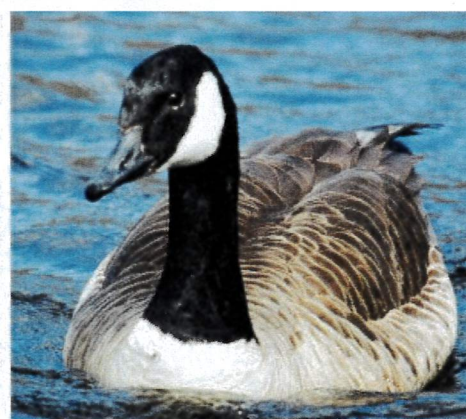
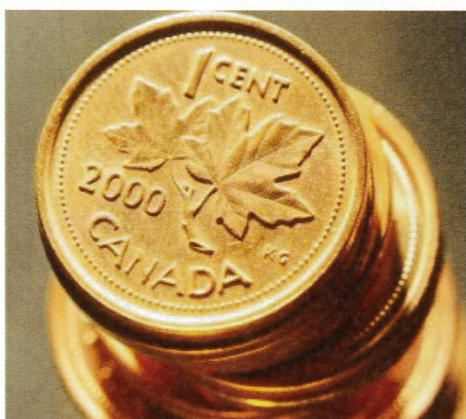




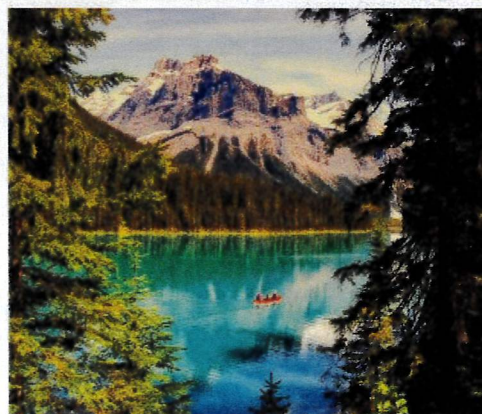
Luther Court

SOCIETY

ACTIVITY BOOKLET—JULY 2026



Happy Canada Day!





Happy Canada Day

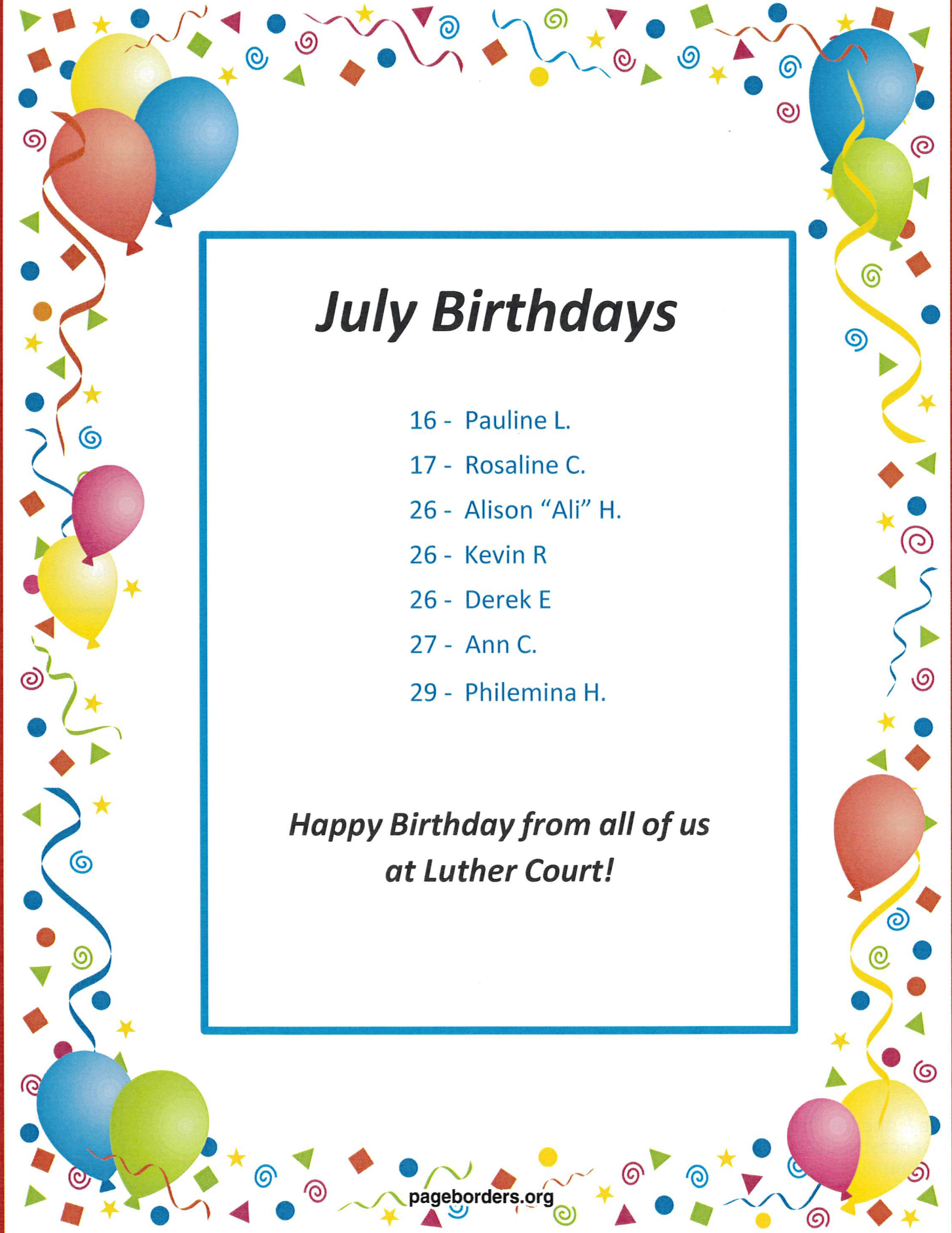
The season of gatherings, food, family, and friends.

Bare feet in the warm sand, the rhythmic roar of the ocean rolling in and back out. Majestic mountains filled with cool, clean, crisp air. Camping beneath the stars, sharing stories and enjoying s'mores around a crackling fire.

Friends settling in as conversations flow with ease. Children running freely, their laughter and giggles filling the air. Endless sunshine, interrupted only by the occasional refreshing thundershower.

Fresh vegetables and sweet fruit from the garden, enjoyed over slow, lingering evening meals. Days that seem to stretch just a little longer, inviting us to savor every moment.

Most importantly, summertime is about connection—the friendships we cherish, the conversations we share, and the memories we create with family and friends that stay with us long after the season has passed.



July Birthdays

- 16 - Pauline L.
- 17 - Rosaline C.
- 26 - Alison "Ali" H.
- 26 - Kevin R
- 26 - Derek E
- 27 - Ann C.
- 29 - Philemina H.

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

MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Coffee with Kevin : Join Kevin on Tuesday, July 14th to swap stories and ask questions. Catch up with Kevin in the main floor café between 10:10am - 10:30am. Everyone is welcome! Coffee and treats will be available. </p>			<p>1 Canada Day</p> 
<p>5 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion</p>	<p>6 9:30 - Devotion 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Music w/ Rejean</p>	<p>7 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - BB Toss 1:45 - Bingo</p>	<p>8 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - 3:00 - Poker</p>
<p>12 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion</p>	<p>13 9:30 - Devotions 10:15 - Exercises 11:00 - Axe Toss 1:45 -</p>	<p>14 9:30 - Devotions 10:10 - Coffee w/ Kevin 10:15 - Hula w/ Tina 11:00 - Washer Toss 2:00 - Beat The Heat CHC</p>	<p>15 9:30 - Devotions 10:00 - Staff Forum 11:00 - Ladder Ball 1:45 - Music w/ Alyssa 3:00 - Poker</p>
<p>19 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion</p>	<p>20 9:30 - Devotions 10:15 - Exercises 11:00 - Pool Noodle Hockey 1:45 - Board Games & Cards</p>	<p>21 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Mental Aerobics 1:45 - It's Then Again 2:30 - Food Committee W/ Anne</p>	<p>22 9:30 - Devotion 10:15 - Exercises 10:30 - Java Music 11:00 - Poker 1:45 - Music w/ Ron O. 3:00 - Poker</p>
<p>26 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion</p>	<p>27 9:30 - Devotions 10:15 - Exercises 11:00 - Mental Aerobics 1:45 - Bonnie Jean Duncan</p>	<p>28 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Mental Aerobics 1:45 - Music, Music 6:00 - Naloxone Training</p>	<p>29 9:30 - Devotion 10:15 - Exercises 11:00 - Summer Time Dice 1:30 - Golf Game 3:00 - Poker</p>

JULY 2026

THURSDAY	FRIDAY	SATURDAY
<p>2 9:30 - Devotions 10:15 - Exercises 1:30 - Canada Day Bingo</p>	<p>3 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Horse Race Music</p>	<p>4</p>
<p>9 9:30 - Devotions 10:15 - Exercises 11:00 - Cross Word 1:00 - CHC BCSS Partnership Presentation 3:00 - Oasis Crafts 3:00 - Craft & Connect, Knitting Club</p>	<p>10 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - Ladder Ball</p>	<p>11</p>
<p>16 9:30 - Devotions 10:15 - Exercises 11:00 - BB Toss 1:30 - Armchair Travel Italy 3:00 - Craft & Connect, Knitting Club</p>	<p>17 9:30 - Devotion 10:15 - Exercises 11:00 - Trivia 1:45 - Music w/ Davies</p>	<p>18 1:30 - Heart Circle ADP Room</p>
<p>23 9:30 - Devotions 10:15 - Exercises 1:30 - Heart Pharmacy 3:00 - Craft & Connect, Knitting Club</p>	<p>24 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - Bingo</p>	<p>25 1:30 - Heart Circle ADP Room</p>
<p>30 9:30 - Devotions 10:15 - Exercises 11:00 - Mental Aerobics 1:30 - Armchair Travel Greece 3:00 - Craft & Connect, Knitting Club</p>	<p>31 9:30 - Devotions 10:15 - Exercises 11:00 - Jeopardy 1:45 - Music w/ Jesse</p>	<p>Tuck Shop Open Every Wednesday 9:30 - 12:30 Main Lounge</p>

SECOND FLOOR ACTIVITIES

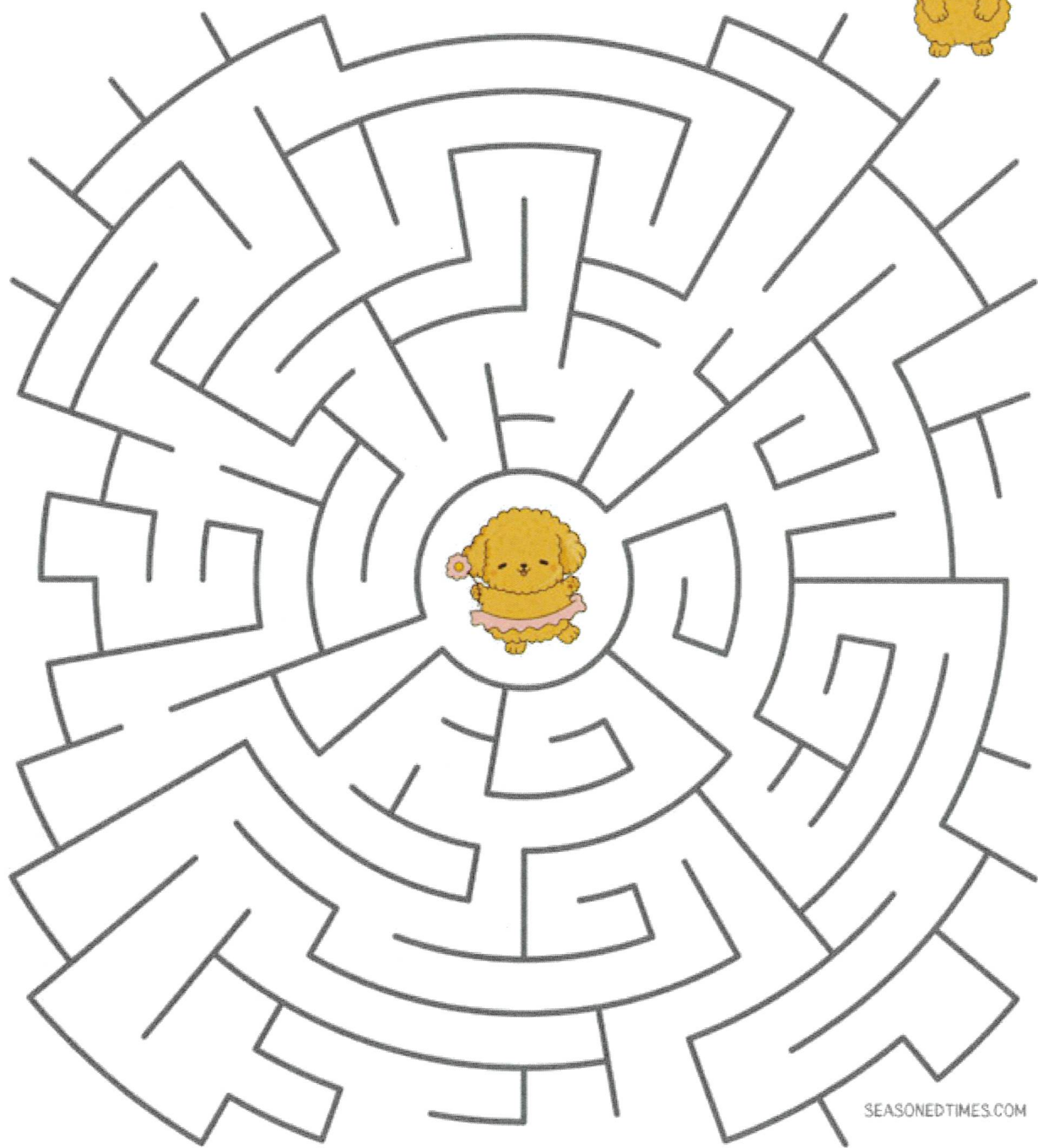
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Main Floor Lounge Programs are in Blue</p> <p>Dave W - 2nd floor Activity Worker</p>			
<p>5 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>6 9:30 – Devotions 1:45 – Music W/ Rejean</p>	<p>7 9:30 - Devotions</p>	<p>1 10:00 - Crosswords 2:00 - Trivia</p> 
<p>12 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>13 9:30 - Devotions</p>	<p>14 9:30 – Devotions 10:15 - Crosswords 1:45 - Jazz in The Sun 2:00 – CHC Beat The Heat 4:00 - Trivia</p>	<p>8 9:30 – Devotions 10:15 - Crosswords 1:45 - Bingo 4:00 - Trivia</p>
<p>19 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>20 9:30 - Devotions</p>	<p>21 9:30 – Devotions 10:15 - Crosswords 1:45 - It's Them Again 4:00 - Trivia</p>	<p>22 9:30 – Devotions 10:15 - Crosswords 1:45 - Music w/ Ron O. 4:00 - Trivia</p>
<p>26 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>27 9:30 – Devotions 1:45 – Bonnie Jean Duncan</p>	<p>28 9:30 – Devotions 10:15 - Crosswords 1:45 - Jazz in The Sun 4:00 - Trivia</p>	<p>29 9:30 - Devotions 10:15 - Crosswords 1:45 - Bingo 4:00 - Trivia</p>

JULY 2026

THURSDAY	FRIDAY	SATURDAY
<p>2 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz in The Sun 4:00 - Trivia</p>	<p>3 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia</p>	<p>4 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visit</p>
<p>9 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz in The Sun 3:00 - Oasis Craft & Connect Knitting Club 4:00 - Trivia</p>	<p>10 9:30 - Devotions 10:30 - Maudie's Music 4:00 - Trivia</p>	<p>11 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visit</p>
<p>16 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz in the Sun 3:00 – Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>17 9:30 - Devotions 10:30 - Maudie's Music 1:45 – Music w/ Mark D.</p>	<p>18 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visit</p>
<p>23 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Butter Fly Garden 3:00 - Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>24 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia</p>	<p>25 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visit</p>
<p>30 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz in The Sun 3:00 – Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>31 9:30 - Devotions 10:30 - Maudie's Music 1:45 – Music w/ Jesse B.</p>	<p>Tuck Shop Open Every Wednesday 9:30 - 12:30 Main Lounge</p>

PUPPY MAZE

HELP THE DANCING PUP GET TO HER FRIENDS.



SEASONEDTIMES.COM

FATHER'S DAY

WORD SEARCH

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

Father
Dad
Tie
Barbecue
Grilling
Tools
Strong

Hero
Mentor
Card
Golf
Fishing
Proud
Support



Jokes
Wisdom
Weekend
Family
Relax
Gift
Thanks

THIRD FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Main Floor Lounge Programs are in Blue</p> <p>3rd floor Activity Worker</p>			
<p>5 10:00 - Sunday Service Live Lutheran Church TV Broadcast</p>	<p>6 9:30 - Devotion 10:15 - Bingo & Chocolate 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>7 9:30 - Devotions 10:30 - Music w/ Ron O. 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>1  8 9:30 - Devotions 10:15 - Creative Café 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>
<p>12 10:00 - Sunday Service Live Lutheran Church TV Broadcast</p>	<p>13 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>14 9:30 - Devotions 10:30 - Music w/ Mark D. 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>15 9:30 - Devotions 10:15 - Creative Café 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>
<p>19 10:00 - Sunday Service Live Lutheran Church TV Broadcast</p>	<p>20 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>21 9:30 - Devotions 10:30 - Music w/ Ron O. 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>22 9:30 - Devotions 10:15 - Creative Café 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>
<p>26 10:00 - Sunday Service Live Lutheran Church TV Broadcast</p>	<p>27 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>28 9:30 - Devotions 10:30 - Music w/ Jesse 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>	<p>29 9:30 - Devotions 10:15 - Creative Café 12:00 - 1-1 Chats 2:00 - Walks & visits 4:50 - Visits & Chats</p>

JULY 2026

THURSDAY	FRIDAY	SATURDAY
<p>2 9:30 - Devotions 10:15 - Moving Together 12:00 - 1-1 Chats 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1-1 Visits & Chats</p>	<p>3 9:30 - Devotions</p>	<p>4</p>
<p>9 9:30 - Devotions 10:15 - Moving Together 12:00 - 1-1 Chats 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1-1 Visits & Chats</p>	<p>10 9:30 - Devotions</p>	<p>11</p>
<p>16 9:30 - Devotions 10:15 - Moving Together 12:00 - 1-1 Chats 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1-1 Visits & Chats</p>	<p>17 9:30 - Devotions</p>	<p>18</p>
<p>23 9:30 - Devotions 10:15 - Moving Together 12:00 - 1-1 Chats 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1-1 Visits & Chats</p>	<p>24 9:30 - Devotions</p>	<p>25</p>
<p>30 9:30 - Devotions 10:30 - Birthday Celebration with Rejean 12:00 - 1-1 Chats 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1-1 Visits & Chats</p>	<p>31 9:30 - Devotions</p>	<p>Tuck Shop Open Every Wednesday 9:30 - 12:30 Main Lounge</p>

Community Health Centre Upcoming Events

**Thursdays
3:00pm**
Community Craft & Connect
Paint, colour, knit, crochet, and more! Snacks and crafts provided.

**Thursday
July 9th
3:00pm**
Craft & Connect with Oasis Society
Join the Oasis Society to learn about Medicine Wheel teachings and create a sacred hoop.

**Thursday
July 9th
1:00pm**
Beyond the Dianosis: a talk on mental illness
We will hear from guest speakers on the impacts, realities, and experiences of living with mental illness.

**Tuesday
July 14th
2:00pm**
Beat the Heat: Summer Wellness
Join us for a free community education session designed to help you stay safe, cool, and healthy all summer long.

Email Mia at
community@luthercourt.org
for more information

The Library Corner by Sylvia

'A study in Scarlet Women' By Sherry Thomas (first in the 'Lady Sherlock' series)

The story begins with an inquisitive mind, Charlotte Holmes has never felt comfortable with the demureness expected of the fair sex in society.

But, she never felt comfortable being a social out – cast fending for her self on the mean and dangerous streets of London. She is struck by a trio of unexpected deaths and suspicion falls on her sister and father.

Charlotte is desperate to find the true culprits and clear her family. Help comes from friends new and old – in the end, it will be up to Charlotte to match wits with an unseen mastermind.

The plot thickens! Happy Reading :) Sylvia



Staying Safe and Comfortable in Long-Term Care during the Summer Heat

As temperatures rise during the summer months, it is important for residents in long-term care to take steps to stay cool, comfortable, and healthy. Older adults can be more vulnerable to heat-related illnesses because the body's ability to regulate temperature changes with age. By following a few simple precautions, residents can enjoy the summer season safely.

One of the most important ways to prevent dehydration is to drink fluids regularly throughout the day. Even when you do not feel thirsty, your body still needs water to stay hydrated. Residents are encouraged to choose water, milk, juice, or other approved beverages and to speak with nursing staff if they have any fluid restrictions related to their health conditions.

Staying hydrated does not always mean drinking water. Many fruits contain a high percentage of water and can be a refreshing way to increase fluid intake during hot weather. Watermelon, grapes, strawberries, cantaloupe, oranges, and peaches are excellent choices. Chilled fruit served directly from the refrigerator can be especially appealing on warm days and may be a good option for residents who do not enjoy drinking large amounts of water. In addition to helping with hydration, fruit provides important vitamins, minerals, and fiber that support overall health.

Choosing appropriate clothing can also help keep the body cool. Lightweight, loose-fitting, and light coloured clothing allows air to circulate and reduces heat absorption. Wearing a hat and sunscreen when spending time outdoors can provide additional protection from the sun's harmful rays.

During periods of extreme heat, residents should spend time in air-conditioned areas whenever possible. Common rooms, lounges, and other designated cooling spaces offer a comfortable environment and help reduce the risk of overheating. Outdoor activities are often best scheduled during the cooler morning hours or later in the evening when temperatures are lower.

Residents should also be aware of the signs of heat-related illness. Symptoms such as dizziness, headache, nausea, excessive fatigue, confusion, or unusually warm skin should be reported immediately to a staff member. Early recognition and prompt attention can prevent more serious health concerns.

Family members and visitors can also support resident well-being during hot weather by encouraging hydration and choosing cooler times of the day for visits and outings. Staff continue to monitor residents closely during heat events and implement additional measures as needed to ensure safety and comfort.

By staying hydrated, dressing appropriately, avoiding excessive heat exposure, and communicating any concerns to staff, residents can safely enjoy the many benefits of the summer season while maintaining their health, comfort, and independence.



Interdenominational Worship Services

ROMAN CATHOLIC COMMUNION

Communion offered 1:1 once a month.

TBA

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 CAFÉ

LUNCH: Mon - Sun

11:30am to 1:00pm

Soups, Salads, Sandwiches and more.

DINNER: Mon - Sun

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

Meals are prepaid & \$14.00

GAZEBO GIFTS & SWEETS

Crafts, Novelties, Candy, & Toiletries are available at a weekly trolley service

HAIR SALON

Wednesdays & Thursdays 9:00am to 2:30pm

Booking is advised 250-477-7241 ext. 233

***Drop-ins may be accommodated**

Dad Jokes

Why did the art thief's van run out of gas as he drove away from the museum?

Because he had no Monet to buy Degas to make the Van Gogh.

~~~~

**I told my tailor I wouldn't be needing his services anymore.**

He said "Fine, suit yourself".

~~~~

My wife asked if I had seen the dog bowl.

I said, "I didn't even know he could!"

~~~~

**Have you ever played quiet tennis?**

It's just like regular tennis but without the racket.