



Luther Court

SOCIETY

ACTIVITY NEWSLETTER - JUNE 2026



Healing for the Nations

The Book of Revelation often gets noted for the disastrous, destructive things taking place. If only the traumatic selections are read it can be disturbing. On the whole the book is a story of hope.

God's love prevails to build a new creation. The last chapter holds up a vision of a world once again created by God out of chaos. Here is part of this last chapter:

*"Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month, and **the leaves of the tree are for the healing of the nations.**" (Revelation 22:1-2 NRSV)*

I have been enjoying seeing the leaves come out this spring. I have even been doing a little gardening myself and delighting in the leaves that sprout from seeds. The thought of fresh leaves for healing lifts my heart.

The news is filled with disturbing stories about things being unsettled in the world. I can quickly feel overwhelmed and helpless. Moments of despair are not far away.

Thankfully, the TV and radio are not the only stories available. The vision of God's creation has the birds, flowers and leaves waving to share a story of hope that can be seen even today. We get glimpses of a renewed world as we enjoy seeing, hearing and touching these wonders.

On a family camping trip we were greeted with the regular visits of a hummingbird coming to feed on a honeysuckle bush. A picture of the flower is below along with a web shot of Rufous Hummingbird like the one we experienced. It was healing for me to encounter this lively activity. Surely, there is hope for the nations to heal as well!

Blessings, Spiritual Caregiver Ed



June Birthdays

1st - Peter B

17th - Ayo C.

21st - Randy H.

23rd - Dave S.

24th - Shirley A.

25th - Marian P.

26th - Elizabeth W.

Happy Birthday from all of us
at Luther Court!

MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Music w/ Peter J.	2 9:30 - Devotions 10:10 - Coffee w/ Kevin 10:15 - Hula w/ Tina 11:00 - Bingo 2:30 - Choir Practice	3 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Pool Noodle Hockey 1:30 - Flamenco Dancers 3:00 - Poker
7 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	8 9:30 - Devotions 10:15 - Exercises 11:00 - Connect 4 1:45 - Music w/ Ron O.	9 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Ball Darts 2:30 - Choir Practice	10 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Washer Toss 1:30 - Father's Day Program 3:00 - Poker
14 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	15 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - Music w/ Jesse B.	16 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Curling 2:30 - Choir Practice	17 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Axe Toss 1:30 - CHC Hypertension Talk 3:00 - Poker
21 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion Happy Father's Day	22 9:30 - Devotions 10:15 - Exercises 11:00 - Axe Toss 3:00 - Board Games x 2 3:00 - Living w/ Loss (Boardroom # 5)	23 9:30 - Communion 10:15 - Hula w/ Tina 11:00 - Dice Game 1:45 - Luther Court Choir Summer Concert	24 9:30 - Devotions 10:15 - Exercises 10:15 - Cookies w/ Anne 10:45 - Java Music 1:45 - Music w/ Jesse B. 3:00 - Poker
28 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	29 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag 1:45 - Butchart or Bust 3:00 - Poker	30 9:30 - Devotions 10:15 - Exercises 11:00 - Trivia 1:30 - Canada Day w/ Hoss Hills	

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THURSDAY	FRIDAY	SATURDAY
4 9:30 - Devotions 10:15 - Yoga w/ Moira 11:00 - Curling 3:00 - Craft & Connect, Knitting Club	5 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Music w/ Mark D.	6 1:30 - Heart Circle (ADP Room)
11 9:30 - Devotions 10:15 - Yoga w/ Moira 11:00 - Bingo 1:30 - Filipino Dancers 3:00 - Oasis Crafts 3:00 - Craft & Connect, Knitting Club	12 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - Music w/ It's Them Again	13 1:30 - Heart Circle (ADP Room)
18 9:30 - Devotion 10:15 - Yoga w/ Moira 11:00 - Dice Game 11:45 - Entertainment 'Slim Sandy' In The Cafe 1:30 - National Indigenous Day 3:00 - Craft & Connect, Knitting Club	19 9:30 - Devotions 10:30 - Father's Day Sing - A - Long W/ Carolyn & Theresa	20
25 9:30 - Devotions 10:15 - Yoga w/ Moira 1:00 - Lounge Closed for Setup 3:00 - LCS ANNUAL GENERAL MEETING	26 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - Bingo	27

Coffee with Kevin : Join Kevin on June 2nd 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.



Notice of Luther Court Society's

ANNUAL GENERAL MEETING



Thursday, June 25, 2026 | 3:00 pm

**Luther Court Main Lounge
1525 Cedar Hill Cross Rd**



Are you a member of Luther Court Society? Now is a great time to become one!

Did you know...you can become an annual member for \$20 or a lifetime member for \$200. If you become or renew your membership by June 25, you are eligible to vote at our upcoming AGM on June 25. You can become a member online or in person at the business office. Your contribution is eligible for a tax receipt.

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>1 9:30 - Devotions</p>	<p>2 9:30 - Devotions 10:15 - Crosswords & Words Games 1:45 - Balloon Volley 2:15 - 1:1 Visits 2:30 - Choir Practice 4:00 - Trivia</p>	<p>3 9:30 - Devotions 10:15 - Crosswords & Words Games 1:30 - Flamenco Dancers 4:00 - Trivia</p>
<p>7 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>8 9:30 - Devotions</p>	<p>9 9:30 - Devotions 10:15 - Crosswords & Words Games 1:45 - Bingo 2:30 - Choir Practice</p>	<p>10 9:30 - Devotions 10:15 - Crosswords & Words Games 1:45 - Balloon Volley 2:15 - Outdoor Visits 4:00 - Trivia</p>
<p>14 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>15 9:30 - Devotions 10:00 - Catholic Communion 1:45 - Music w/ Jesse B.</p>	<p>16 9:30 - Devotions 10:15 - Crosswords & Words Games 1:45 - Outdoor Visits 2:30 - Choir Practice 4:00 - Trivia</p>	<p>17 9:30 - Devotions 10:15 - Crosswords & Words Games 1:45 - Bowling 4:00 - Trivia</p>
<p>21 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p> <p>Happy Father's Day</p>	<p>22 9:30 - Devotions</p>	<p>23 9:30 - Communion 10:15 - Crosswords & Words Games 1:45 - Luther Court Choir 4:00 - Trivia</p>	<p>24 9:30 - Devotions 10:15 - Crosswords & Words Games 1:45 - Music w/ Jesse B. 4:00 - Trivia</p>
<p>28 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>29 9:30 - Devotions 1:45 - Butchart or Bust</p>	<p>30 9:30 - Devotions 10:15 - Crosswords & Words Games 1:30 - Hoss Hills for Canada Day 4:00 - Trivia</p>	

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THURSDAY	FRIDAY	SATURDAY
<p>4 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Outdoor Visits 3:00 - Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>5 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Music w/ Mark D.</p>	<p>6 10:00 - Bible Reading 1:45 - Trivia 2:00 - Music w/ Ron O. 2:30 - Dog Visits</p>
<p>11 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Filipino Dancers 3:00 - Oasis Society 3:00 - Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>12 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Music w/ It's Them Again</p>	<p>13 10:00 - Bible Reading 10:15 - Crosswords & Words Games 2:00 - Trivia 2:30 - Dog Visits</p>
<p>18 9:30 - Devotion 10:30 - Maudie's Music 1:45 - Balloon Volley 2:15 - Outdoor Visits 3:00 - Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>19 9:30 - Devotions 10:30 - Maudie's Music 10:30 - Father's Day Sing - A - Long W/ Carolyn & Theresa 2:00 - Trivia</p>	<p>20 10:00 - Bible Reading 10:15 - Crosswords & Words Games 2:00 - Trivia 2:30 - Dog Visits</p>
<p>25 9:30 - Devotions 10:30 - Maudie's Music 2:15 - Outdoor Visits 3:00 - LCS ANNUAL GENERAL Meeting 4:00 - Jeopardy</p>	<p>26 9:30 - Devotions 10:30 - Maudie's Music 2:00 - Trivia</p>	<p>27 10:00 - Bible Reading 10:15 - Crosswords & Words Games 2:00 - Trivia 2:30 - Dog Visits</p>

THIRD FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Main Floor Lounge Programs are in Blue</p>			
	<p>1 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>2 9:30 - Devotions 10:30 - Music w/ Ron 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>3 9:30 - Devotions 10:15 - Creative Cafe 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>
<p>7 10:00 - Sunday Service 12:00 - 1 on 1 Chats 2:00 - 1 on 1 Visits/Walk</p>	<p>8 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>9 9:30 - Devotions 10:30 - Music w/ Jesse B. 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>10 9:30 - Devotions 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>
<p>14 10:00 - Sunday Service 12:00 - 1 on 1 Chats 2:00 - 1 on 1 Visits/Walk</p>	<p>15 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>16 9:30 - Devotions 10:30 - Music w/ Ron 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>17 9:30 - Devotions 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>
<p>21 10:00 - Sunday Service 12:00 - 1 on 1 Chats 2:00 - 1 on 1 Visits/Walk Happy Father's Day</p>	<p>22 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>23 9:30 - Communion 10:30 - It's Them Again 12:00 - 1:1 chats 2:00 - Walks & Visits 1:45 - Luther Court Choir 4:50 - 1:1 Visits & Chats</p>	<p>24 9:30 - Devotions 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>
<p>28 10:00 - Sunday Service 12:00 - 1 on 1 Chats 2:00 - 1 on 1 Visits/Walk</p>	<p>29 9:30 - Devotions 10:15 - Bingo & Chocolate 12:00 - 1:1 chats 2:00 - Walks & Visits 4:50 - 1:1 Visits & Chats</p>	<p>30 9:30 - Devotions 10:30 - Music w/ Jesse B 12:00 - 1:1 chats 3:30 - 1:1 Visits & Chats</p>	

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THURSDAY	FRIDAY	SATURDAY
<p>4 9:30 - Devotions 10:15 - Moving Together 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1:1 Visits & Chat</p>	<p>5 9:30 - Devotions 1:30 - 1:1 Music Therapy</p>	<p>6</p>
<p>11 9:30 - Devotions 10:15 - Moving Together 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1:1 Visits & Chat</p>	<p>12 9:30 - Devotions 1:30 - 1:1 Music Therapy</p>	<p>13</p>
<p>18 9:30 - Devotions 10:15 - Moving Together 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1:1 Visits & Chat</p>	<p>19 9:30 - Devotions 1:30 - 1:1 Music Therapy</p>	<p>20</p>
<p>25 9:30 - Devotions 10:15 - Moving Together 2:00 - Walks & Visits 2:00 - Music w/ Maudie 4:50 - 1:1 Visits & Chat</p>	<p>26 9:30 - Devotions 1:30 - 1:1 Music Therapy</p>	<p>27</p>

Community Health Centre Upcoming Events

**Thursdays
3:00pm**

Community Craft & Connect

Paint, colour, knit, crochet, and more! Snacks and crafts provided.

**Thursday
June 11th
3:00pm**

Craft & Connect with Oasis Society

Join the team from Oasis and create beaded bracelets!

**Wednesday
June 17th
1:30pm**

Understanding Your Blood Pressure

Learn why we care about our blood pressure and ways to manage high blood pressure.

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

Safety, Connection & Care

Caring for Minds and Hearts: Supporting Psychological Health & Safety Together

Psychological Health & Safety is an important part of creating a positive and supportive environment for everyone in our community — staff, residents, and families alike. Just as physical safety protects our bodies, psychological safety helps protect our mental and emotional well-being.

In long-term care, people experience a wide range of emotions every day. Staff balance demanding responsibilities, residents may face changes in health or independence, and families often carry worry, stress, or grief. When we support psychological health and safety, we create an environment where people feel respected, valued, heard, and safe to express concerns without fear of judgment.

A psychologically healthy environment can improve communication, reduce stress, strengthen teamwork, and enhance the quality of care and relationships throughout the home. Small actions can make a meaningful difference.

Here are a few simple ways everyone can help support psychological health and safety:

For Staff

- Take regular breaks when possible and use available supports
- Speak respectfully and kindly with coworkers, residents, and families
- Check in with one another and offer support during difficult days
- Report concerns early and ask for help when needed

For Residents

- Stay connected with others through activities and conversation
- Share concerns, feelings, or needs with staff or family members
- Participate in programs and routines that bring comfort and enjoyment
- Practice self-care through rest, movement, hobbies, or relaxation

For Families

- Maintain open and respectful communication with staff
- Offer encouragement and emotional support to loved ones
- Recognize the emotional demands placed on care teams
- Reach out if you have concerns or need support yourself

Creating a psychologically safe environment is a shared responsibility. By treating one another with compassion, patience, and understanding, we help build a community where everyone feels supported, respected, and cared for.

Carmen S.

Interdenominational Worship Services

ROMAN CATHOLIC COMMUNION

Communion offered 1 - 1 once a month.

June 15 - 10:00am

Contact Chaplain Ed to be added to the 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

Monday to Friday: Drop-in

VOLUNTEER OPPORTUNITIES

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

Chaplain & 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 & pre-ordered

Cost: \$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

BC Care Providers Conference 2026

How it started...



Joseph, HCA: Designed a 'Visual Path' Mobility Kit + Selected as Finalist for the Safety Den

How it's going...



Won 1st Place + People's Choice Award + Celebrated with Family!!