



Luther Court
SOCIETY

ACTIVITY NEWSLETTER - MAY 2026



Mom's Heart and Smiles

Mother's Day in May is another occasion to think about Mom. I think about family pictures and see Mom's smile as she looks at her children. I can still hear her voice calling to me. In her voice and in her smiles at me I recall the feeling of approval and connection. Mom's heart always held a place for me along with my siblings.

I also think of the moms of those who we honour on May 5th which is Red Dress Day (the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit people). This may be a difficult topic to consider. This day honours victims and survivors of gender-based violence, raising awareness of the disproportionate violence against Indigenous women and girls. Often hanging empty red dresses in public is a way to recognize the day. It can be a time to join our hearts together in hopes that no one is alone and that we live for a time of peace to return.

On the first pages of the Bible in Genesis there is the story of all creation that shares something of God's smiling heart. After each description of a day of creation comes the note, "And God saw that it was good." (eg. Genesis 1:18) It is as if God's heart is smiling. It is not a side comment either. To make the point, this affirmation is repeated seven times in the story. God's smiles are echoed in the hearts of moms smiling about their children.

The world was created millions of years ago. My Mom died four years ago. However, the smiling has not stopped. God still smiles on each of us. There is room for all of us in all of our wonderful diversity. The spring flowers keep coming up so that we can see how God would have smiled on those first days of creation. Mom's voice still sounds in my head and I can feel her love. My hope is that we all have moments and people who have given us approving looks, hugs and words that tell us how their heart is smiling over us. Enjoy the smiles and share one from time to time.

Blessings,
Spiritual Caregiver Ed

May Birthdays

08 - James R.

09 - Mary S

12 - Mary C.

13 - Robert W.

14 - Sara C.

14 - Brian S.

23 - Elaine T.

25 - Sue S.

30 - Kenneth R.

Happy Birthday from all of us
at Luther Court!

MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<div style="border: 2px solid blue; padding: 10px;"> <p>Coffee with Kevin : Join Kevin on Tuesday May 12th 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> </div>			
3 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	4 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 3:00 - Board Games, Chess, Cribbage Etc.	5 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Bingo 2:30 - Choir Practice	6 9:30 - Devotions 10:00 - Diamond Mining Presentation 10:15 - Cookies w/ Anne 1:30 - Mindfulness & Chair Yoga w/ Amber B 3:00 - Poker.
10 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion Happy Mother's Day	11 9:30 - Devotions 10:15 - Exercises 11:00 - Connect 4 1:45 - It's Them Again 3:00 -Living with Loss (Boardroom # 5)	12 9:30 - Devotions 10:10 - Coffee w/ Kevin 10:15 - Hula w/ Tina 11:00 - Pool Noodle Hockey 2:30 - Choir Practice	13 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:30 - Just in Time Jazz Trio 3:00 - Poker
17 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	18 <p style="text-align: center;">Victoria Day</p>	19 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Victoria Trivia 2:30 - Choir Practice	20 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Mental Aerobics 1:45 - Curling 3:00 - Poker
24/31 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	25 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - Tenant Birthday Celebration Tea w/ Ron O.	26 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 2:30 - Choir Practice	27 9:30 - Devotions 10:00 - Staff Forum 10:45 - Java Music 11:00 - BB Toss 1:30 - Vintage Fashion Show 3:00 - Poker

MAY 2026

THURSDAY	FRIDAY	SATURDAY
	1 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - Music w/ Mark D.	2 1:30 —Heart Circle (ADP Room)
7 9:30 - Devotions 10:15 - Exercises 1:30 - Mother's Day Tea 3:00 - Oasis Society 3:00 - Craft & Connect, Knitting Club	8 9:30 - Devotions 10:15 - Exercises 11:00 - Brain Game 1:45 - Curling	9
14 9:30 - Communion 10:15 - Exercises 11:00 - BB Toss 3:00 - Craft & Connect, Knitting Club	15 9:30 - Devotions 10:15 - Exercises 11:00 - Mental Aerobics 1:45 - Axe Toss	16 1:30 —Heart Circle (ADP Room)
21 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:30 - Ladder Ball 3:00 - Craft & Connect, Knitting Club	22 9:30 - Devotions 10:15 - Exercises 11:00 - BB Toss 1:45 - Music w/ Alyssa	23 1:30 —Heart Circle (ADP Room)
28 9:30 - Devotions 10:15 - Exercises 11:00 - Bingo 3:00 - Craft & Connect, Knitting Club	29 9:30 - Devotion 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Piano w/ Jesse B.	30 1:30 —Heart Circle (ADP Room)

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>3 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>4 9:30 - Devotions</p>	<p>5 9:30 - Devotions 10:00 - Crosswords 1:45 - Balloon Volley 2:30 - Choir Practice 4:00 - Jeopardy</p>	<p>6 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Bingo 4:00 - Trivia</p>
<p>10 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p> <p>Happy Mother's Day</p>	<p>11 9:30 - Devotions 1:45 - It's Them Again</p>	<p>12 9:30 - Devotions 10:00 - Crosswords 1:45 - Nail Care 2:30 - Choir Practice 4:00 - Trivia</p>	<p>13 9:30 - Devotions 10:00 - Crosswords 1:30 - Just in Time Jazz Trio 4:00 - Jeopardy</p>
<p>17 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>18 10:00 - Crosswords 2:00 - Trivia</p> <p>Victoria Day</p>	<p>19 9:30 - Devotions 10:00 - Crosswords 10:15 - Catholic Communion 1 - 1 1:45 - Tales From The Vinal Café 2:30 - Choir Practice 4:00 - Trivia</p>	<p>20 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Out side Walk 4:00 - Jeopardy</p>
<p>24/31 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>25 9:30 - Devotions 1:45 - Music w/ Ron O</p>	<p>26 9:30 - Devotions 1:45 - Bingo 2:30 - Choir Practice 4:00 - Trivia</p>	<p>27 9:30 - Devotions 10:00 - Staff Forum 10:30 - Maudie's Music 1:45 - Vintage Fashions 4:00 - Jeopardy</p>

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THURSDAY	FRIDAY	SATURDAY
	<p>1 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Music w/ Mark D</p>	<p>2 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>7 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Mother's Day Tea 3:00 - Oasis Society 3:00 - Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>8 9:30 - Devotions 1:45 - Bowling</p>	<p>9 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>14 9:30 - Communion 10:30 - Maudie's Music 1:45 - Outside Walk 3:00 - Craft & Connect, Knitting Club 4:00 - Trivia</p>	<p>15 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Outside Walk</p>	<p>16 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>21 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Balloon Volley 3:00 - Craft & Connect, Knitting Club 4:00 - Jeopardy</p>	<p>22 9:30 - Devotions 1:45 - Music w/ Alyssa</p>	<p>23 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>28 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Skee Ball 4:00 - Trivia</p>	<p>29 9:30 - Devotions 1:45 - Music w/ Jesse</p>	<p>30 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>

Name: _____

Date: _____

Moms do so much, and now it's time to celebrate them! Hidden in this puzzle are words all about Mother's Day—can you find them? Search in every direction, circle each one, and cross it off the list as you go!



Mother's Day Word Search



BAKE	M	R	X	C	A	R	D	G	I	F	T	D	X	N
BEST	R	Z	E	N	S	P	E	C	I	A	L	Q	E	K
CARD	Q	E	N	W	Y	L	I	M	A	F	D	R	K	Y
CARE	C	M	H	C	O	B	N	Z	M	O	M	M	A	C
COZY	O	H	E	T	A	L	U	V	W	B	D	F	B	G
DAY	Z	G	A	H	O	R	F	C	L	A	E	K	T	U
FAMILY	Y	N	R	J	S	M	E	O	Y	L	Q	S	M	H
FLOWER	T	L	T	B	Y	W	V	H	T	P	E	D	W	T
FUN	H	H	H	M	Y	E	E	N	F	B	E	A	F	F
GENTLE	A	L	A	O	T	L	E	E	X	K	R	P	M	L
GIFT	N	A	J	P	P	G	L	N	T	M	I	L	O	R
HAPPY	K	U	G	N	P	I	Y	I	C	N	V	S	N	H
HEART	B	G	H	C	M	Y	C	H	E	M	O	H	S	X
HELP	N	H	D	S	K	C	L	S	L	K	I	N	D	R
HOME														
HOPE														
HUG														

- JOY
- KIND
- KISS
- LAUGH
- LOVE



- MOM
- MOTHER
- SHINE
- SMILE
- SPECIAL
- SWEET
- THANK
- WARM



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THIRD FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs are in Blue			
3 10:00 - Sunday Service 2:00 - 1 on 1 Visits	4 9:30 - Devotions 10:15 - Bingo & Chocolate 1:30 - 1 on 1 Visits 1:45 - It's Them Again	5 9:30 - Devotions 10:30 - Music w/ Ron 2:30 - Choir Practice	6 9:30 - Devotions 10:15 - Creative Cafe
10 10:00 - Sunday Service 2:00 - 1 on 1 Visits 	11 9:30 - Devotions 10:15 - Bingo & Chocolate 1:30 - 1 on 1 Visits	12 9:30 - Devotions 10:30 - Music w/ Rejean 2:30 - Choir Practice	13 9:30 - Devotions 10:15 - Creative Cafe 1:30 - Just in Time Jazz Trio
17 10:00 - Sunday Service 2:00 - 1 on 1 Visits	18 10:15 - Bingo & Chocolate 1:30 - 1 on 1 Visits Victoria Day	19 9:30 - Devotions 10:30 - Music w/ Ron 2:30 - Choir Practice	20 9:30 - Devotions 10:15 - Creative Cafe
24/31 10:00 - Sunday Service 2:00 - 1 on 1 Visits	25 9:30 - Devotions 10:15 - Bingo & Chocolate 1:30 - 1 on 1 Visits	26 9:30 - Devotions 10:30 - Music w/ Jesse 2:30 - Choir Practice	27 9:30 - Devotions 10:00 - Staff Forum 10:15 - Creative Café 1:45 - Vintage Fashion Show

MAY 2026

THURSDAY	FRIDAY	SATURDAY
	1 9:30 - Devotions 1:45 - Music w/ Mark D.	2
7 9:30 - Devotions 10:15 - Moving Together 2:00 - Music w/ Maudie 1:30 - Mother's Day Tea 3:00 - Oasis Craft 3:00 - Craft & Connect, Knitting Club	8 9:30 - Devotions	9
14 9:30 - Communion 10:15 - Moving Together 2:00 - Music w/ Maudie 3:00 - Craft & Connect, Knitting Club	15 9:30 - Devotions	16
21 9:30 - Devotions 10:15 - Moving Together 2:00 - Music w/ Maudie 3:00 - Craft & Connect, Knitting Club	22 9:30 - Devotions 1:45 - Music w/ Alyssa	23
28 9:30 - Devotions 10:30 - May Birthday Celebration 2:00 - Music w/ Maudie 3:00 - Craft & Connect, Knitting Club	29 9:30 - Devotions 1:45 - Piano w/ Jesse B.	30

Community Health Centre Upcoming Events

**Thursdays
3:00pm**

Craft & Connect

**Luther Court Lounge
Paint, colour, knit, crochet, and
more! Snacks and crafts provided.**

Craft & Connect with Oasis Society

**Luther Court Lounge
Join the team from Oasis and create
beaded earrings and key chains!**

Thursday

**May 7th
3:00pm**

**Wednesday
May 6th
1:30pm**

Mindfulness Chair Yoga with Amber

**Luther Court Lounge
A class with guided mindfulness
and seated yoga movements.**

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

Safety, Connection & Care

Resident Safety: What Residents Can Do to Stay Safe

Resident safety is a shared responsibility and an important part of quality of care. While staff are here to support and assist, residents also play a valuable role in helping maintain a safe and healthy living environment.

One of the most important ways residents can stay safe is by helping to prevent falls. Using call bells when assistance is needed, wearing well-fitting, non-slip footwear, and keeping personal spaces tidy can all reduce the risk of injury. Taking your time when moving, especially when getting up from a chair or bed, can also make a big difference. If you feel unsteady or dizzy, pausing and asking for help is always the safest choice.

Good hand hygiene is another simple but powerful way residents can protect themselves and others. Cleaning hands regularly—especially before eating, after using the washroom, and after coughing or sneezing—helps prevent the spread of illness. Alcohol-based hand rub can be used when hands are not visibly dirty; apply enough to cover all surfaces of the hands and rub until dry. When hands are visibly soiled, washing with soap and water for at least 20 seconds, including between fingers and around nails, is recommended.

Residents are also encouraged to speak up if something doesn't feel right. Whether it's a spill that could cause a fall, a concern about their room setup, or how they are feeling, sharing concerns helps staff respond quickly and keep everyone safe. Reporting small issues early can prevent bigger problems later.

Staying engaged in care is another important step. Asking questions, participating in care planning, and communicating preferences helps ensure care is both safe and respectful. It also supports residents in maintaining independence while still receiving the right level of assistance.

Being aware of your surroundings is another helpful habit. Noticing wet floors, clutter in hallways, or poor lighting and reporting it right away can help prevent accidents for everyone. Keeping frequently used items within easy reach also reduces unnecessary strain or risk.

Staff play an essential role in maintaining a safe environment by responding promptly to call bells, supporting mobility needs, completing regular safety checks, and maintaining clean, well organized spaces. They also monitor changes in residents' health, communicate clearly with residents and families, and follow established safety and infection prevention practices.

By working closely with residents and encouraging open communication, staff help ensure that safety is always part of everyday care.

Carmen S.

Interdenominational Worship Services

ROMAN CATHOLIC COMMUNION

Communion offered 1 - 1 once a month.

May 19th - 10:15am

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

CLOSED TILL MAY 10TH

Dear **MOM**

I _____ you so much! You are the _____
mom in the whole _____. I love it when you _____.

I love you more than _____ and _____.

I think you are amazing because _____.

You make me laugh when you _____.

Thank you for always _____.

My mom in 3 words: **Happy Mother's Day!**
1. _____
2. _____
3. _____ **Love,** _____