



JANUARY 2024 NEWSLETTER



New Years & Resolutions

New Year's celebrations mark the conclusion of one year and the onset of another, transcending cultural boundaries and embodying the spirit of renewal, hope, and fresh beginnings. This global festivity is a time-honored tradition observed worldwide, serving as an opportunity for reflection, appreciation, and anticipation for the future. The significance of celebrating the New Year lies in bidding farewell to the past, acknowledging achievements, learning from experiences, and embracing the prospect of a clean slate.

New Year's resolutions symbolize a commitment to personal growth, self-improvement, and the pursuit of aspirations. They stem from the desire to enhance one's life, whether by adopting healthier habits, pursuing educational or career goals, fostering better relationships, or exploring new experiences. The act of making resolutions serves as a catalyst for self-reflection, encouraging individuals to assess their priorities, set achievable objectives, and cultivate a sense of purpose for the coming year.

The practice of formulating New Year's resolutions holds value beyond mere goal setting; it embodies a sense of optimism and empowerment. While resolutions may vary in scope and nature, they foster a mindset of progress and determination, encouraging individuals to strive for positive change and personal development. Despite the common stereotype of abandoned resolutions, the act of setting intentions for the New Year fosters a sense of motivation and a tangible starting point for realizing personal aspirations.

In essence, the celebration of the New Year and the crafting of resolutions serve as a collective and individual expression of hope, renewal, and the perpetual quest for self-improvement. It's a time to reflect on the past, embrace the present, and eagerly anticipate the possibilities that the future holds.

Wishing you peace & happiness in 2024.


MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 	2 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 2:00 - Choir Practice	3 9:30 - Devotions 10:15 - Exercises 11:00 - Drum Circle 1:45 - Music Charlie B. 3:30 - Knitting Club 5:30 - Chess Club
7 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	8 9:30 - Devotions 10:15 - Exercises 11:00 - Bingo 1:45 - Un-Decorating	9 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 2:00 - Choir Practice	10 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:30 - Art Therapy Rm 110 3:30 - Knitting Club 5:30 - Chess Club
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 with Rejean 3:00 - Caregiver Support Group	16 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 2:00 - LC Winter Choir Concert	17 9:30 - Communion 10:15 - Exercises 11:00 - Drum Circle 1:30 - Art Therapy Rm 110 3:30 - Knitting Club 5:30 - Chess Club in Cafe 6:00 - Healthy eating after the holidays
21 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	22 9:30 - Devotions 10:15 - Exercises 11:00 - Bingo 1:45 - Peter & Bob Scottish Songs 3:00 - Travel: Scotland	23 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 2:00 - Choir Practice	24 9:30 - Devotions 10:15 - Exercises 10:45 - Singalong with Theresa & Carolyn 1:30 - Art Therapy Rm 110 3:30 - Knitting Club 5:30 - Chess Club
28 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	29 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Music: 2 Among Friends 3:00 - Caregiver Support Group	30 9:30 - Devotions 10:15 - Exercises 11:00 - Jeopardy 2:00 - Choir Practice	31 9:30 - Devotions 10:15 - Exercises 11:00 - Drum Circle 1:30 - Art Therapy Rm 110 3:30 - Knitting Club 5:30 - Chess Club

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THURSDAY	FRIDAY	SATURDAY
4 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:30 - New Years Party Shindig! 6:00 - Bridge Club	5 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - IPad - Rm #110 3:00 - Poker Group	6 1:00 - Scrabble 2:00 - Music: Michael Majocha
11 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - 21 or Blackjack 6:00 - Bridge Club	12 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Music with Alyssa 3:00 - Poker Group	13 1:00 - Scrabble
18 9:30 - Devotions 10:15 - Exercises 11:00 - Jeopardy 1:00 - Catholic Mass - Rm 110 1:45 - Celebration Tea - Ron Ogden 6:00 - Bridge Club	19 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:45 - IPad - Rm #110 1:45 - Bingo 3:00 - Poker Group	20 1:00 - Scrabble 2:00 - Music: Elderly Brothers
25 9:30 - Devotions 10:15 - Exercises 11:00 - Things Game 1:45 - Robbie Burns Day 6:00 - Bridge Club	26 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Curling 3:00 - Poker Group	27 1:00 - Scrabble
		

SECOND FLOOR ACTIVITIES			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs Dave W - 2nd floor Activity Worker	1 9:30 - Devotions 10:00 - Crosswords 1:45 - Vinyl Cafe 2:00 - Choir Practice 4:00 - Jeopardy	2 9:30 - Devotions 10:00 - Crosswords 1:45 - Vinyl Cafe 2:00 - Choir Practice 4:00 - Jeopardy	3 9:30 - Devotions 10:00 - Crosswords 1:45 - Un-Decorating 1:45 - Music Charlie B. 4:00 - Jeopardy
7 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	8 9:30 - Devotions 10:00 - Knitting Group 1:45 - TBA	9 9:30 - Devotions 10:00 - Crosswords 1:45 - Vinyl Cafe 2:00 - Choir Practice 4:00 - Jeopardy	10 9:30 - Devotions 10:00 - Crosswords 1:30 - Art Therapy - Rm 110 1:45 - Yahtzee 2:30 - 1:1 Time 4:00 - Jeopardy
14 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	15 9:30 - Devotions 10:00 - Knitting Group 1:45 - Music by Rejean	16 9:30 - Devotions 10:00 - Crosswords 1:45 - Vinyl Cafe 2:00 - LC Winter Choir Concert 4:00 - Jeopardy	17 9:30 - Communion 10:00 - Crosswords 1:30 - Art Therapy - Rm 110 1:45 - Craft: God's Eye 2:30 - 1:1 Time 4:00 - Jeopardy 6:00 - Healthy eating after the Holidays
21 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	22 9:30 - Devotions 10:00 - Knitting Group 1:45 - Peter & Bob sing Scottish Songs	23 9:30 - Devotions 10:00 - Crosswords 1:45 - Vinyl Cafe 2:00 - Choir Practice 4:00 - Jeopardy	24 9:30 - Devotions 10:00 - Crosswords 10:45 - Singalong with Theresa & Carolyn 1:30 - Art Therapy - Rm 110 1:45 - Bingo 4:00 - Jeopardy
28 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	29 9:30 - Devotions 10:00 - Knitting Group 1:45 - Music: 2 Among Friends	30 9:30 - Devotions 10:00 - Crosswords 1:45 - Vinyl Cafe 2:00 - Choir Practice 4:00 - Jeopardy	31 9:30 - Devotions 10:00 - Crosswords 1:30 - Art Therapy - Rm 110 1:45 - Crafts: Origami 2:30 - 1:1 Time 4:00 - Jeopardy

JANUARY 2024		
THURSDAY	FRIDAY	SATURDAY
4 9:30 - Devotions 10:30 - Maudie's Music 1:30 - New Years Party Shindig 4:00 - Jeopardy	5 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Bingo 4:00 - Jeopardy	6 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Music: Michael Majocho
11 9:30 - Devotions 10:30 - Maudie's Music 1:45 - 1:1 Time 4:00 - Jeopardy	12 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Short Stories 4:00 - Jeopardy	13 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia
18 9:30 - Devotions 10:30 - Maudie's Music 1:00 - Catholic Mass - Rm 110 1:45 - Celebration Tea - Ron Ogden 4:00 - Jeopardy	19 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Popcorn Day 4:00 - Jeopardy	20 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Music: Elderly Brothers
25 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Robbie Burns Day 4:00 - Jeopardy	26 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Short Stories 4:00 - Jeopardy	27 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia
		

Join our caregiver support group!



Connect with
caregivers who
understand

*Caring for a
loved one...*

*...you
are
invited*


WHEN: January 15, January 29
3:00pm-4:00pm

WHERE: Luther Court Main Lounge

WHO: Open to everyone, no RSVP required

ANY QUESTIONS? Contact Chaplain Ed 250-477-7241 ext.223
or Lilly 250-953-1614 ext. 303, or ask a staff member to reach out
on your behalf .

THIRD FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Main Floor Lounge Programs Nancy S - 3rd floor Activity Worker	1 	2 9:30 - Devotions 10:30 - Arts & Crafts 1:45 - Games 2:00 - Choir Practice	3 9:30 - Devotions 10:30 - Trivia/Exercises 1:45 - Music Charlie B.
7 1:45 - 1 on 1 Visits	8 9:30 - Devotions 10:15 - Music with Peter	9 9:30 - Devotions 10:30 - Arts & Crafts 1:45 - Games 2:00 - Choir Practice	10 9:30 - Devotions 10:30 - Trivia/Exercises 1:30 - Art Therapy - Rm 110
14 1:45 - 1 on 1 Visits	15 9:30 - Devotions 10:30 - Exercises/Quiz 1:45 - Music with Rejean	16 9:30 - Devotions 10:30 - Arts & Crafts 1:45 - Games 2:00 - LC Winter Choir Concert	17 9:30 - Communion 10:15 - Music with Ron 1:30 - Art Therapy - Rm 110 6:00 - Healthy eating after the Holidays
21 1:45 - 1 on 1 Visits	22 9:30 - Devotions 10:30 - Exercises/Quiz 1:45 - Music: Peter & Bob Sing Scottish Songs	23 9:30 - Devotions 10:15 - Music with Ron 1:45 - Games 2:00 - Choir Practice	24 9:30 - Devotions 10:45 - Singalong with Theresa & Carolyn 1:45 - Music with Rejean
28 1:45 - 1 on 1 Visits	29 9:30 - Devotions 10:30 - Exercises/Quiz 1:45 - Music: 2 Among Friends	30 9:30 - Devotions 10:15 - Music with Ron 1:45 - Games 2:00 - Choir Practice	31 9:30 - Devotions 10:30 - Trivia/Exercises 1:30 - Art Therapy Rm 110

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THURSDAY	FRIDAY	SATURDAY
4 9:30 - Devotions 10:30 - Games & Visits 1:30 - New Years Party Shindig 2:00 - Maudie's Music	5 9:30 - Devotions	6 2:00 - Music: Michael Majocha 
11 9:30 - Devotions 10:30 - Games & Visits 1:45 - Music 2:00 - Maudie's Music	12 9:30 - Devotions	13 
18 9:30 - Devotions 10:30 - Games & Visits 1:00 - Catholic Mass - Rm 110 1:45 - Music 2:00 - Maudie's Music	19 9:30 - Devotions	20 2:00 - Music: Elderly Brothers 
25 9:30 - Devotions 10:30 - Games & Visits 1:45 - Robbie Burns Day 2:00 - Maudie's Music	26 9:30 - Devotions	27 
		

Greetings from Luther Court!

To all Family Caregivers, relatives and friends of our residents.

We've got some fantastic news to share with you! Our community is absolutely thrilled to announce the relaunch of our Family Council, and we'd love for you to be a part of it!

A Family Council is a forum for families and representatives of residents that meet to maintain and enhance the quality of life of residents through peer support and education and provide voices for residents and families to improve the experiences of all community members.

It's a directive from the Ministry of Health to make sure that sharing your thoughts and concerns about how our care facilities operate is easier than ever before.

We understand how important it is for you to feel heard when it comes to the day-to-day workings of our community. If there's something on your mind about the environment, our employees, or the treatment of your loved one, you now have a direct avenue to express it.

Your requests and questions will be handled promptly and with confidentiality. We'll ensure that you're kept in the loop every step of the way.

Should you have a suggestion or an idea please talk to us about it. Your feedback will always be welcome.

Councils will be required to meet at least twice a year and everyone is welcome. If we as a Council feel there is a need to meet more frequently, that can be arranged. Please consider becoming a member of the Council.

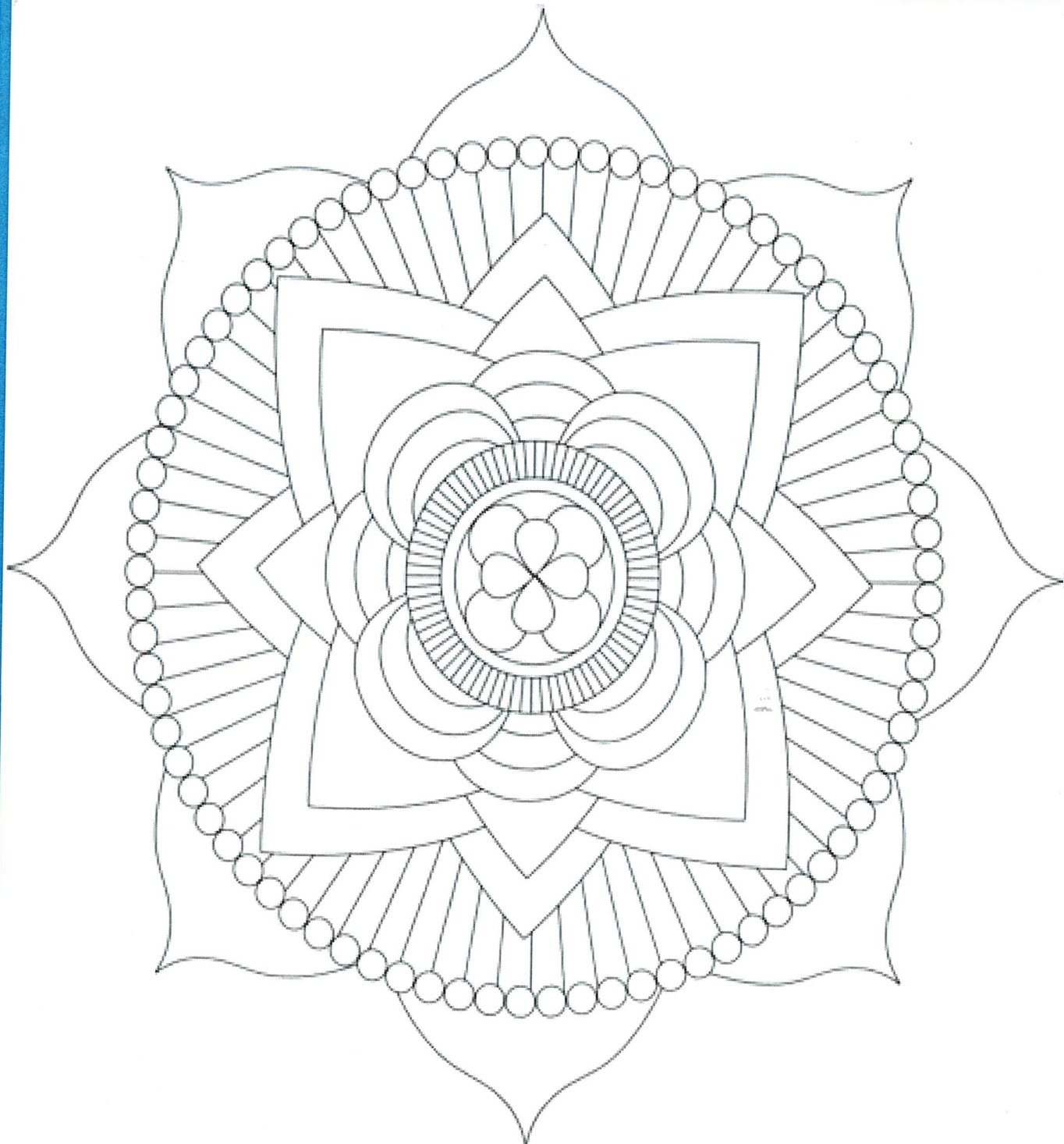
These are your current contacts on the Council:

Gail Boulger: gailandpatrick@shaw.ca

Peter Jasmin: tlp@telus.net

Alice Weins: alice.weins@icloud.com

Looking forward to hearing from you.



Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, and feelings of anxiety. **Crayons are available at reception.**

WORSHIP

DEVOTIONS:

Interdenominational services
Weekday mornings at 9:30 am

ROMAN CATHOLIC COMMUNION

The 3rd Thursday at 1pm in Room #110
Contact Chaplain Ed to be added to the list

ANGLICAN COMMUNION

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

CHURCH SERVICE

Lutheran Church of the Cross website:
www.lutheranvictoria.ca
10:00 am "Live Stream" in Main Lounge



PERSONAL CARE

HOME SUPPORT

Housekeeping, personal care or
companion services are available
at reasonable rates.

TENANT WELLNESS CLINIC

Monday to Friday: Drop-in

FOOT CARE

Foot care nurses are available
with an applicable cost.

HAIR SALON

Wednesdays and Thursdays
From 9:00am to 2:30pm
Advance booking is advised
250-477-7241 ext. 33

*Drop-ins may be accommodated

THE GARDEN CAFÉ

SEVEN DAYS A WEEK

11:30am to 1:00pm

Soups, Salads, Sandwiches, Lunch
Specials, Desserts & Beverages

TENANT EVENING MEAL SERVICE

SEVEN DAYS A WEEK

Doors open at 4:45pm

Meals served at 5:00pm

Meals are prepaid

Please see Carolyn or Fiona to arrange payment

GAZEBO GIFTS & SWEETS

Crafts, Novelties, Candy, Toiletries
are available through a weekly
trolley service on Wednesdays

TIMES COLONIST

Newspaper available through subscription
Delivery to door

VOLUNTEER OPPORTUNITIES

If you or someone you know would
like to volunteer please talk to
Chaplain Ed.

[Ed Chell](#)

Chaplain & Coordinator of Volunteers
250 - 477 - 7241 ext. 23

LCS CONTACT INFORMATION

[Carolyn Hoekstra](#)

Director of Care and Community
250 - 477 - 7241 ext. 28

[Robin Love](#)

Manager of Access, Community
& Associate Director of Care
250 - 477 - 7241 ext. 242