



THE MANOR VILLAGE
**LIFE
CENTERS™**

2019 CALENDAR

ADDING *Life to Years*





How many years you live and how you live those years are equally important!

Adding Life to Years is core to the philosophy and lifestyle offered at The Manor Village Life Centers®. The Lifestyle Experience® at The Manors is based on four pillars of prevention which include fitness, nutrition, de-stressing and sleep. It is not only what you do, but how you see yourself. A positive outlook and a healthy active lifestyle will ensure a life full of wonderful experiences and fond memories. We hope that the life stories from some of our residents will inspire and motivate you to live your life to the fullest. Enjoy!



THE MANOR VILLAGE
**LIFE
CENTERS™**



THE ACADEMY OF AGING

WHAT A BEAUTIFUL WAY TO LIVE!
RELEASE THE EMOTIONAL ASPECT OF STRESS
COACHING CALMNESS WITH MINDFUL-MEDITATION
ESTABLISHING GOALS BASED ON DAILY EXERCISE
GAINING TRUST BY BEING TRUSTWORTHY
FRESH IDEAS RESULTS IN PROGRESS
LEAD WITH SKILL BY MAKING-IT-HAPPEN
BEING HEALTHY IS OFTEN A PERSONAL CHOICE
ADDING LIFE TO YOUR YEARS

Special thanks

The Manor Village Life Centers® would like to express their sincere gratitude to all Manor Village residents who kindly offered their personal life story for this calendar. They are amazing examples of how a positive attitude and healthy lifestyle can truly add life to years. Thank you!



January

Strength

Don and Shirley retired early in life and travelled extensively until their age demanded a change. Their five year long search began; to find a place to call home that would offer a regular fitness program to help them preserve their health and independence. They found their home at The Manor Village where they enjoy a regular fitness program in a state-of-the-art facility which offers classes and equipment for enhancing health and life. Don and Shirley are seeing a difference in their balance and endurance and they look forward to many healthy years to come!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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New Year's Day

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Epiphany

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December 2018

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February 2019

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January 2019





February

Volunteerism

Liz has called The Manor Village her home for over six years. Betty is a new resident. Volunteering is an important part of their day so they take the time to create beautiful blankets and quilts that in turn are donated or auctioned to raise money for worthwhile causes. Volunteering to help others not only keeps them busy, but also gives them an opportunity to share special moments with their friends at The Manor Village.

SUNDAY

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WEDNESDAY

THURSDAY

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SATURDAY

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Groundhog Day

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Chinese New Year
(Year of the Pig)

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Valentine's Day

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January 2019

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March 2019

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February 2019





March

Goals

Good habits do not come easy, but they help to maintain a positive attitude and a healthy body over time. Gerry is passionate about keeping active. With her trusty pedometer, Gerry wakes up at 5 a.m. to walk 6 kilometers every day inside The Manor Village or outside, weather permitting. She tracks her steps on her pedometer with a goal of 13,000 steps per day. Creating goals like Gerry's help maintain a youthful mind and body!

SUNDAY

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THURSDAY

FRIDAY

SATURDAY

February 2019

April 2019

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Mardi Gras

Ash Wednesday

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Daylight Savings Time begins. Move your clocks one hour ahead.

Commonwealth Day

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Saint Patrick's Day

Spring Equinox

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March 2019





April

Companionship

Whether it be family, friends or a furry sidekick, companionship is important to enjoy life and remain positive. Joyce can be found in the beautiful grounds surrounding her home at The Manor Village with her dog, Mitzy. Joyce is originally from Saskatchewan but moved to British Columbia where she found her canine companion of 13 years. They have been inseparable ever since.

SUNDAY

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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April Fools' Day

National Tartan Day

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Vimy Ridge Day

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Palm Sunday

Good Friday

★ First day of Passover

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Easter Sunday

Easter Monday

★ Last day of Passover

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March 2019

May 2019

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April 2019

May



Determination

Ann was born in British Columbia and came to her home at The Manor Village in a wheelchair. Ann began attending every single fitness class with the goal of being able to walk again. She was adamant on leaving her wheelchair behind and through her determination and hard work with the athletic therapists at The Manor Village, Ann can now walk using a walker without assistance. She never misses a fitness class!

SUNDAY

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SATURDAY

April 2019

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June 2019

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Cinco de Mayo

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Mother's Day

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Victoria Day

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May 2019



June

Education

Though born in Alberta, Walter has travelled the world working for major oil companies and as a specialty consultant. Walter is a passionate believer in education and giving back to those around him. He volunteers for Habitat for Humanity and helps students with math through the “Grandparents Program.” Walter loves the outdoors and walking with his family ... while undoubtedly sharing many life stories to educate future generations.

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THURSDAY

FRIDAY

SATURDAY

May 2019

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July 2019

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Parents' Day

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Father's Day

Summer Solstice
National Indigenous Peoples Day

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June 2019





July

Nature

Elsie has enjoyed her home at The Manor Village for over ten years. With two children, three grandchildren and five great grandchildren, she still finds time to keep active by swimming, volunteering and gardening. Being out with nature and the fresh air is not only good for the body, but good for the soul. Tending to the flowers and the vegetable garden at The Manor Village provides tranquility and a sense of accomplishment while knowing that all the residents can enjoy the fruits of her labour.

SUNDAY

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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Canada Day

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June 2019

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August 2019

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July 2019





August

Attitude

Marg was active all her life and enjoyed many activities such as skiing, biking, curling, and golf. Unfortunately, six years ago Marg had to have her left leg amputated below the knee due to peripheral vascular disease. Four years later, she lost her right leg and was bound to a wheelchair. But with an undying positive attitude, and with care, hard work and support from physiotherapists and her prosthetic expert, she walks with two prosthetics and walker. Marg truly hopes she is an inspiration for others.

SUNDAY

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SATURDAY

July 2019

September 2019

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Heritage Day (Alberta)
Civic Holiday

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Senior Citizens Day

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August 2019

September



The Dynamics for Healthy Aging

September is World Dementia-Alzheimer's Month with the goal to raise awareness of memory loss with aging and recognize that our brain suffers the same abuses that our body does based on our lifestyles. When we feed our body, we feed our mind. Good nutrition, exercise, de-stressing and sleep not only build a strong body but help maintain an active and youthful mind. The Academy of Aging offers a 90 day program that will change your life by providing the dynamics for healthy aging; focusing on the prevention and treatment of chronic health diseases that are associated with memory loss and aging.

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Labour Day

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Grandparents' Day

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World Alzheimers Day

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Autumnal Equinox

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August 2019

October 2019

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★ First day of Rosh Hashanah



October

Adventure

Originally from Saskatchewan, Alice has enjoyed over four years at The Manor Village. With four children, nine grandchildren and one great grandchild, the adventures never end. Alice is always looking ahead to face her next new and exciting challenge. Alice believes she is never too old to set new goals that will keep life interesting; and a little adventure never hurts! Each birthday, Alice sets a goal to try something new, whether it be parasailing, riding in a hot air balloon, or getting a tattoo at the age of 85! On her bucket list for this year; Zip Lining.

SUNDAY

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☆ Last day of Rosh Hashanah
National Seniors Day

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☆ First day of Yom Kippur

☆ Last day of Yom Kippur

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☆ First day of Sukkot

Thanksgiving Day

☆ First day of Hoshana Rabbah

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☆ Last day of Sukkot
☆ Last day of Hoshana Rabbah

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Halloween

September 2019

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November 2019

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October 2019





November

Philanthropy

For Martin and Toks, living a fulfilled life is about giving back to those in need. While living in their native country of Nigeria, Martin and Toks supported the school and students whenever they could. Unfortunately, during a visit to Canada to visit family, Martin had a stroke which prevented them from returning to Nigeria. Now calling The Manor Village their new home, they continue their philanthropy in their homeland by sponsoring students and by donating their home to their local school, to further education.

SUNDAY

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FRIDAY

SATURDAY

October 2019

December 2019

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Daylight Savings Time ends. Move your clocks back one hour.

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Remembrance Day

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November 2019





December

Traditions

Sharing time with family and friends is part of creating memories that will last forever. There is the family you are born with and the family you build at The Manor Village. Either way, it is important to be surrounded by family and friends enjoying special moments and traditions. These occasions create a sense of belonging and value which will last a lifetime and will surely add life to years. Treasure every moment as they only come once!

SUNDAY

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THURSDAY

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Winter Solstice

★ First day of Hanukkah

Christmas Eve

Christmas Day

Boxing Day

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★ Last day of Hanukkah

New Year's Eve

November 2019

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January 2020

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LIFE
CENTERS™

The Community with Heart™



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