

Activities

Quality of life is enhanced at Canterbury Manor by offering a wide variety of activities on a daily basis. Activities are varied enough to allow residents a diverse selection, whether the need is intellectual, physical, spiritual or just to have fun. Small or large groups, games or exercises, shopping or garden visits are just a few of the options. If residents enjoy an activity that is not planned and would like to see it added, staff will attempt to meet their needs.

Chapel services are supported by local area faith communities, including Anglican, United, Lutheran, Roman Catholic, Baptist and Jewish faiths.

Shuttle services are available via the Canterbury Foundation coach to various locations including local malls, shopping centres and activities excursions.

Entertainers and bands perform several times a week for the enjoyment of the residents. A happy hour is available weekly in the activities room for socializing.

Cultural and religious holidays such as Valentine's Day, St. Patrick's Day, Rosh Hashanah, Oktoberfest, Halloween, Remembrance Day, Christmas and Ukrainian Christmas are celebrated.

Activities - Sample:

MONDAY	TUESDAY	WEDNESDAY
9:30 Exercise 9:30 Modified yoga (Atrium) 10:30 Trivia (Act. Room) 10:30 Faith Journeys (Chapel) 11:30 Hadassah Lunch (C. Act. Rm) 2:00 St. Patrick's Day Party Entertainment. With Harmony Kings (Happy Hour) 3:00 Knock School of Irish Dance (Atrium) 6:45 Whist / Bridge / Scrabble (Manor)	9:30 Coach: Meadowlark 9:30 Stretch & Strength 10-3:00 Vendor: Jockey Clothing 10:30 Crosswords 1:30 Coach: Meadowlark 1:30 Card Bingo (C. Act. Rm.) 1:30 Horticulture 3:00 Sing for Fun (Chapel) 6:30 Bridge (MacKenzie Lounge) 6:30 Bingo (Court) 7:00 Cribbage	9:30 Exercise 10:30 Games in the Atrium 10:30 Arthritic Yoga (C. Act. Room) 10:30 Card Bingo 10:30 United Church Service 11:30 Nutman (Manor) 1:00 Cribbage (MacKenzie Lounge) 1:30 Coach: Southgate 1:30 Creative Ladies & Gentleman's workshop 7:00 Special Movie in the Manor
THURSDAY	FRIDAY	
9-3:00 Vendor: Mona's Jems 9:30 Stretch & Strength 10:30 Anglican Church Service 10:30 Lobby Games 11:00 Coach: Lunch at Stony Plain Cultural Center 1:00 Library (MacKenzie Lounge) 3:00 Coffee Party (C. Act. Room) 6:30 Bingo / After Dinner Music with Debbie & Ken 7:00 Bridge	9:30 Coach: Meadowlark 9:30 Stretch & Strength 10:30 Horse Races 2:00 Spring Tea Entertainment with Fire Dept. Band 4:00 Happy Hour 7:00 Friday Night Movie (Manor)	

Security, housekeeping, laundry and maintenance

Canterbury Foundation is dedicated to providing its residents with the services necessary to ensure their suite offers all the comforts of home. Services are provided by trained personnel who focus on ensuring the safety, security and comfort of all residents.

Security

In addition to the presence of our day-time reception staff, the security systems at Canterbury Manor include video surveillance, strict access control, heated underground parking, emergency response, and an efficient fire alarm system.

Housekeeping

To assist residents with maintaining their independence, housekeeping services are available for a fee.

Laundry

Washers and dryers for personal laundry are available to residents free of charge. Laundry services are available for an additional fee.

Maintenance

The appearance and condition of the buildings and grounds are a high priority for Canterbury Foundation. Maintenance of the property and grounds is achieved through a regular and preventative maintenance program. The carpentry, electrical, plumbing and structural requirements of the property are also maintained to the highest standards.

Health care services

Canterbury Foundation provides health care services that include private care and delegated care as assessed by an Alberta Health Services Home Care Case Manager. Our health care staff includes 24-hour Registered Nurse (RN) coverage and qualified Health Care Aids (HCAs).

Canterbury Foundation provides additional health care services including:

- In-house physician clinic
- On-site pharmacist
- Blood pressure clinics
- Foot care clinics
- Hearing aid clinic
- Mobile dentist and denturist

Dining services

Canterbury Foundation provides dining services by our Red Seal Chef which include a weekday luncheon, Sunday brunch, and dinner seven evenings per week. Menus are reviewed and approved by a Registered Dietitian. A long history of providing first class meals and a continued desire for excellence characterizes Canterbury's dietary service (additional fees apply).

Meal tray service is also available upon request for a fee.

Private dining rooms can be booked for special occasions for family and friends.

Menu - Sample:

MONDAY	TUESDAY	WEDNESDAY
Lunch	Lunch	Lunch
Scotch broth soup *	Creamy corn & potato soup *	Beef noodle soup *
Honey glazed jumbo shrimp with Caesar salad & garlic toast <i>And</i> Egg salad sandwich with Caesar salad *	All beef wieners with baked beans <i>And</i> Ham salad sandwich *	Perogies and cabbage rolls with beef sausage <i>And</i> Egg salad sandwich *
Butter tart squares	Old-fashioned chocolate brownies	Blueberry shortcake
Dinner	Dinner	Dinner
Scotch broth soup or coleslaw salad *	Creamy corn & potato soup or ham & pineapple salad *	Beef noodle soup or Waldorf Salad *
Poached salmon fillet with cream dill sauce & shepherd's pie with gravy <i>And</i> Steamed rice pilaf, mashed turnip and minted sweet peas *	Hearty beef stew with biscuits <i>And</i> Artichoke and spinach quiche Boiled potatoes with parsley / French cut green beans / Sliced carrots *	Breaded veal cutlet with Portuguese sauce <i>And</i> Chicken coq au vin Steamed rice pilaf / diced carrots / fresh broccoli *
Angel food cake with fruit topping	Old English trifle	Half-hour pudding cake