



Luther Court
SOCIETY

ACTIVITY BOOKLET – SEPTEMBER 2026

National Day for Truth and Reconciliation



The Importance of National Day for Truth & Reconciliation: A Non-Indigenous Perspective

September 30th, the National Day for Truth and Reconciliation, is a time for those of us who are non-Indigenous—whether we are settlers, newcomers, or descendants of those who benefited from colonization—to pause, reflect, and act. It's a day to recognize the truth of Canada's history and the ongoing impacts of colonial systems on Indigenous Peoples, especially here on the West Coast of British Columbia.

Residential schools were not a “dark chapter” in Canada's past—they were part of a deliberate policy of assimilation designed to erase Indigenous languages, cultures, and identities. Thousands of children never came home. Thousands more survived but carry the deep trauma of being taken from their families, communities, and sense of self. This day challenges us to listen to the truths shared by Survivors and their families and to hold space for grief, pain, and resilience. We must also recognize that these harms were not just historical—they continue today in the form of systemic racism, lack of access to services, overrepresentation in child welfare and justice systems, and ongoing struggles for land and sovereignty.

As non-Indigenous people living on these lands, we have a responsibility. Truth and Reconciliation isn't just an Indigenous issue—it's a Canadian one. Reconciliation begins with listening, learning, and unlearning. It means educating ourselves about the real history of this country, beyond what we may have been taught in school. It means supporting Indigenous communities and rights—not just on this day, but every day. Wearing an orange shirt is a good first step—but it's a symbol. What matters more is what we do the other 364 days of the year.

This day is an invitation: to reflect on our place in Canada's colonial history, to acknowledge the privileges we hold, and to commit to building respectful, just relationships with Indigenous Peoples and communities.

Reconciliation is not a destination—it's a journey.
Let this day be a reminder that the work is ongoing, and it's ours to carry forward.



Carmen S.

HAPPY BIRTHDAY

02 - Beryl M.

02 - Ruth C.

06 - Edward “Ted” N.

07 - Margarethe B.

11 - Janet C.

13 - Ralph V.

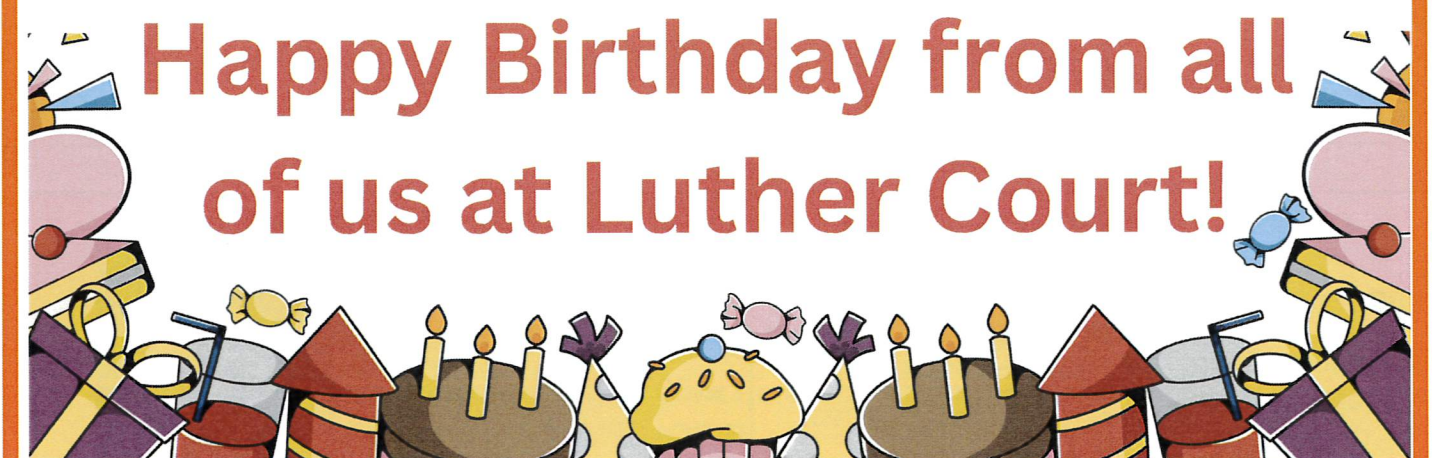
14 - Audrey W.

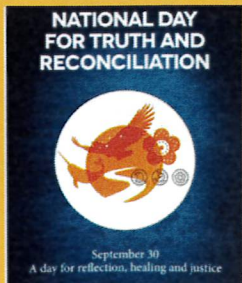
19 - Maria S.

22 - Anne P.

29 - Nina S.

29 - Elizabeth “Liz” H.

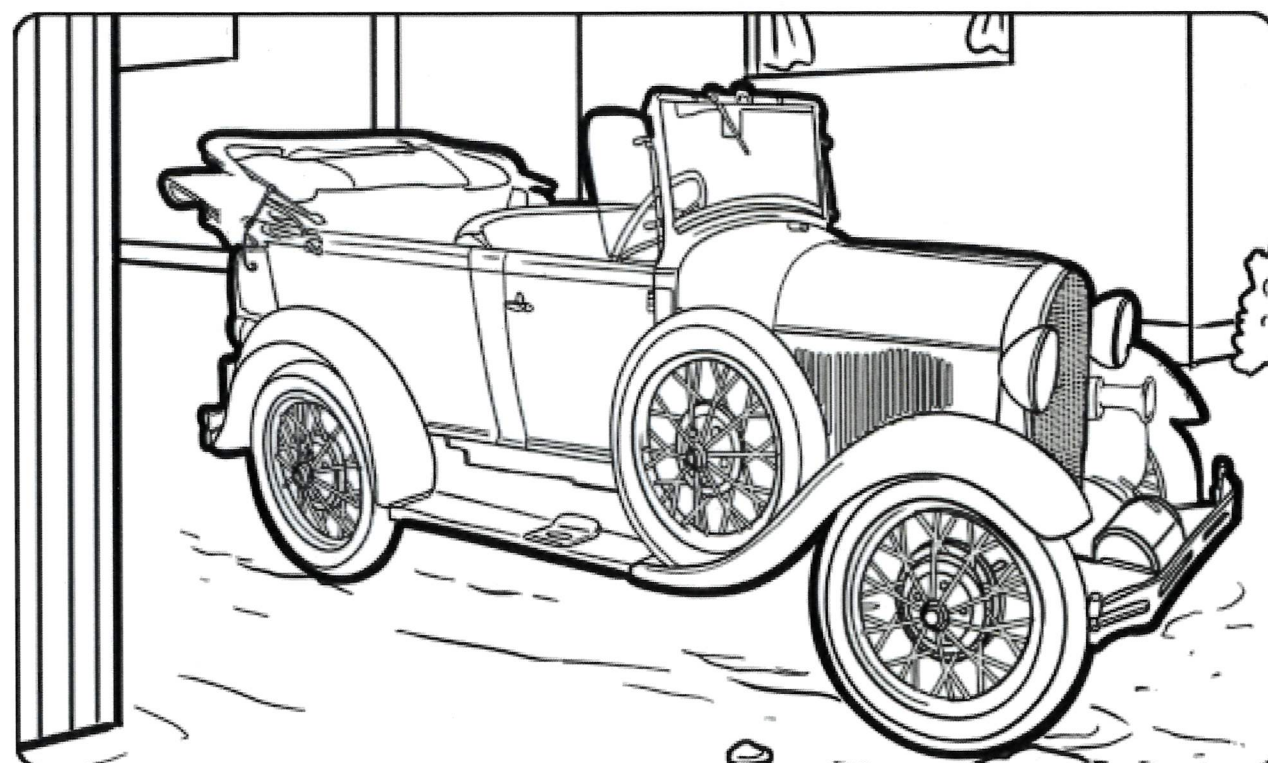
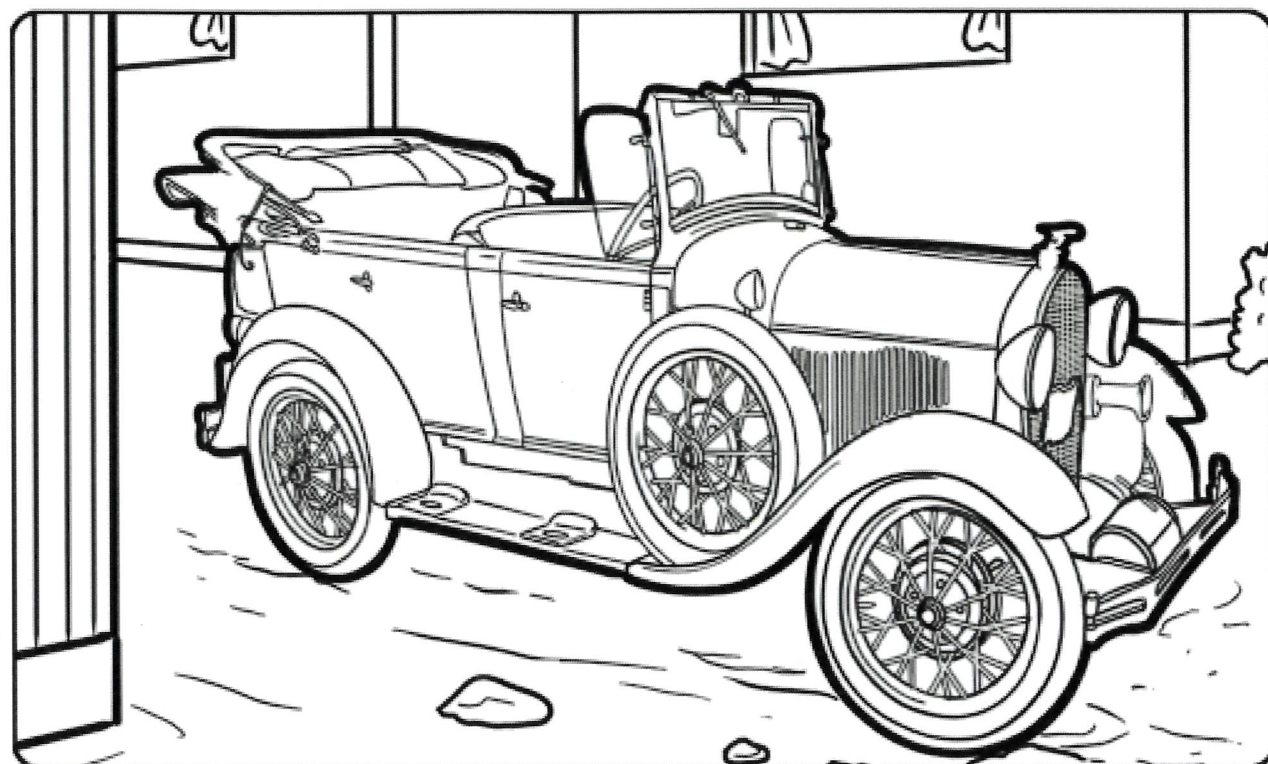


MAIN FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Dice Game 1:45 - Splashdown Showdown 2:30 - Choir Practice	2 9:30 - Devotions 10:15 - Exercises 11:00 - Back to School Scramble 1:45 - K - Tone Music 3:00 - Poker
6 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	7 	8 9:30 - Devotions 10:15 - Hula w/ Tina 10:10 - Coffee w/ Kevin 11:00 - Bingo 2:30 - Choir Practice	9 9:30 - Devotions 10:30 - Leadership setup 11:00 - Accrediation Meeting 3:00 - Poker
13 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	14 9:30 - Devotions 10:15 - Exercises 1:45 - Music w/ It's Them Again	15 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Word in a Word 2:30 - Choir Practice	16 9:30 - Communion 10:30 - Fossils & Minerals 3:00 - Poker
20 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	21 9:30 - Devotions 10:15 - Exercises 1:45 - Celebration Tea w/Jesse B. 3:00 - Living with Loss Room # 5	22 9:30 - Devotions 10:15 - Hula w/ Tina 11:00 - Axe Toss 2:30 - Choir Practice	23 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music 11:00 - Trivia 2:00 - Cookies w/ Anne 3:00 - Poker
27 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	28 9:30 - Devotions 10:15 - Exercises 1:45 - Blackjack & Board Games	29 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 2:30 - Choir Practice 6:00- CHC Naloxone Training	30 

SEPTEMBER 2026		
THURSDAY	FRIDAY	SATURDAY
3 9:30 - Devotions 10:15 - Gentle Stretch 1:30 - Music w/ Jesse B. 3:00 - Craft & Connect Knitting	4 9:30 - Devotions 10:15 - Exercises 11:00 - BB Toss 1:45 - Dice Game	5
10 9:30 - Devotions 10:15 - Gentle Stretch 1:30 - Armchair Travel - Scandinavia 3:00 - Crafts w/ Oasis Society Knitting	11 9:30 - Devotions 10:30 - Accreditation setup 11:00 - Accreditation Debriefing	12
17 9:30 - Devotions 10:15 - Gentle Stretch 11:00 - Ladder Ball 3:00 - Craft & Connect Knitting	18 9:30 - Devotions 10:15 - Exercises 11:00 - Jeopardy 1:45 - Pool Noodle Hockey	19
24 9:30 - Devotions 10:15 - Gentle Stretch 11:00 - Dice Game 1:30 - Armchair Travel - Germany 3:00 - Craft & Connect Knitting Popcorn Day In the Lobby	25 9:30 - Devotions 10:15 - Exercises 11:00 - Alphabet Challenge 1:45 - It's Them Again	26 1:30 - 2:30 - Heart Circle In ADP Room
Coffee with Kevin: Join Kevin on Tuesday, September 8th 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.		

SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



The Answers are on page 16

SCHOOL

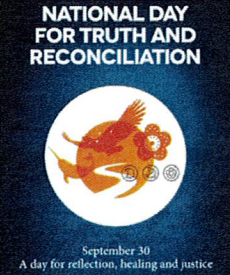
Word Search Puzzle

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

- | | | | |
|------------|----------|-----------|------------|
| Backpack | Desk | Lunch | Reading |
| Bench | Exam | Notebook | Recess |
| Blackboard | Friends | Pencils | Ruler |
| Books | Homework | Principal | School Bus |
| Chalk | Learn | Teacher | Students |
| Classroom | Library | Quiz | Study |

SECOND FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs are in Blue Dave W - 2nd floor Activity Worker (Tuesday to Saturday)			
		1 9:30 - Devotions 10:00 - Crosswords 1:45 - Jazz in the Garden 4:00 - Trivia	2 9:30 - Devotions 10:15 - Crosswords 1:30 - Music w/ "K - Tones" 4:00 - Trivia
6 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	7 	8 9:30 - Devotions 10:00 - Crosswords 1:45 - Jazz in the Garden 4:00 - Trivia	9 9:30 - Devotions 10:15 - Crosswords 1:30 - Balloon Volley 2:00 - Bingo 4:00 - Trivia
13 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	14 9:30 - Devotions 1:45 - It's Them Again	15 9:30 - Devotions 10:00 - Crosswords 1:45 - Jazz in the Garden 4:00 - Trivia	16 9:30 - Communion 10:15 - Crosswords 1:45 - Presentation on Rock & Minerals 2:00 - Bowling 4:00 - Trivia
20 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	21 9:30 - Devotions	22 9:30 - Devotions 10:00 - Crosswords 1:00 - Catholic Communion 1:1 1:45 - Jazz in the Garden 4:00 - Trivia	23 9:30 - Devotions 10:15 - Crosswords 1:30 - Balloon Volley 2:00 - Bingo 4:00 - Trivia
27 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	28 9:30 - Devotions	29 9:30 - Devotions 10:00 - Crosswords 1:45 - Jazz in the Garden 4:00 - Trivia	30 10:15 - Crosswords 1:45 - Dave's Workshop: Stanned Glass 4:00 - Trivia

SEPTEMBER 2026		
THURSDAY	FRIDAY	SATURDAY
3 9:30 - Devotions 10:30 - Maudie's Music 1:30 - Music w/ Jesse B. 3:00 - Craft & Connect & Knitting 4:00 - Trivia	4 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia	5 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
10 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz In The Garden 3:00 - Craft Connect w/ Oasis Society 4:00 - Trivia	11 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia	12 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
17 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz In The Garden 3:00 - Craft & Connect Knitting 4:00 - Trivia	18 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Trivia	19 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits
24 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Jazz In The Garden 3:00 - Craft & Connect Knitting 4:00 - Trivia	25 9:30 - Devotions 10:30 - Maudie's Music 1:45 - It's Them Again	26 10:00 - Bible Reading 10:15 - Crosswords 1:30 - Trivia 2:30 - Dogs Visits

THIRD FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs are in Blue 3rd floor Activity Worker Katy S. (Sunday to Thursday)		1 9:30 - Devotions 10:30 - Music w/ Ron 2:00 - Mental Aerobics 3:00 - Stroll w/ Stories	2 9:30 - Devotions 10:30 - Mind & Body Fit 2:00 - Target Toss 3:30 - Stroll w/ Stories
	6 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 1:30 - Corn Fest 2:00 - Resident Assessments	7 	8 9:30 - Devotions 10:30 - Music w/ Jesse 2:00 - Balloon Volley 3:30 - Stroll w/ Stories
	13 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	14 9:30 - Devotions 10:30 - Chocolaty Bingo 1:45 - It's Them Again 2:00 - Chair Fit w/ Sherry Zak	9 9:30 - Devotions 10:30 - For the Birds 2:00 - Mind Jog 3:30 - Stroll w/ Stories
	20 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	15 9:30 - Devotions 10:30 - Music w/ Ron 2:00 - Balloon Volley 3:00 - Target Toss	16 9:30 - Communion 10:30 - Short Stories 2:00 - Twister Toss 3:30 - Chatty Walks
	27 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Resident Assessments	21 9:30 - Devotions 10:30 - Chocolaty Bingo	22 9:30 - Devotions 10:30 - Name That Tune 2:00 - Target Toss 3:30 - Chatty Walks
	28 9:30 - Devotions 10:30 - Chocolaty Bingo 2:00 - Balloon Volley & Target Toss	29 9:30 - Devotions 10:30 - Music w/Davies 2:00 - Mental Aerobics 3:30 - Stroll w/ Stories	30 

SEPTEMBER 2026		
THURSDAY	FRIDAY	SATURDAY
3 9:30 - Devotions 10:00 - Drive for Corn 2:00 - Music w/ Maudie	4 9:30 - Devotions	5
10 9:30 - Devotions 10:30 - Mental Aerobics 2:00 - Music w/ Maudie 3:30 - Chatty Walks	11 9:30 - Devotions	12
17 9:30 - Devotions 10:30 - Mental Aerobics 2:00 - Music w/ Maudie 3:30 - Stroll w/ Stories	18 9:30 - Devotions	19
24 9:30 - Devotions 10:30 - Birthday Celebration w/ Jesse B. 2:00 - Music w/ Maudie	25 9:30 - Devotions 1:45 - It's Them Again	26

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
Sept 10th
3:00pm**

Oasis Society Community Craft & Connect

Join the Oasis Society on September 10th for a orange shirt beaded pin workshop! Open to all ages and abilities.

**Wednesday
Sept 23rd
5:30pm
On Zoom**

Online: Digital Tools for Everyday Nutrition

In this online workshop, our registered dietitian will demonstrate free and easy-to-use apps and tools that can help support your nutrition goals.

**Tuesday
Sept 29th
6:00pm**

Naloxone Training

Learn how to identify and respond to a drug poisoning, practice administering naloxone, and take home your own naloxone kit.

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

Emergency Code Refresher: We're Here to Keep You Safe

At Luther Court, your safety is our priority. From time to time, you may hear one of our emergency codes announced. These codes help our staff quickly understand what is happening and what needs to be done.

If you hear an emergency code, please don't worry. Stay calm, listen to our staff, and follow their directions. We are here to help you.

What Should I Do When I Hear a Code?

When you hear an emergency code, please:

- **Stop and listen** for instructions from staff.
- Follow the directions given to you, even if you are unsure about what is happening.
- Stay where you are unless staff tell you to move.
- If you need help, **let a staff member know**.
- Please do not try to manage the situation on your own.
- Stay calm and allow our staff to assist you.
- Wait for staff to tell you when it is safe to return to your normal activities.

Independent Living - If you live in Independent Living, you may be able to respond to an emergency on your own. You may be asked to stay in your apartment, move to another location, or evacuate. Please listen carefully to staff and follow the directions you are given. If you need assistance, let us know. We will help you.

Assisted Living - If you live in Assisted Living, you may need some additional help during an emergency. Staff may come to you, give you directions, help you move, or stay with you. Please stay with staff and follow their instructions. If you are unsure what to do, simply ask. We will guide you through the situation.

Long-Term Care - For our Long-Term Care residents, staff will provide direct care, reassurance, and hands-on assistance as needed during an emergency. You do not need to figure out what to do on your own. Our staff will come to you, explain what is happening, and help you every step of the way.

A Reminder for Everyone - Emergencies can feel unsettling, but you are not alone. Our staff have responsibilities and procedures to follow to help keep everyone safe.

Whether you live independently or require more assistance, please listen to our staff and follow their directions. This allows us to work together and respond as quickly and safely as possible.

Know the Codes

Code		Black – Any Threat to Safety	Code		Brown – Hazardous Spill
Code		Orange – Disaster	Code		Grey – Shelter in Place
Code		Silver – Active Shooter	Code		Green – Evacuation
Code		Yellow – Missing Person	Code		White – Aggression

Remember: You are not expected to handle an emergency on your own. Listen to our staff, follow their directions, and let us help you and keep you safe.

Interdenominational Workshop Services

ROMAN CATHOLIC COMMUNION

Communion offered 1:1 once a month.

September 22nd 1pm

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**

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