long-term care home, we believe that every person deserves to feel welcomed, valued, and respected. A Territorial Acknowledgement helps us remember the history of the land we share and encourages us to learn about the cultures, traditions, and contributions of Indigenous Peoples.

For many residents, the idea of acknowledging the land may feel familiar. Just as many people have strong connections to their hometowns, family farms, neighbourhoods, or communities where they raised their families, Indigenous Peoples have deep and lasting connections to their traditional territories. Many residents understand what it means to care for a place, build memories there, and feel a sense of belonging. A Territorial Acknowledgement recognizes these enduring connections and honours the generations of Indigenous Peoples who have cared for the land long before us.

For residents, families, staff, and volunteers, these acknowledgements provide an opportunity to reflect on our connections to one another and to the community around us. They remind us that understanding and respect are important parts of creating a caring and inclusive environment.

Territorial Acknowledgements are also part of broader efforts to promote Diversity, Equity, Inclusion, and Belonging (DEIB). These principles encourage us to celebrate the unique experiences, cultures, and backgrounds of all people. In long-term care, this means ensuring that everyone feels heard, respected, and included, regardless of their age, culture, faith, language, abilities, gender identity, or life experiences.

Cultural awareness helps us better understand one another. By learning about different traditions, beliefs, and histories, we can build stronger relationships and create a more welcoming community. Residents bring a lifetime of experiences and stories with them, and these diverse perspectives enrich our home.

While a Territorial Acknowledgement is only one step, it is an important reminder of our shared responsibility to treat one another with kindness, respect, and understanding. Together, we can continue to create a community where everyone feels they belong.

Carmen S.

Interdenominational Workshop Services

ROMAN CATHOLIC COMMUNION

Communion offered 1:1 once a month.

August TBD

Contact Ed Chell to be added to this list

ANGLICAN COMMUNION

St. Luke's website: www.stlukesvictoria.ca

LUTHERAN CHURCH SERVICE

Church of the Cross website:

www.lutheranvictoria.ca

FOOT CARE

For information on foot care services offered, please contact the Wellness Clinic

WELLNESS CLINIC

VOLUNTEER OPPORTUNITIES

If you or someone you know would like to volunteer please talk to **Ed Chell**

Spiritual Caregiver & Coordinator of Volunteers 250 - 477 - 7241 ext.223

LCS CONTACT INFORMATION

Carolyn Hoekstra

Director of Care and Community
250 - 477 - 7241 ext. 228



THE GARDEN CAFE

LUNCH: Mon - Sun

11:30am to 1:00pm

Soup, Salads, Sandwiches and more

DINNER: Mon - Sun

Doors open at 4:45pm, meals served at 5:00pm

Meals are prepaid & \$12.00

HAIR SALON

Wednesday & Thursday 9:00am to 2:30pm

Booking is advised

250 - 477 - 7241 ext. 233

***Drop-ins may be accommodated**



Coffee with Kevin: Join Kevin on Tuesday, August 11th to swap stories and ask questions. Catch up with Kevin in the main floor cafe between **10:10am - 10:30am**. Everyone is welcome! Coffee and treats will be available.

