



ACTIVITY NEWSLETTER - MAY 2024



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)



Luther Court Community Health Centre Programming

Overdose Response Training: (Tuesday, May 2nd)

Learn how to respond to an overdose and practice administering naloxone. Program is in the Luther Court Lounge from 6:00pm to 7:00pm.

Craft Collective: (Starting on Thursday, May 9th)

Bring your projects or start something new! All ages welcome. Basic supplies, coffee & tea offered.

Program is in the Luther Court Room #110 from 3:00pm to 4:00pm.

These are free drop-in programs; 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

May Birthdays

03 Audrey H

08 Connie W

09 Mary S

10 Lois W

14 Sara C

13 Robert W

20 Fay R

20 Victoria K

28 Mary M

30 Jim C

30 Susan N

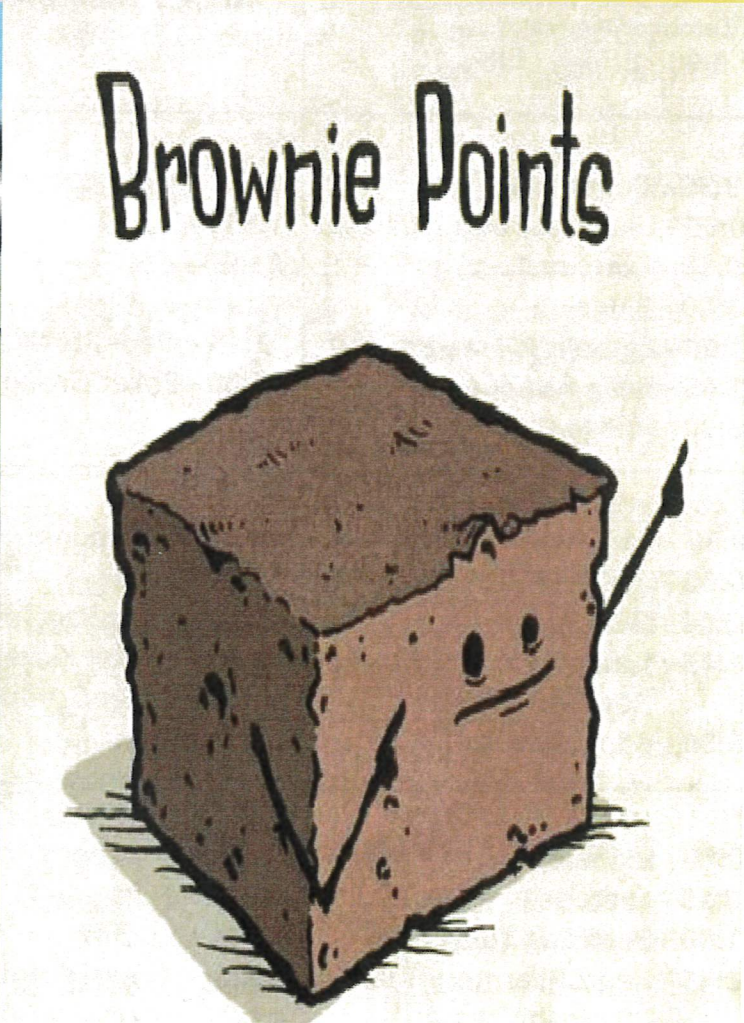
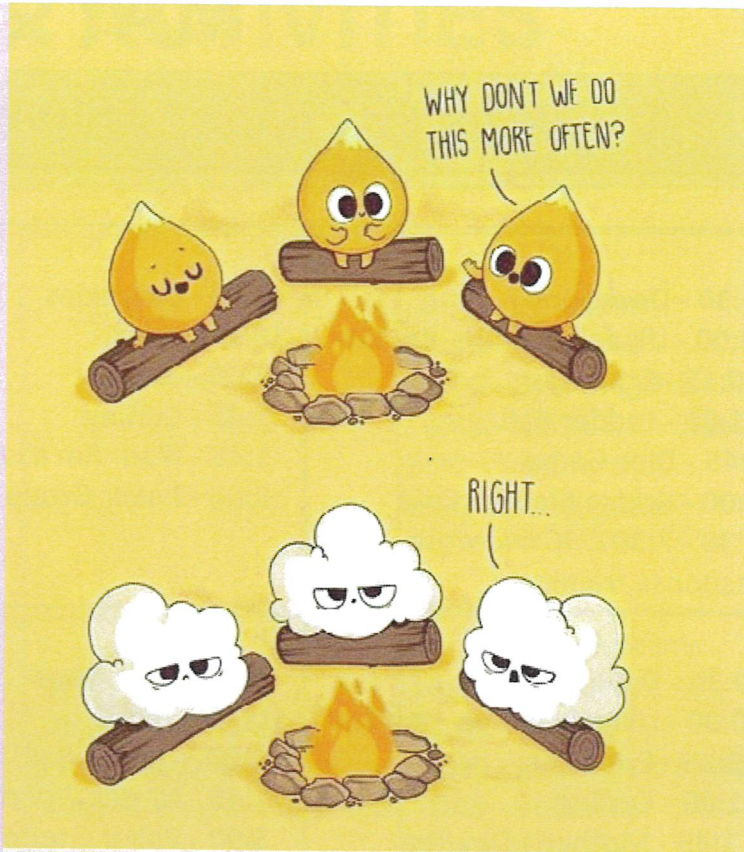
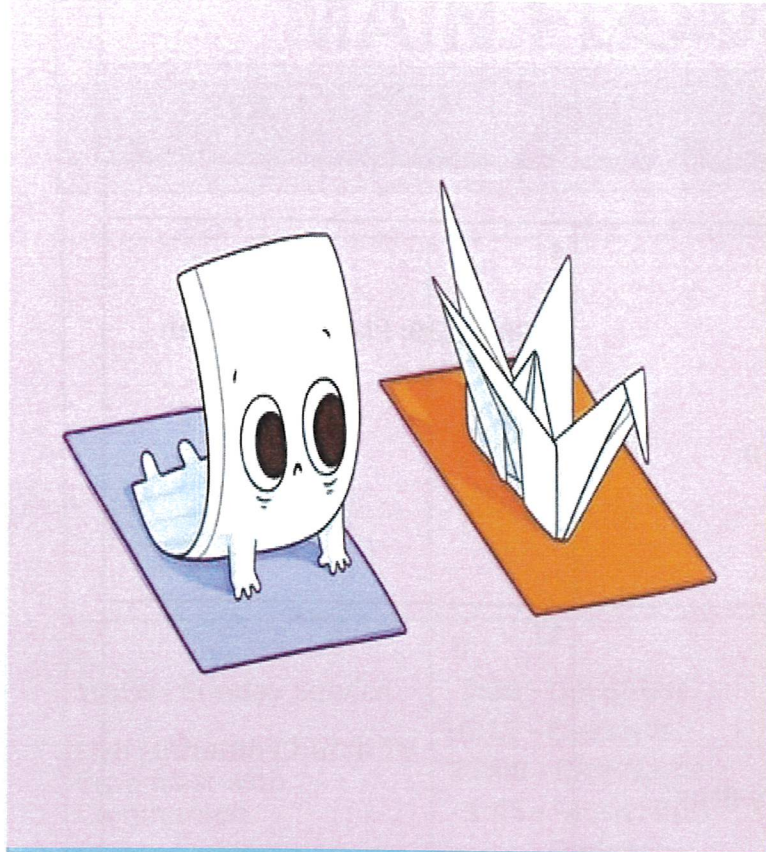
**Happy Birthday from all of us
at Luther Court!**

MAIN FLOOR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Music with Steve 3:30 - Knitting Club 6:00 - Chess Group
5 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	6 9:30 - Devotions 10:15 - Exercises 11:00 - Dice Game 1:45 - Music: Ron Ogden	7 9:30 - Devotions 10:15 - Exercises 11:00 - Bean Bag Toss 1:30 - Caregiver Support Group - Rm 110 2:00 - Choir Practice	8 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 11:00 - Java Music Rm110 1:45 - Volunteer Appreciation Tea 3:30 - Knitting Club 6:00 - Chess Group
12 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	13 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:30 - Music With Alyssa	14 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 2:00 - Choir Practice	15 9:30 - Communion 10:15 - Exercises 11:00 - Presentation: Rev., Dr. John Williams 1:45 - 21 or Blackjack 3:30 - Knitting Club 6:00 - Chess Group
19 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	20 <p style="text-align: center;">Victoria Day</p>	21 9:30 - Devotions 10:15 - Exercises 11:00 - Curling 1:30 - Caregiver Support Group - Rm 110 2:00 - Sing-A-Long	22 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 11:00 - Java Music Rm110 1:45 - Music with Rejean 3:30 - Knitting Club 6:00 - Chess Group
26 10:00 - Sunday Service Live Lutheran Church TV Broadcast with Communion	27 9:30 - Devotions 10:15 - Exercises 11:00 - Things Game 1:45 - Bingo	28 9:30 - Devotions 10:15 - Exercises 11:00 - Axe Toss 2:00 - Choir Practice	29 9:30 - Devotions 10:15 - Exercises 11:00 - Ladder Ball 1:45 - BINGO! 3:30 - Knitting Club 6:00 - Chess Group

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THURSDAY	FRIDAY	SATURDAY
2 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Exercises 11:00 - Ladder Ball 1:45 - Dice Game 6:00 - Bridge Club - - Café 5:30 - 7:30 CHC overdose response training	3 9:30 - Devotions 10:15 - Yoga 11:00 - BINGO! 1:45 - Curling 1:45 - iPad- Rm #110 3:00 - Poker Group	4 2:00 - 2:30: Piano with Noah
9 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Exercises 11:00 - Curling 1:45 - Mother's Day Tea (Carolyn & Theresa) 6:00 - Bridge Club	10 9:30 - Devotions 10:15 - Yoga 11:00 - Ladder Ball 1:45 - Music: Elderly Bros 3:00 - Poker Group	11
16 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Exercises 11:00 - Bingo 1:00 - Catholic Mass - Rm 110 1:45 - Bean Bag Toss 6:00 - Bridge Club	17 9:30 - Devotions 10:15 - Yoga 11:00 - Axe Throw 1:30 - German Song Society Choir 1:45 - iPad- Rm #110 3:00 - Poker Group	18
23 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Dice Game 1:45 - Tenant BDay Party with Ron Ogden 6:00 - Bridge Club	24 9:30 - Devotions 10:15 - Yoga 11:00 - Bean Bag Toss 1:45 - Alyssa Klazek 3:00 - Poker Group	25
30 9:30 - Devotions 10:00 - Ukulele Group - Rm 110 10:15 - Exercises 11:00 - Bean Bag Toss 1:45 - Heart Pharmacy Talk "Cannabis" 6:00 - Bridge Club	31 9:30 - Devotions 10:15 - Yoga 11:00 - Curling 1:45 - Goward House Singers 3:00 - Poker Group	



f i s	g n i h	ANIMAL	T O U G H
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B	STONE	Love sight sight sight
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OVER	A N	cat
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The w KING oods	SAND	BIRDS
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- 1 - Fishing hook / 2 - Farm animal/Animal farm / 3 - Touchdown
 4 - Honeybee / 5 - Cornerstone / 6 - Love at first sight
 7 - Freeze over / 8 - Caveman/Mancave / 9 - Catwalk
 10 - Hiking in the woods (High king) / 11 - Sandbox / 12 - Lovebirds

Solutions

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 10:00 - Crosswords 1:45 - Music: Steve Bolger 4:00 - Jeopardy</p>
<p>5 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>6 9:30 - Devotions 10:00 - Knitting Group 1:45 - Music with Ron Ogden</p>	<p>7 9:30 - Devotions 10:00 - Crosswords 1:45 - Garden Walk 2:00 - Choir Practice 4:00 - Jeopardy</p>	<p>8 9:30 - Devotions 10:00 - Crosswords 1:45 - Nail Care 4:00 - Jeopardy</p>
<p>12 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>13 9:30 - Devotions 10:00 - Knitting Group 1:30 - Music with Alyssa</p>	<p>14 9:30 - Devotions 10:00 - Crosswords 1:45 - Sing Along 2:00 - Choir Practice 4:00 - Jeopardy</p>	<p>15 9:30 - Devotions 10:00 - Crosswords 1:45 - Exercises 2:30 - 1:1 Time 4:00 - Jeopardy</p>
<p>19 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>20 Victoria Day</p>	<p>21 9:30 - Devotions 10:00 - Crosswords 1:45 - Garden Walk 2:00 - Sing-A-Long 4:00 - Jeopardy</p>	<p>22 9:30 - Devotions 10:00 - Crosswords 1:45 - Music with Rejean 4:00 - Jeopardy</p>
<p>26 10:00 - Sunday Service</p> <p>Live Lutheran Church TV Broadcast with Communion</p>	<p>27 9:30 - Devotions 10:00 - Knitting Group 1:45 - TBA</p>	<p>28 9:30 - Devotions 10:00 - Crosswords 1:45 - Sing Along 2:00 - Choir Practice 4:00 - Jeopardy</p>	<p>29 9:30 - Devotions 10:00 - Crosswords 1:45 - Garden Walk 4:00 - Jeopardy</p>

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THURSDAY	FRIDAY	SATURDAY
<p>2 9:30 - Devotions 10:00 - Crosswords 1:45 - 1:1 Time 4:00 - Jeopardy</p>	<p>3 9:30 - Devotions 10:00 - You be the Judge 1:45 - Garden Walk 4:00 - Jeopardy</p>	<p>4 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>9 9:30 - Devotions 10:00 - Word Games 1:45 - Mother's Day Tea (Carolyn & Theresa) 4:00 - Jeopardy</p>	<p>10 9:30 - Devotions 10:00 - Crosswords 1:45 - Music: Elderly Bros 4:00 - Jeopardy</p>	<p>11 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>16 9:30 - Devotions 10:00 - Crosswords 1:00 - Catholic Mass - Rm 110 1:45 - Garden Walk 4:00 - Jeopardy</p>	<p>17 9:30 - Devotions 10:00 - Current event discussion 1:30 - German Song Society Choir 4:00 - Jeopardy</p>	<p>18 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>23 9:30 - Devotions 10:00 - Word Games 1:45 - Tenant BDay Party with Ron Ogden 4:00 - Jeopardy</p>	<p>24 9:30 - Devotions 10:00 - Crosswords 1:45 - Nail Care 4:00 - Jeopardy</p>	<p>25 9:30 - Sunroom Devotions 10:00 - Crosswords 2:00 - Trivia</p>
<p>30 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Garden Walk 1:45 - Heart Pharmacy Talk "Cannabis" 4:00 - Jeopardy</p>	<p>31 9:30 - Devotions 10:30 - Maudie's Music 1:45 - Goward House Singers 4:00 - Jeopardy</p>	

Volunteer Appreciation Tea

May 8, 1:45 p.m.

Main Lounge

Be celebrated and
give thanks for
volunteers.

EVERY
MOMENT
MATTERS

Dad Jokes

Why do fathers take an extra pair of socks when they go golfing?
In case they get a hole in one!

What did the ocean say to the Beach?
Nothing, it just waved

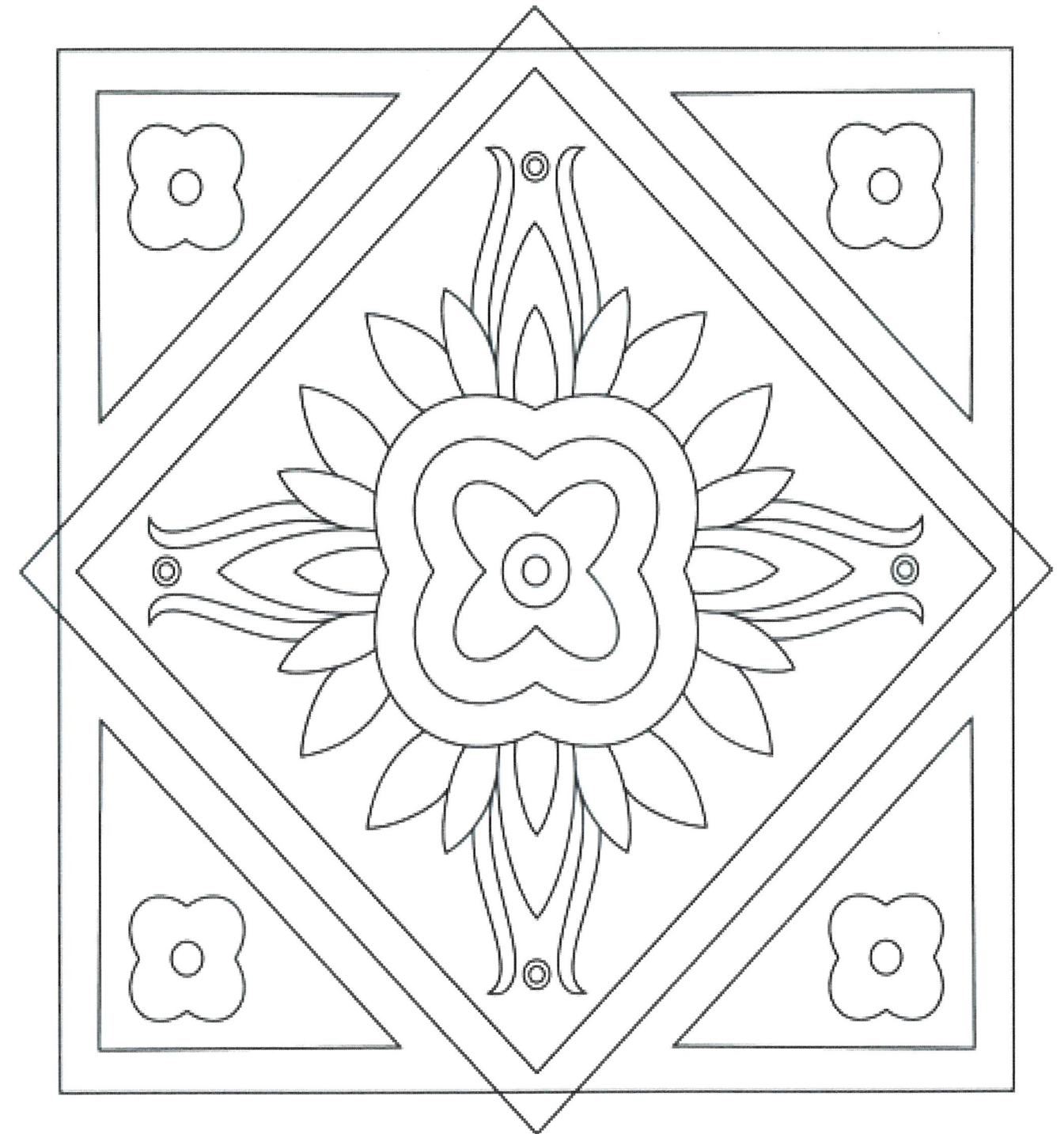
What do you call a factory that makes okay products?
Satisfactory

I only know 25 letters of the alphabet.
I don't know Y

Why did the math book look so sad?
Because of all of its problems!

I have a joke about chemistry, but I don't think it will get a reaction.

You know, people say they pick their nose, but I feel like I was just born with mine.



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 H - 3rd floor Activity Worker</p>			
<p>5 2:15 - 1 on 1 Visits</p>	<p>6 9:30 - Devotions 10:30 - Exercises/Quiz 2:00 - Music</p>	<p>7 9:30 - Devotions 10:15 - Music with Ron 2:00 - Games 2:00 - Choir Practice</p>	<p>1 9:30 - Devotions 10:30 - Trivia/Exercises 2:00 - Shuffleboard</p> <p>8 9:30 - Devotions 10:30 - Trivia/Exercises 2:00 - Manicures</p>
<p>12 2:15 - 1 on 1 Visits</p>	<p>13 9:30 - Devotions 10:30 - Exercises/Quiz</p>	<p>14 9:30 - Devotions 10:15 - Music w/Michael 2:00 - Games 2:00 - Choir Practice</p>	<p>15 9:30 - Devotions 10:30 - Trivia/Exercises 2:00 - Manicures</p>
<p>19 2:00 - Gourmet Music Show</p>	<p>20 Victoria Day</p>	<p>21 9:30 - Devotions 10:15 - Music with Peter 1:45 - Games 2:00 - Choir Practice</p>	<p>22 9:30 - Devotions 10:30 - Trivia/Exercises 2:00 - Manicures</p>
<p>26 2:15 - 1 on 1 Visits</p>	<p>27 9:30 - Devotions 10:30 - Exercises/Quiz 2:00 - Music</p>	<p>28 9:30 - Devotions 10:15 - Music with Ron 2:00 - Games 2:00 - Choir Practice</p>	<p>29 9:30 - Devotions 10:30 - Trivia/Exercises 2:00 - Manicures</p>

MAY 2024

THURSDAY	FRIDAY	SATURDAY
<p>2 9:30 - Devotions 10:30 - Chair Yoga 2:00 - Maudie's Music 3:30 - TBA</p>	<p>3 9:30 - Devotions</p>	<p>4</p>
<p>9 9:30 - Devotions 10:30 - Affirmations/Quiz 2:00 - Maudie's Music 3:30 - TBA</p>	<p>10 9:30 - Devotions</p>	<p>11</p>
<p>16 9:30 - Devotions 10:30 - Affirmations 1:00 - Catholic Mass - Rm 110 2:00 - Maudie's Music 3:30 - Proverbs</p>	<p>17 9:30 - Devotions</p>	<p>18</p>
<p>23 9:30 - Devotions 10:30 - Balloon Toss 2:00 - Maudie's Music 3:30 - Pressed Flowers</p>	<p>24 9:30 - Devotions</p>	<p>25</p>
<p>30 9:30 - Devotions 10:30 - Balloon Toss 2:00 - Maudie's Music 3:30 - Pressed Flowers</p>	<p>31 9:30 - Devotions</p>	

Join our caregiver support group!

Tuesday, May 7th & 21st | 1:30pm - 2:30 pm

Luther Court Room #110

For more information:

Pastor Ed: 250-477-7241 ext. 223

Lilly: 250-953-7628 ext. 303

Or ask a staff member to reach out on your behalf

This Month's Theme: Exploring Boundaries

Connect with other caregivers who understand.

This group is drop-in, and open to everyone.

Tongue Twisters

Six slimy snails sailed silently.

Wayne went to Wales to watch walruses.

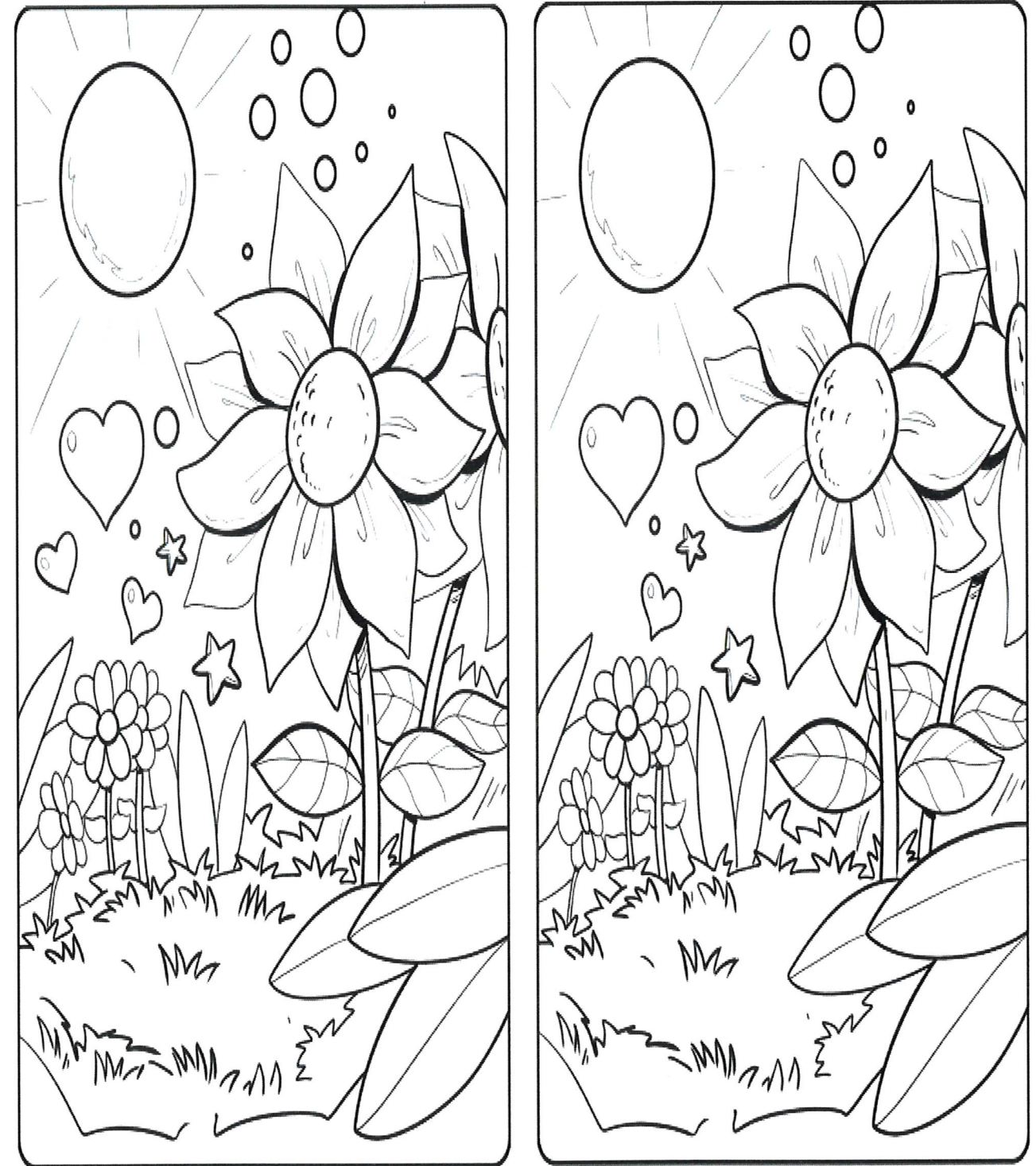
Tie twine to three tree twigs.

Five frantic frogs fled from fifty fierce fishes.

Tongue twisters exercise our speech muscles and we need to use our focus and concentration for the correct pronunciation of the words.

SPOT THE DIFFERENCE

Can you spot the 11 differences between these two pictures?



Answers are on page 16

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 **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



Solution to page 15

