



Luther Court
SOCIETY

APRIL 2024 - NEWSLETTER





SPRING MARATHON

Starts on April 1st and ends June 19th

Start counting your laps around the garden.

The distance from Luther Court, walking around Butchart Gardens and back to Luther Court is roughly a **marathon!**

Get your walking shoes ready and sign up with Vivienne in Activities.

Fun Fact: **16** times around Luther Court's garden is equal to 1KM.

*If you would like company, the waking club will meet in the lounge twice a week after lunch. (Butchart Gardens or Bust)

A decorative border surrounds the central text area. It features a blue background with white polka dots. Various colorful balloons (yellow, green, purple, blue, red, orange) are scattered throughout the border, some with black strings and bows.

April Birthdays

02 Ted N
02 Margaret N
05 Elizabeth J
07 June F
17 Sheena J
18 Ron L
18 Gheroghe S
18 John S
27 Valentin M
27 Hans E
28 Margaret B
30 Eve M.

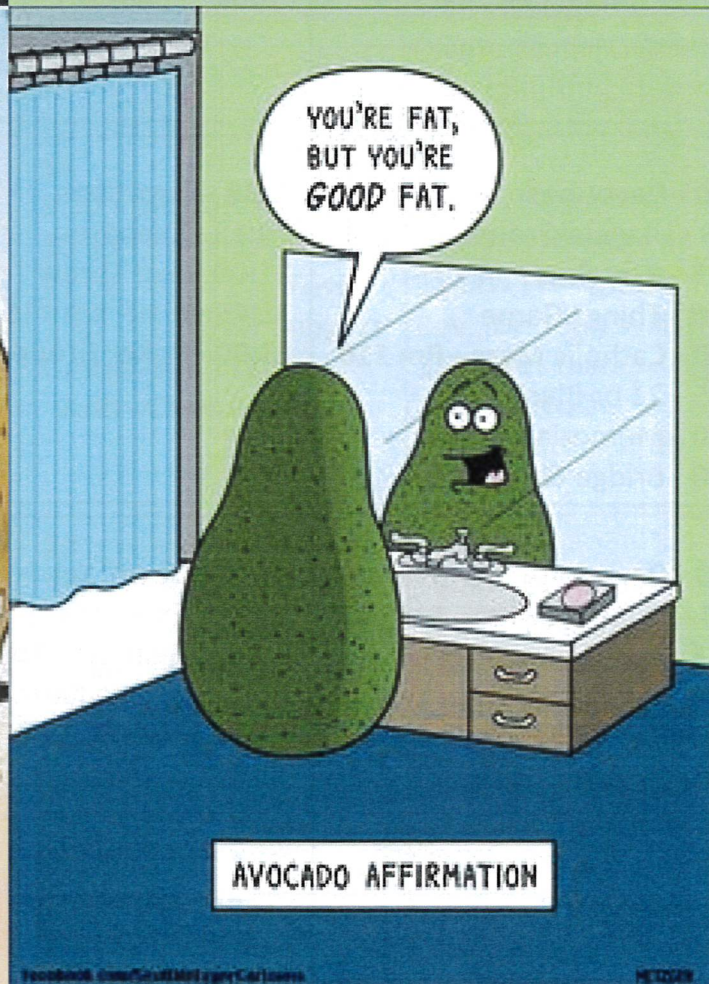
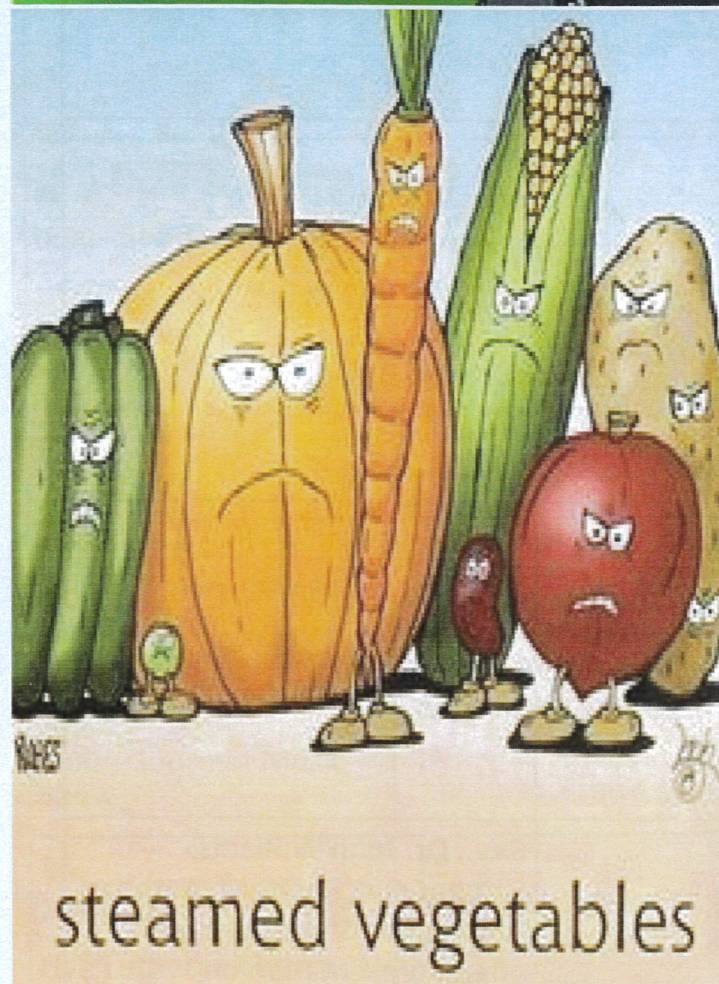
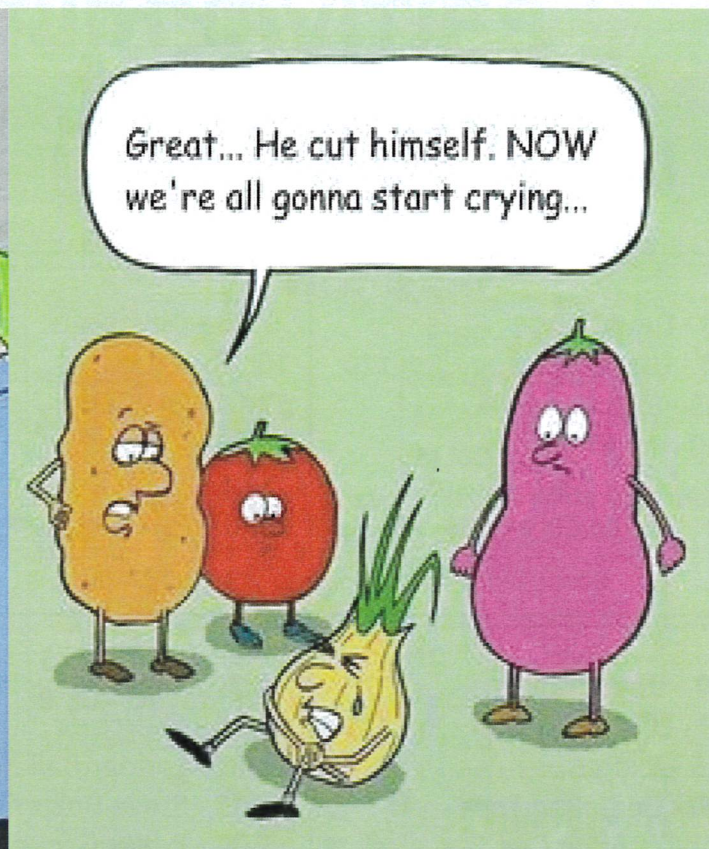
**Happy Birthday from all of us
at Luther Court!**

MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 Easter Monday	2 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:30 - Caregiver Support Group - Rm 110 2:00 - Choir Practice	3 9:30 - Devotions 10:15 - Exercises 10:45 - Java Music Rm110 11:00 - Bean Bag Toss 1:30 - Art Therapy - Rm110 1:45 - TBA 3:30 - Knitting Club
7 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	8 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - Ladder Ball	9 9:30 - Devotions 10:15 - Exercises 11:00 - BINGO! 2:00 - Choir Practice	10 9:30 - Devotions 10:15 - Exercises 11:00 - Crossword 1:30 - Art Therapy - Rm110 1:45 - Music: Quintessential Quartet 3:30 - Knitting Club
14 0:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	15 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:30 - Vintage Fashion Show	16 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:30 - Caregiver Support Group - Rm 110 2:00 - Choir Practice	17 9:30 - Devotions 10:15 - Exercises 11:00 - Presentation: Rev., Dr. John Williams 1:30 - Art Therapy - Rm110 1:45 - BINGO! 3:30 - Knitting Club
21 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion 2:00 - Gourmet Music Show	22 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - BINGO!	23 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 2:00 - Sing-A-Long	24 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Music: It's Them Again 3:30 - Knitting Club
28 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	29 9:30 - Devotions 10:15 - Exercises 11:00 - Things Game 1:45 - Celebration Tea with Ron	30 9:30 - Devotions 10:15 - Exercises 11:00 - BINGO! 2:00 - Choir Practice	

APRIL 2024

THURSDAY	FRIDAY	SATURDAY
4 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Exercises 11:00 - Axe Toss 1:45 - Music: Peter Jasmin 6:00 - Bridge Club	5 9:30 - Devotions 10:15 - Exercises 11:00 - BINGO! 1:45 - Curling 1:45 - iPad- Rm #110 3:00 - Poker Group	6
11 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Exercises 11:00 - Bean Bag Toss 6:00 - Bridge Club	12 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Steve Bolger 3:00 - Poker Group	13
18 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Exercises 11:00 - Things Game 1:00 - Catholic Mass - Rm 110 1:45 - 21 or Blackjack 3:00 - Memorial Service 6:00 - Bridge Club	19 9:30 - Devotions 10:15 - Exercises 11:00 - Axe Throw 1:45 - iPad- Rm #110 3:00 - Poker Group	20
25 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Dice Game 1:45 - Heart Pharmacy Talk Medication Safety 6:00 - Bridge Club	26 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Alyssa Klazek 3:00 - Poker Group	27
		Rev., Dr. John Williams, Luther Court Resident, Author, Scholar and Story teller will offer a presentation on Wednesday, April 17, at 11:00am in the main lounge.



Old TV Shows

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

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

ALICE
 BEN CASEY
 BEVERLY HILLBILLIES
 CHIPS
 CANNON
 CAPTAIN KANGAROO
 DOBIE GILLIS
 DONNA REED
 DR. KILDARE
 EMERGENCY
 FLIPPER

FLYING NUN
 FUGITIVE
 GOMER PYLE
 GOOD TIMES
 GREEN ACRES
 GREEN HORNET
 HOWDY DOODY
 I SPY
 IRONSIDE
 JETSONS
 KOJAK

L.A. LAW
 LASSIE
 LOVE BOAT
 MAD ABOUT YOU
 MAUDE
 MEDICAL CENTER
 MIAMI VICE
 MOD SQUAD
 MOONLIGHTING
 MURPHY BROWN

ODD COUPLE
 PEYTON PLACE
 RAWHIDE
 RIFLEMAN
 RIN TIN TIN
 SOAP
 ST. ELSEWHERE
 TAXI
 THREE'S COMPANY
 WALTONS

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 Easter Monday</p>	<p>2 9:30 - Devotions 10:00 - Crosswords 1:45 - Sing Along 2:00 - Choir Practice 4:00 - Jeopardy</p>	<p>3 9:30 - Devotions 10:00 - Crosswords 1:30 - Art Therapy - Rm110 1:45 - Exercises 2:30 - 1:1 Time 4:00 - Jeopardy</p>
<p>7 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>8 9:30 - Devotions 10:00 - Knitting Group 1:45 - TBA</p>	<p>9 9:30 - Devotions 10:00 - Crosswords 1:45 - Garden Walk 2:00 - Choir Practice 4:00 - Jeopardy</p>	<p>10 9:30 - Devotions 10:00 - Crosswords 1:30 - Art Therapy - Rm110 1:45 - Music: Quintessential Quartet 4:00 - Jeopardy</p>
<p>14 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>15 9:30 - Devotions 10:00 - Knitting Group 1:30 - Vintage Fashion Show</p>	<p>16 9:30 - Devotions 10:00 - Crosswords 1:45 - Sing Along 2:00 - Choir Practice 4:00 - Jeopardy</p>	<p>17 9:30 - Devotions 10:00 - Crosswords 1:30 - Art Therapy - Rm110 1:45 - Exercises 2:30 - 1:1 Time 4:00 - Jeopardy</p>
<p>21 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>22 9:30 - Devotions 10:00 - Knitting Group 1:45 - TBA</p>	<p>23 9:30 - Devotions 10:00 - Crosswords 1:45 - Garden Walk 2:00 - Choir Practice 4:00 - Jeopardy</p>	<p>24 9:30 - Devotions 10:00 - Crosswords 1:45 - Music: It's Them Again 4:00 - Jeopardy</p>
<p>28 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>29 9:30 - Devotions 10:00 - Knitting Group 1:45 - TBA</p>	<p>30 9:30 - Devotions 10:00 - Crosswords 1:45 - Sing Along 2:00 - Choir Practice 4:00 - Jeopardy</p>	

APRIL 2024

THURSDAY	FRIDAY	SATURDAY
<p>4 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Music: Peter Jasmin 4:00 - Jeopardy</p>	<p>5 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Garden Walk 4:00 - Jeopardy</p>	<p>6 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>11 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Garden Walk 4:00 - Jeopardy</p>	<p>12 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Steve Bolger 4:00 - Jeopardy</p>	<p>13 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>18 9:30 - Devotions 10:30 - Maudie's Music 1:00 - Catholic Mass - Rm 110 1:45 - Garden Walk 3:00 - Memorial Service 4:00 - Jeopardy</p>	<p>19 9:30 - Devotions 10:30 - Maudie's Music 4:00 - Jeopardy</p>	<p>20 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>25 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Garden Walk 4:00 - Jeopardy</p>	<p>26 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Alyssa Klazek 4:00 - Jeopardy</p>	<p>27 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>

Luther Court Community Health Centre Programming

April 3, 10, 17: **Art Therapy** from 1:30pm - 2:30pm in the Luther Court Boardroom (Rm#110)

April 25: **Heart Pharmacy Talk Medication Safety:** At 1:45pm in the Luther Court Lounge

Coming in May:

Overdose Response Training: (May 2nd) & **Craft Collective:** (Starting on Thursday, May 9th)

These are free drop-in program; with no registration required

Join our Community Advisory Group

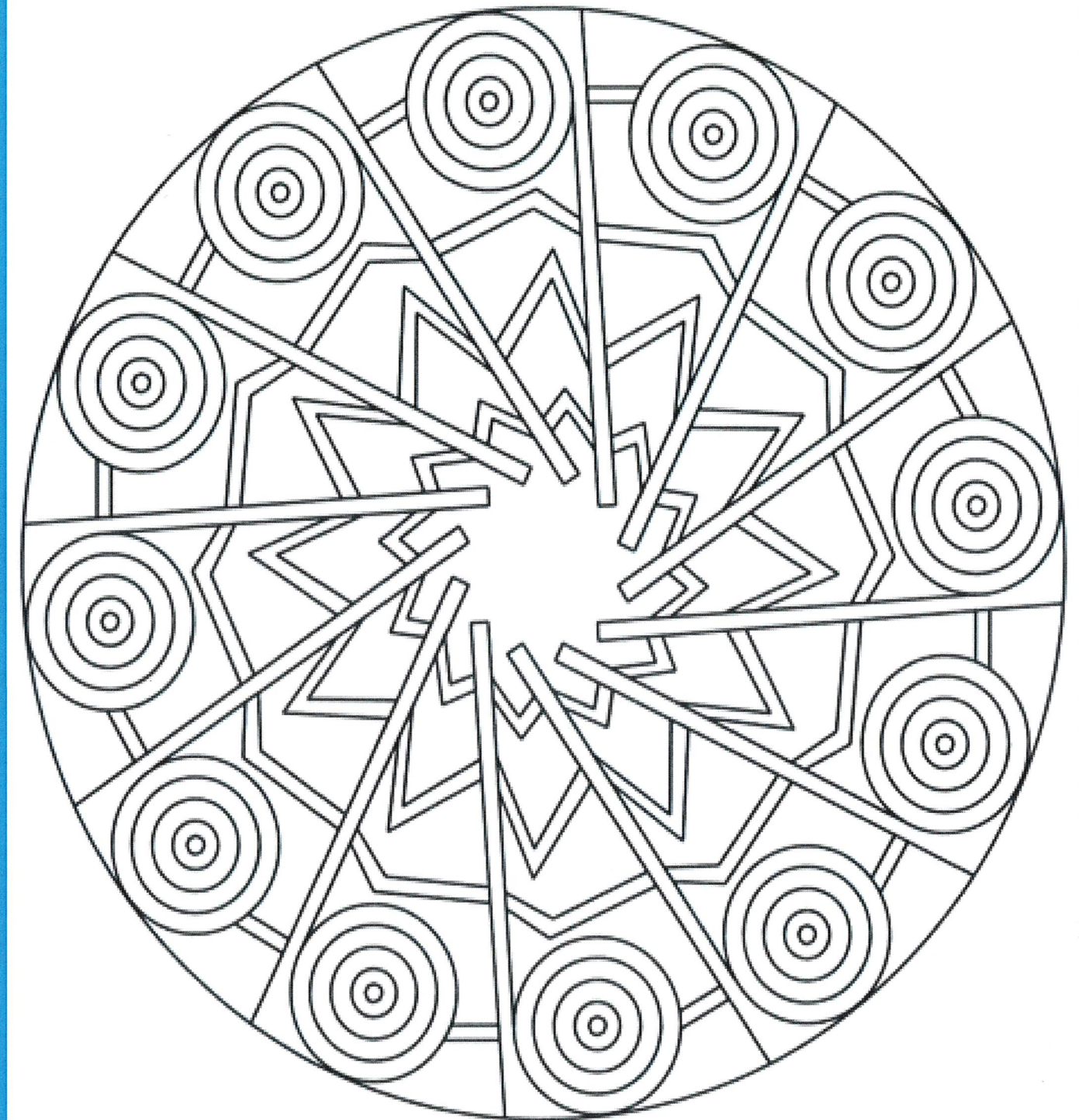
Do you have ideas about improving our community's health and wellbeing? Join Us!

The first meeting takes place June 5th at the CHC

Email us at: community@luthercourt.org for more information

Dad Jokes

What do you call a fish without an eye?	Fsh
What do you call a pig that practices karate?	A pork chop
Why shouldn't you write with a broken pen?	Because it's pointless
What do cows read the most?	Cattle-logs
If athletes get athlete's foot, what do elves get?	Mistle-toes
What did the janitor say when he jumped out of the closet?	Supplies!
How did the hipster burn his tongue?	He drank his coffee before it was cool



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.**

THIRD FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Main Floor Lounge Programs are in Blue</p> <p>Katie S - 3rd floor</p>	<p>1 Easter Monday</p>	<p>2 9:30 - Devotions 10:30 - Arts & Crafts 1:45 - Games 2:00 - Choir Practice</p>	<p>3 9:30 - Devotions 10:30 - Trivia/Exercises 1:45 - Shuffleboard</p>
<p>7 1:45 - 1 on 1 Visits</p>	<p>8 9:30 - Devotions 10:30 - Exercises/Quiz 1:45 - Music</p>	<p>9 9:30 - Devotions 10:15 - Music with Ron 1:45 - Games 2:00 - Choir Practice</p>	<p>10 9:30 - Devotions 10:30 - Trivia/Exercises 1:45 - Manicures</p>
<p>14 1:45 - 1 on 1 Visits</p>	<p>15 9:30 - Devotions 10:30 - Exercises/Quiz 1:30 - Vintage Fashion Show</p>	<p>16 9:30 - Devotions 10:15 - Music w/Michael 1:45 - Games 2:00 - Choir Practice</p>	<p>17 9:30 - Devotions 10:30 - Trivia/Exercises 1:45 - Manicures</p>
<p>21 1:45 - 1 on 1 Visits</p>	<p>22 9:30 - Devotions 10:30 - Exercises/Quiz 1:45 - Music</p>	<p>23 9:30 - Devotions 10:15 - Music with Peter 1:45 - Games 2:00 - Choir Practice</p>	<p>24 9:30 - Devotions 10:30 - Trivia/Exercises 1:45 - Manicures</p>
<p>28 1:45 - 1 on 1 Visits</p>	<p>29 9:30 - Devotions 10:30 - Exercises/Quiz 1:45 - Music</p>	<p>30 9:30 - Devotions 10:15 - Music with Ron 1:45 - Games 2:00 - Choir Practice</p>	

APRIL 2024

THURSDAY	FRIDAY	SATURDAY
<p>4 9:30 - Devotions 10:30 - Chair Yoga 1:45 - One on One 2:00 - Maudie's Music</p>	<p>5 9:30 - Devotions</p>	<p>6</p>
<p>11 9:30 - Devotions 10:30 - Affirmations 1:45 - One on One 2:00 - Maudie's Music</p>	<p>12 9:30 - Devotions</p>	<p>13</p>
<p>18 9:30 - Devotions 10:30 - Affirmations 1:00 - Catholic Mass - Rm 110 1:45 - One on One 2:00 - Maudie's Music</p>	<p>19 9:30 - Devotions</p>	<p>20</p>
<p>25 9:30 - Devotions 10:30 - Balloon Toss 1:45 - One on One 2:00 - Maudie's Music</p>	<p>26 9:30 - Devotions</p>	<p>27</p>



Join our caregiver support group!

Tuesday, April 2 and 16

1:30pm - 2:30 pm

Luther Court Board Room #110

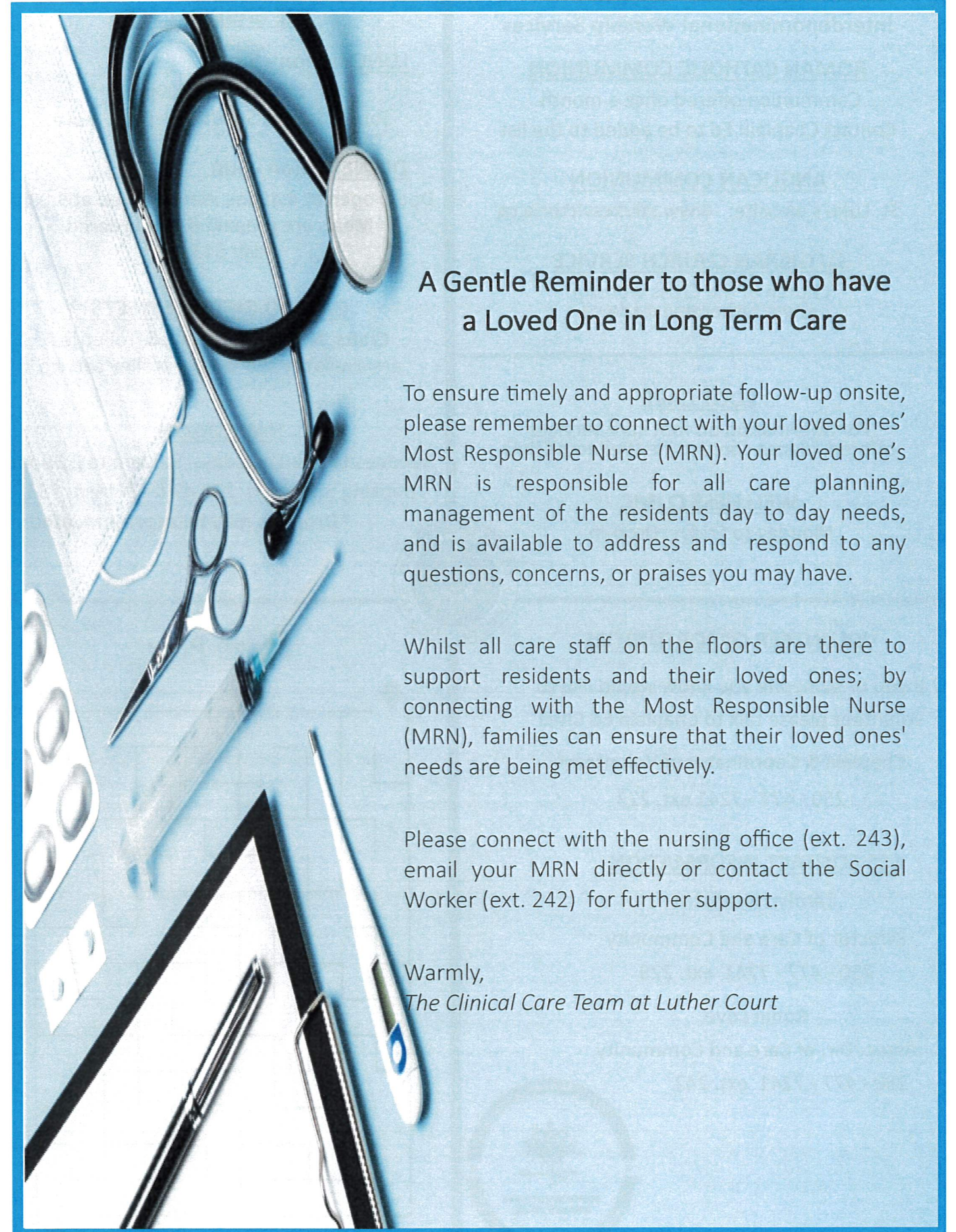
Connect with other caregivers who understand.
This group is drop-in, and open to everyone.

For more information:

Chaplain Ed: 250-477-7241 ext. 223

Lilly: 250-953-7628 ext. 303

Or ask a staff member to reach out on your behalf



A Gentle Reminder to those who have a Loved One in Long Term Care

To ensure timely and appropriate follow-up onsite, please remember to connect with your loved ones' Most Responsible Nurse (MRN). Your loved one's MRN is responsible for all care planning, management of the residents day to day needs, and is available to address and respond to any questions, concerns, or praises you may have.

Whilst all care staff on the floors are there to support residents and their loved ones; by connecting with the Most Responsible Nurse (MRN), families can ensure that their loved ones' needs are being met effectively.

Please connect with the nursing office (ext. 243), email your MRN directly or contact the Social Worker (ext. 242) for further support.

Warmly,
The Clinical Care Team at Luther Court

Interdenominational Worship Services

ROMAN CATHOLIC COMMUNION

Communion offered once a month.
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

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: \$13.50

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**



VOLUNTEER OPPORTUNITIES

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

Robin Love

Assoc. Dir. of Care and Community

250 - 477 - 7241 ext. 242



Maze Play

