

# Luther Village Activities: August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>JOY!</b></p>	<p>1 Art Group 1:30 (MPR)</p>	<p>2 Euchre 1:30 (MPR) Mugs Music 2:00 (CH,G) Shuffleboard 3:00 (O) Solo 7:00 (MPR)</p>	<p>3 Story-Tellers Series with Kait Taylor 10:30 (G) Poker 1:30-3:30 (MPR) Ice Cream Cart! 3:00 to 4:00 (A) Bocce Ball 7:00 (O)</p>	<p>4 Elder Wisdom Circle 10:15 (MPR) Reading Group 1:30 (MPR) JOYful Pub Social with the Dynamic Duo 3:30 (GH) Shuffleboard 3:00 (O) Bridge 7:00 (G)</p>	<p>5 "Mission: JOY! - Finding Happiness in Troubled Times" Film 2:30 (GH) Social Hour 4:00 (MPR)</p>	<p>6 Bocce Ball 10:00(O) BINGO! 2:30 (GH)</p>
<p>7 Chapel Service 7:00 (CH)</p>	<p>8 Coffee Hour 10:00 (GH) Bible Studies Series 10:30 (G) Art Group 1:30 (MPR) Documentary Series: Wild Babies 2:30 (GH)</p>	<p>9 Let's Talk! Circle 10:30 (MPR) Euchre 1:30 (MPR) "Spread the JOY" Letter Station 1:30 - 3:30 (AO) Movie: "Amelia" 2:30 (GH) Mugs Music 2:00 (CH,G) Shuffleboard 3:00 (O) Solo 7:00 (MPR)</p>	<p>10 Parkinson's Peer Group 10:00 (G) Poker 1:30-3:30 (MPR) BINGO! 2:30 (GH) Ice Cream Cart! 3:00 to 4:00 (A) Bocce Ball 7:00 (O) KW Musical Society Band 7:00 (GH)</p>	<p>11 Grand River Boat Cruise 10:30 (A) Reading Group 1:30 (MPR) Shuffleboard 3:00 (O) Bridge 7:00 (G) Pub Night! 5:00 (MR)</p>	<p>12 Singing Group sings for Joy in the Atrium 11:30 (A) Entertainment: Chris Sharpe brings JOY with the Cello 2:30 (GH) Social Hour 4:00 (MPR)</p>	<p>13 Bocce Ball 10:00(O)</p>
<p>14 Chapel Service 7:00 (CH)</p>	<p>15 Coffee Hour 10:00 (GH) Bible Studies Series 10:30 (G) Art Group 1:30 (MPR) Doyle Preheim Performance: Piano and Voice 2:30 (A)</p>	<p>16 Ted Talk &amp; Discussion 10:30 (G) Euchre 1:30 (MPR) Mugs Music 2:00 (CH,G) DJ JOY—Song Requests in the Atrium 2:30 (A) Shuffleboard 3:00 (O) Solo 7:00 (MPR)</p>	<p>17 Story-Tellers Series with Kait Taylor 10:30 (G) Poker 1:30-3:30 (MPR) Writing Group 1:30 (G) Ice Cream Sundaes: JOY Station 3:00 to 4:00 (MR) Bocce Ball 7:00 (O)</p>	<p>18 Elder Wisdom Circle 10:15 (MPR) Reading Group 1:30 (MPR) JOYful Pub Social with Derek Byrne 3:30 (GH) Shuffleboard 3:00 (O) Bridge 7:00 (G)</p>	<p>19 Summer Vendor Market 10:00-2:00 (A, MR, G) Social Hour 4:00 (MPR)</p>	<p>20 Bocce Ball 10:00(O) BINGO! 2:30 (GH)</p>
<p>21 Chapel Service 7:00 (CH)</p>	<p>22 Coffee Hour 10:00 (GH) Bible Studies Series 10:30 (G) Art Group 1:30 (MPR) "What Brings you JOY?" add to our JOY Board, All day (AO)</p>	<p>23 Let's Talk! Circle 10:30 (MPR) Euchre 1:30 (MPR) Mugs Music 2:00 (CH,G) The Joy of Movement 2:30 (GH) Shuffleboard 3:00 (O) Solo 7:00 (MPR)</p>	<p>24 Parkinson's Peer Group 10:00 (G) The Book Club 1:30-3:30 (G) Poker 1:30-3:30 (MPR) BINGO! 2:30 (GH) Ice Cream Cart! 3:00 to 4:00 (A) Bocce Ball 7:00 (O)</p>	<p>25 Reading Group 1:30 (MPR) Shuffleboard 3:00 (O) Bridge 7:00 (G) Pub Night! 5:00 (MR)</p>	<p>26 Singing Group 11:30 (CH) Entertainment: Kevin Coates 2:30 (GH) Social Hour 4:00 (MPR)</p>	<p>27 Bocce Ball 10:00(O)</p>
<p>28 Chapel Service 7:00 (CH)</p>	<p>29 Coffee Hour 10:00 (GH) Bible Studies Series 10:30 (G) Art Group 1:30 (MPR) Documentary Series: Wild Babies 2:30 (GH)</p>	<p>30 Euchre 1:30 (MPR) Mugs Music 2:00 (CH,G) Celebration of JOY! 2:30 (MR) Shuffleboard 3:00 (O) Solo 7:00 (MPR)</p>	<p>31 Poker 1:30-3:30 (MPR) Lemonade Day - Lemonade Stand provided by the Lutherwood Foundation 2:00-4:00 (Gazebo) Bocce Ball 7:00 (O)</p>	<p>August kicks off our <b>MISSION: JOY!</b>  Let's Create JOY Together!</p>	<p>Resident-Run Activities: Blue. For more information, visit <b>CATIE-WEB</b>  LVP Events: Black Special Events: Green JOYful Events: Pink</p>	<p>Atrium: A Chapel: CH Gallery: G Fitness Centre: FC Martin's Restaurant: MR Multi-Purpose Room: MPR Great Hall: GH Outdoors: O Outside Atrium Doors: OA Outside Activities Office: AO</p>



## Luther Village Activities & Special Events for **JOY!** August 2022

**“Mission: JOY! - Finding Happiness in Troubled Times” Film: Friday, August 5, at 2:30pm, in the Great Hall.**

Deeply moving and laugh-out-loud funny, Mission: JOY is a documentary with unprecedented access to the unlikely friendship of two international icons who transcend religion: His Holiness the Dalai Lama and Archbishop Tutu. In their final joint mission, these self-described mischievous brothers give a master class in how to create joy in a world that was never easy for them. They offer neuroscience-backed wisdom to help each of us live with more joy, despite circumstances.

**Spread the JOY! Letter Station: Tuesday August 9, from 1:30 to 3:30pm outside of the Activities Office.**

Stop by the Activities Office to write a little note for the pure JOY of making someone smile... write notes to friends, family, staff... expressing something you appreciate about them, how they inspire you or simply letting them know how much you care. Help us SPREAD JOY in our community!

**Doyle Preheim Performance—Piano and Vocals: Monday, August 15, at 2:30pm in the Atrium.**

Join music professor and professional soloist Doyle Preheim and the accomplished pianist Mary Jo, as they perform English and German art songs, sacred selections and excerpts from Broadway musicals.

**TED TALK & Discussion: “Where JOY hides and how to find it” TEDTALK presented by: Ingrid Fetell Lee: Tuesday, August 16, at 10:30am in the Gallery.**

Why do some things seem to create such universal joy? In this captivating talk, Ingrid Fetell Lee, reveals the surprisingly tangible roots of joy and shows how we all can find - and create - more of it in the world around us. After watching this online presentation we will open the floor to discussion about the topic of JOY.

**DJ JOY! - Song Requests: Tuesday, August 16, from 2:30 to 3:30pm in the Atrium.**

Join DJ: JOY! (aka—your very own Tara Payette) in the Atrium as she takes song requests of your favourite songs to share and play in the Atrium. Come listen, dance, sing-along and offer your favourite songs to compile a Luther Village Community Playlist with all of our favourites.

**Ice Cream Sundaes: JOY Station: Wednesday, August 17, from 3:00 to 4:00pm, in Martin’s Restaurant.**

Join us to make your day sweeter with vanilla ice cream topped with caramel, chocolate or strawberry sauce, sprinkles, whip cream and other goodies. Tickets available at the Front Desk for \$3.00.

**“What brings you JOY?” JOY Board: Monday, August 22, all day, Outside of the Activities Office.**

We want to know what brings you JOY! Stop by our Community “What brings you JOY” Board to add your own version of Joy and enjoy seeing what brings JOY to others.

**“The JOY of Movement” Presentation: Tuesday, August 23, at 2:30pm in the Great Hall.**

Come join Fitness Coordinator, Nancy Munn and Activities Assistant Mason Carroll for a presentation exploring how exercise affects mood, brain function and how joyful movement can promote wellbeing. Research based on book “The Joy of Movement” by Kelly McGonigal, PhD.

**Celebration of JOYful Connection and Community: Tuesday, August 30 at 2:30pm in Martin’s Restaurant.**

Join us for a Celebration of Community and Connection. Here we will be creating a social gathering to meet new people, providing questions and opportunities to break the ice with someone new, to rekindle older friendships or to deepen a current connection. Wine, beer and pop tickets available at the Front Desk.

*We look forward to being in JOY with you this month! ... All for JOY! May we be JOYful together!*

### *Important Numbers*

Front Desk: 519-783-3710

Maggie Fislova: Wellness Manager

Ext. 2030 - mfishlova@luthervillage.org

Joy Hancock: Wellness Coordinator

Ext. 2009 - jhancock@luthervillage.org

Nancy Munn: Fitness Coordinator

Ext. 1265 - nmunn@luthervillage.org

Tara Payette: Activities Coordinator

Ext. 2031 - tpayette@luthervillage.org

Bonnie Rylance: Resident Liaison

519-725-5843— bonnier49@gmail.com

Village Shoppe: Ext. 2441

Chiler’s Little Boutique: Chiler Zammit 226-338-2678 - chilerz123@gmail.com

Kanvas Nails: Kenya Rios 226-789-6245 - kanvasnails@gmail.com

Kaye’s Foot Care: 226-220-3630

Email: footcare@kayesoares.com

Massage Therapy: Julie Pallot 519-635-0420

Newtex Cleaners: 519-744-4411

### *Please Note:*

Please contact **Bonnie Rylance, the Resident Liaison, regarding any questions, requests or changes to any Resident Run Programs.**

Please contact **Tara Payette, The Life-Lease Activities Coordinator for any questions or inquiries regarding LVP Run programs.**

