

Activities

Quality of life is enhanced at Canterbury Lane 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, Baptist, Lutheran, Roman Catholic 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.

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.

MONDAY	TUESDAY	WEDNESDAY
8:30 Good Morning 10:15 Sip & Sing with Ed & Allan 1:30 Bus Outing	8:30 Good morning 9:30 Exercises 10:30 Crafts 1:30 Entertainment with Steven Walton	8:30 Good morning 9:30 Exercises 10:30 Balloon Toss 1:30 Movie & Treat 3:00 Afternoon Walk
THURSDAY	FRIDAY	Saturday
8:30 Good morning 9:30 Exercises 10:30 Shuffleboard 1:30 Gardening 3:00 Friendly visits	8:30 Good morning 9:30 Exercises 10:30 Manicures 2:00 Black and White Gala with Topaz	10:30 Music with Don Slitzer

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 residents.

Security

In addition to 24-hour reception staff, HCA and RN coverage, the security systems at Canterbury Lane include video surveillance, strict access control, nurse call, emergency response and an efficient fire alarm system.

Housekeeping

Housekeeping services included in the rental package are daily bathroom cleaning, vacuuming, dusting, and bed making.

Laundry

Clean bed linens are provided weekly and fresh towels are offered twice a week to all residents.

Maintenance

The appearance and condition of our buildings and grounds are a high priority for Canterbury Foundation. The 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 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).

Nurses, on staff 24 hours a day, keep a watchful eye on residents for any changes in physical or mental health while they ensure medications are safely delivered and taken and personal hygiene is maintained to an appropriate level.

Canterbury Foundation provides additional health care services including:

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

Dining services

Residents of Canterbury Lane enjoy three meals per day served in the Lane's own dining room. Snacks and refreshments are available at all hours for the convenience of residents and their guests. 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.

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

Menu - Sample:

MONDAY	TUESDAY	WEDNESDAY
Breakfast	Breakfast	Breakfast
Scrambled eggs, poached eggs, raisin bran muffins, cinnamon buns, oatmeal, cream of wheat, grapefruit sections, toasts	Pancakes with fruit topping, scrambled eggs, poached eggs, bacon, sunny boy cereal, oatmeal, cream of wheat, toasts, bran muffins	Scrambled eggs, poached eggs, soft boiled eggs, sausages, blueberry muffins, raisin bran muffins, oatmeal, sunny boy cereal, cream of wheat, toasts
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