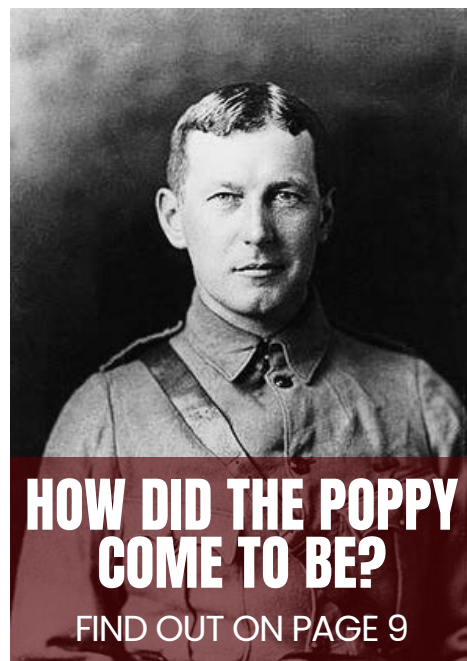


CANTERBURY *Times*

CREATED BY: JESSICA ANDRUIK

**HOW DID THE POPPY
COME TO BE?**

FIND OUT ON PAGE 9



WHAT'S INSIDE:

1. Activity Highlights
2. Note To The Editor
3. Jennifer Fortier
4. 30 Cozy Things To Do
5. Recipe
6. Jessica Andruik
7. K9 Companion Manager
8. Sports Monthly

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10. About The Poppy
11. Coloring Page
12. Word Scramble
13. Coming Soon
14. Fall Prevention
15. Cherub's Cafe
16. On Site Services
17. Did You Know?

18. Heart of Canterbury
19. Nomination Form
20. Nomination Form
21. Edmonton Events
22. Answer Key





ACTIVITY PROGRAM HIGHLIGHTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Congdon's Wheelchair Repair Clinic* 10:30 am – 4 pm Court Activity Rm	3	4 Sing For Fun With Vanessa 3 pm, Chapel	5 Haven Birthday Tea 10 am, Haven	6 Mom & Tots 10:15 am, Atrium Lyle Hobbs 2 pm, Atrium	7
8 Pop Quiz Trivia 1 pm Court Activity Rm	9 Ear's To You Hearing Clinic* 11 am – 3 pm Court Private Dining Rm	10  Remembrance Day Service 10:30 am, Atrium Brownie Day 1:30 pm See you at your door!	11 Music Discovery 10:30 am Court Activity Rm	12	13 Mom & Tots 10:15 am, Atrium Grey Cup Party 2 pm, Atrium	14
15 Voice Studio Recital 2 pm, Atrium	16 Card Bingo 1:30 pm, Atrium	17 Edmonton Police Service Presentation 1:30 pm, Atrium	18 Kelly's Kitchen 1:30 pm Court Activity Rm	19 Support Through Life's Transitions 1:30 pm & 6:30 pm Court Activity Rm	20 Mom & Tots 10:15 am, Atrium Friday Entertainment 2 pm, Atrium	21 Big Brain 1:30 pm Court Activity Rm
22 Brain Cloud 1 pm Court Activity Rm	23 Court Birthday Tea 2 pm, Atrium Edmonton Philharmonic 6:30 pm, Atrium	24	25 Morning Music 10 am, Atrium	26 Concordia Community Concert 7 pm, Atrium	27 Mom & Tots 10:15 am, Atrium Logan Klaus 2 pm, Atrium Shabbat Service 6:30 pm, Chapel	28
29 Hymn Sing 3 pm, Chapel	30 Christmas Craft With Vanessa 1:30 pm Court Activity Rm	1	2	3	4	5



*** Nov. 2 and 9**
Call Life
Enrichment to
book
appointment
780.930.3736

Nov. 17
Edmonton
Police Service
Presentation:
Fraud
Prevention
& Awareness



Nov. 19
Support Through
Life's Transitions.
How the Healing
Centre Can
Support
Residents & Their
Families



CHRISTMAS DECORATING



Nov. 23 – 26
Programming will be
reduced, so please check
your calendars and daily
sheets for information



Thank you, Camille Snow!

A huge thank you goes out to Camille, for all her hard work and everything she's contributed to the newsletter! We truly appreciate the time and effort she put into it.

As Camille transitions into her new roll in Leasing, we wish her all the best and continued success in this next chapter.



NOTE TO THE EDITOR

**WHAT IS THE BEST CHRISTMAS
GIFT YOU HAVE EVER RECEIVED?**



Submit your answer, along with your name to either Manor or Court Concierge desks by **November 20th**. Keep an eye out in the December Newsletter for everyone's responses.

Welcome **JENNIFER FORTIER**

CLINICAL EDUCATOR

We are pleased to announce that Jennifer Fortier, a Licensed Practical Nurse, has joined Canterbury as our new Clinical Educator.

Jen has 17 years experience as an LPN in a variety of areas including rural hospitals, LTC, Stollery Children's Hospital and an operating room nurse. Jen found her passion for teaching when she started teaching the HCA program in 2017. That passion to share knowledge and increase understanding has taken her to different educator roles working with a variety of staff and clients.

Outside of work Jen is busy on her acreage taking care of her many flower gardens, fruit trees and vegetable gardens. She also enjoys making homemade salsa's, pickles and wine. When she is not working out in the yard, Jen is spending time with her daughters or hunting with her husband.



Jen can be reached at
jenniferf@canterburyfoundation.com
or by calling 780.930.5585



30 cozy things to do in november

- 1 start a new book
- 2 enjoy an appetizer
- 3 go for a walk
- 4 make cookies
- 5 sit down with a cup of tea
- 6 take photos of autumn
- 7 connect with a friend
- 8 play a card game
- 9 help a neighbour
- 10 put on holiday bed sheets
- 11 do a crossword puzzle
- 12 make a new to you recipe
- 13 donate to the food bank
- 14 donate to a toy drive
- 15 have breakfast for dinner
- 16 wear pajamas all day
- 17 write 8 things you're grateful for
- 18 buy flowers
- 19 thrift a christmas gift
- 20 write a letter to someone
- 21 bake something sweet
- 22 Get crafty
- 23 watch a fall movie
- 24 try a new fall recipe
- 25 make a fun to do list for winter
- 26 start a puzzle
- 27 have a cozy night in
- 28 make gingerbread ornaments
- 29 go look at christmas lights
- 30 watch a holiday movie



3-INGREDIENT APPLE PIE *bites*

Prep Time 10 minutes

Bake Time 12-15 minutes

Servings 20 bites

INGREDIENTS

1 can (20 oz) apple pie filling
1 can (8 oz) refrigerated
crescent roll dough
2 tbsp cinnamon sugar
(optional)



INSTRUCTIONS

Preheat the oven to 375 degrees F.
Grease a mini muffin tin.

Unroll the crescent dough and
separate into triangles. Press each
triangle into the mini muffin cups,
forming a small dough cup.

Spoon about 1 teaspoon of apple
pie filling into each dough cup.

Bake for 12-15 minutes or until the
dough is golden brown and cooked
through.

Remove from the oven and let cool
slightly. Sprinkle with cinnamon
sugar if desired. Enjoy warm!

tip

Drizzle with vanilla glaze for an
extra special touch!



$\frac{1}{2}$ cup powdered sugar and 1-2 tsp milk
 $\frac{1}{4}$ tsp vanilla extract

introducing JESSICA ANDRUIK

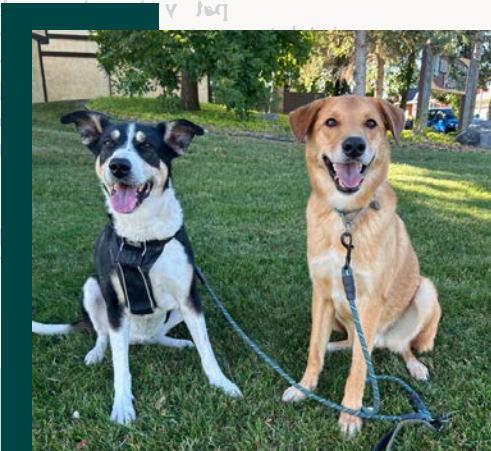
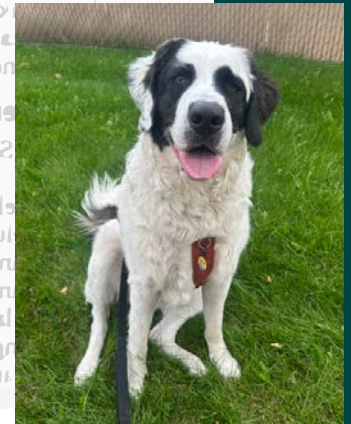
NEWSLETTER EDITOR | ACCOUNTANT

Hi! My name is Jessica Andruik, and you may have seen me around the halls at Canterbury. I joined the team in November 2024 as an Accountant, where I'm responsible for resident monthly charges, accounts payable and accounts receivable, among other things.

Before joining Canterbury, I spent 13 years working in my family's automotive mechanic shop. It was there that I discovered my love for working with numbers and tracking down discrepancies in accounting reconciliations, which led me to pursue and complete a bookkeeping diploma.

Alongside my love for numbers, I've always had a creative side and a passion for creating designs that last. Whether it was putting together a scrapbook, designing high school yearbooks, creating apparel, or making rustic wood signs, I've always enjoyed bringing ideas to life. That passion led me to earn a certificate in Graphic Communications, and I love being able to combine my analytical and creative sides in different aspects of my life.

Beyond the numbers and design, you can usually find me hanging out with my three dogs and cat, getting lost in a good book, out on the golf course, or enjoying a camping trip. I'm also firmly against wearing socks whenever possible! Fun fact: I spent three years living in Nunavut as a kid.





Have you met Lenny?

OUR IN HOUSE
K9 COMPANION
MANAGER

Dogs are welcome!

WELL BEHAVED AND FRIENDLY K9'S
ARE WELCOME TO JOIN IN ON ALL
THE FUN AND LAUGH'S THAT
CANTERBURY HAS TO OFFER.



*We want to
feature your pet*

WANT TO SHOW OFF YOUR PET? SEND A PHOTO, A
FUN FACT OR TWO, ALONG WITH THEIR NAME TO
JESSICAA@CANTERBURYFOUNDATION.COM

YOUR'S COULD BE PET OF THE MONTH NEXT.



Fun Fact

Sacha, our Director of Community & Business Development, named her puppy Leonard Cohen, Lenny for short. Read about Lenny's name sake on page 17.

SPORTS MONTHLY

OILERS NOVEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:00 pm Rangers	2	3 6:30 pm Devils	4	5 7:00 m Ducks	6	7 9:00 pm Canucks
8	9 7:00 pm Rangers	10	11 8:00 pm Flyers	12	13	14 6:00 pm Maple Leafs
15 6:30 pm Flyers	16	17 6:00 pm Panthers	18	19 6:30 pm Lightning	20	21 12:00 pm Hurricanes
22 6:00 pm Blues	23	24 7:00 pm Golden Knights	25	26	27 7:00 pm Kraken	28 9:00 pm Kraken
29	30	1	2	3	4	5 AWAY HOME



10 20 30 40 50 40 30 20 10

WEST DIVISION FINAL
NOVEMBER 7, 2026 @ 5:30 PM
EDMONTON, AB

10 20 30 40 50 40 30 20 10

**PBR CANADA
NATIONAL FINALS**
NOVEMBER 13 - 14, 2026
ROGERS PLACE
EDMONTON, AB



10 20 30 40 50 40 30 20 10

GREY CUP FINAL
NOVEMBER 15, 2026 @ 5:00 PM
CALGARY, AB

10 20 30 40 50 40 30 20 10

THE POPPY: A SYMBOL OF REMEMBRANCE



In Flanders Fields the poppies blow...

Written 110 years ago by Lieutenant-Colonel John McCrae, these now-iconic words helped inspire the red poppy's adoption as Canada's official symbol of remembrance in 1921.

The red poppy's association with conflict and remembrance, however, stretches back long before the First World War. Native to the region that would become the Western Front, the flower was also associated with death and renewal during the Napoleonic Wars of the 19th century. Historical accounts describe poppies growing in abundance over mass graves left in the aftermath of battles.

Poppy seeds can remain dormant in the soil for years, germinating when the ground is disturbed. During the First World War, relentless artillery bombardments churned the earth, while lime released into the soil created favourable conditions for the flowers to flourish. Soon, vivid fields of red emerged across the devastated landscape—a striking and deeply ironic reminder of the bloodshed of a conflict then known simply as the Great War.



John McCrae (Born in 1872 in Guelph, ON); author of the famous war poem in Flanders Fields, served in South Africa and the First World War.

Despite these associations, the poppy did not become a widespread emblem of remembrance until the war was drawing to a close. One of its earliest champions was Moina Michael, an American working with the Overseas Division of the YMCA. Inspired by McCrae's poem, she pledged to "always wear a red poppy of Flanders Fields as a sign of remembrance and the emblem of 'keeping the faith with all who died.'"

On Nov. 9, 1918, Michael shared her pledge with colleagues, who joined her in commemorating the fallen.

In the years that followed, Michael continued to wear a poppy and worked tirelessly to establish it as a lasting symbol of remembrance. Her efforts gained momentum in April 1920, when the American Legion adopted the poppy as its official emblem of remembrance.

The movement soon crossed borders and the Atlantic. In France, Anne Guérin was similarly inspired by McCrae's poem and became a passionate advocate for the poppy. Through the American and French Children's League, she organized the sale of cloth poppies to raise funds for those suffering in war-ravaged France, particularly orphaned children.

In 1921, Guérin expanded her campaign, advocating for the poppy's adoption as an official symbol of remembrance in both Britain and Canada. She travelled to both countries, meeting with the British Legion and the Canadian Great War Veterans Association (CGWVA)—the forerunner of today's Royal Canadian Legion—to advance her cause.

With the support of Jewish-Canadian philanthropist Lillian Freiman, along with CGWVA patrons Governor General Lord Byng and Lady Marie Evelyn Byng, Canada held its first official Poppy Day on Armistice Day, Nov. 11, 1921.

Millions of poppies were imported from Guérin's organization in France for the occasion. They were supplemented by cloth poppies produced by Canadian women, including members of the Imperial Order Daughters of the Empire in Winnipeg.

By 1922, lapel poppies made and distributed by Canadian veterans were beginning to appear, helping establish a tradition that would endure for generations.

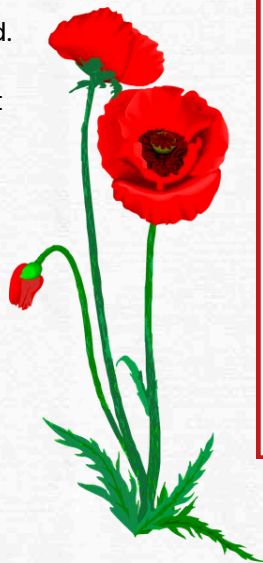
In 1925, the Royal Canadian Legion was founded and assumed responsibility for overseeing Canada's annual poppy campaign, a role it continues to fulfil today.

Over the 110 years since McCrae penned In Flanders Fields during the Second Battle of Ypres in May 1915, the poppy has evolved from a flower flourishing amid the devastation of war into a powerful symbol urging Canadians and people around the world to remember those who served and sacrificed.

Today, millions of Canadians stand alongside members of the Canadian Armed Forces in wearing a poppy from the last Friday in October through Remembrance Day on Nov. 11. Its meaning has grown beyond the lives lost in the First World War to encompass those who served and died in the Second World War, the Korean War, the war in Afghanistan, and the many other conflicts in which Canadians have served.

Wearing a poppy may be a simple gesture, but it carries more than a century of history and honours the memory of millions whose lives have been shaped by war. It is a visible expression of gratitude, a commitment to remembrance, and a solemn reminder of the cost of the freedoms we enjoy.

*We Will
Remember Them.*



Moina Belle Michael, affectionately known as "The Poppy Lady".

IN FLANDERS FIELDS

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

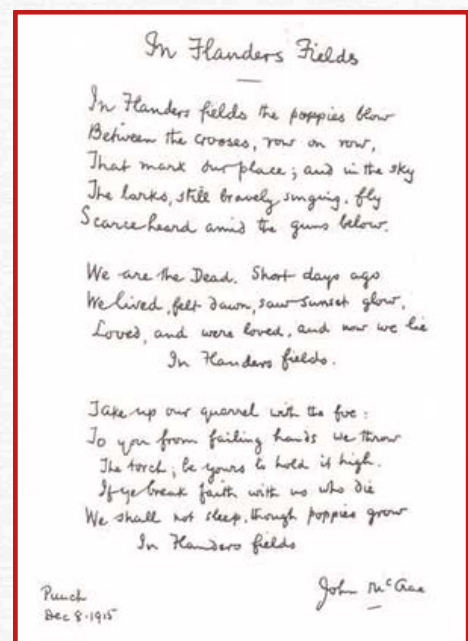
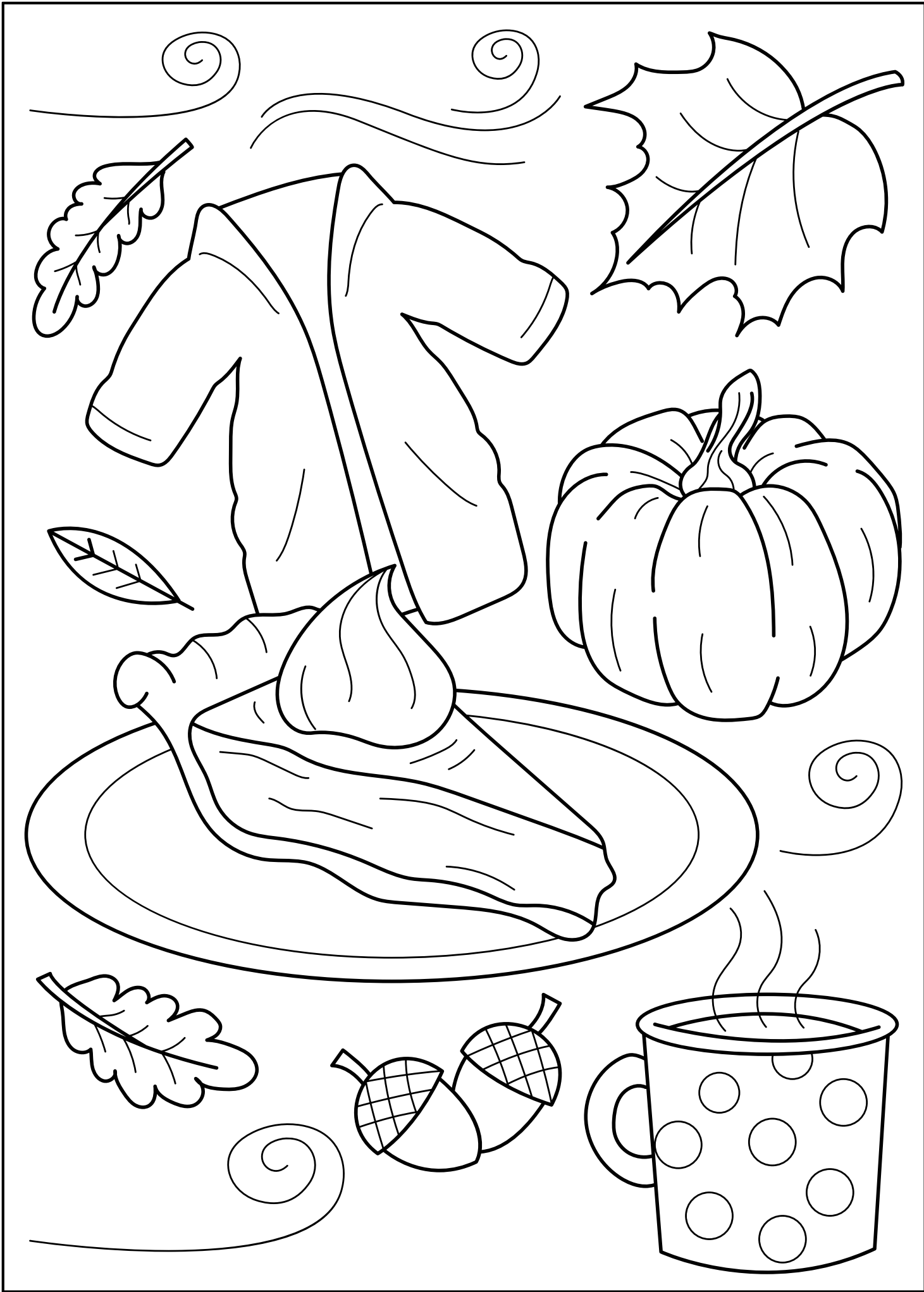
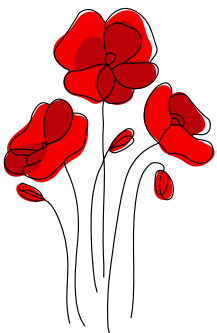


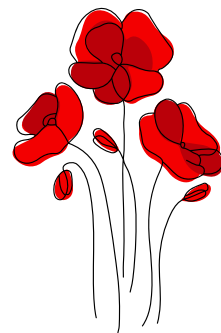
Photo of the original
In Flanders Fields poem





WORD SCRAMBLE

REMEMBRANCE DAY



Can you unscramble these Remembrance Day words?
Write your answers on the line next to the scrambled word!

YPOPP

ECAEP

DIESORL

RCEEVSI

STEVERAN

TEWHAR

ARW

DOEMREF

STIHORY

SETER

RAYVERB

CTERESP

SNEACO

GEUCRAO

SNEKNDISI

SVELAE

BREEVMON

FACEISRIC

ONROH

EMRMEBRE

ADAREP

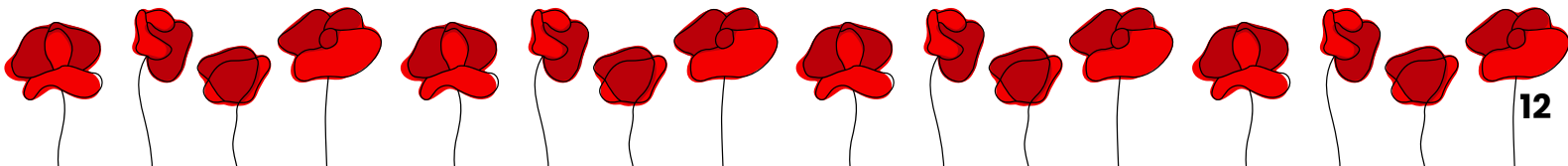
DALEM

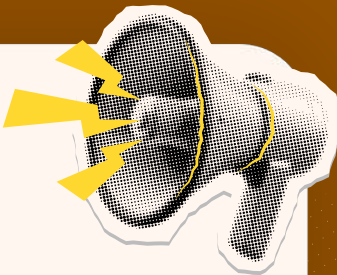
RAMLOMEI

MYRA

REOSEH

EOYMRENC





STAY TUNED

Our 7th Annual Promise of Home
Fundraising Campaign is coming soon



Would you rather?

Read a good book by
the fireplace

OR

Go on a scenic hike
in the mountains

**Watch a spooky
movie at home**

OR

**Go to a haunted
house**

Have a pumpkin
spice latte

OR

Make a homemade
pumpkin pie

**Wear cozy sweaters
with a vest**

OR

**Wear a hoodie with
a plaid shirt**

Spend the day with
cats

OR

Spend the day with
dogs

**Stay home and have
a cozy, relaxing day**

OR

**Go on a spontaneous
weekend trip**

Go trick-or-treating
on Halloween

OR

Attend a cozy fall
festival

FALL PREVENTION & SAFETY

for **OLDER ADULTS**

SAFETY TIPS



EXERCISE
REGULARLY



GET YOUR VISION
AND HEARING
CHECKED



REVIEW MEDICATIONS
WITH YOUR DOCTOR



WEAR WELL
FITTING SHOES



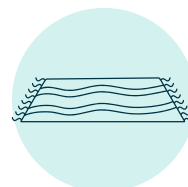
IMPROVE
LIGHTING



INSTALL HANDRAILS
AND GRAB BARS



REMOVE CLUTTER
AND CORDS
FROM THE FLOOR



USE NON-SLIP
MATS



MAKE ITEMS
ACCESSIBLE



SAFE HOME

Welcome to the *Canterbury Café*



**Conveniently located right
in our atrium!**

We are a small café and light
convenience shop with hours of
operation M-F 10 am to 2:45 pm.

Closed weekends.



**Grab your morning
vanilla latte and fresh pastry—**
and grab tonight's milk, bread,
and eggs while you're here.



Warm up your lunch
with today's fresh soup of the day.
We also offer hot lunches or fresh
sandwiches and wraps.



**Forget to restock the bathroom
or pantry?**

We've also got you covered with
personal hygiene items, household
sundries, grocery staples and so much more.



Grab a delicious lunch and grab what you forgot.

**Pop in today to see Laura for assistance.
You're always welcome to browse around the shop!**



ON SITE SERVICES

available



Beauty Salon

Call us at 780-444-0483 to schedule an appointment.

- *Currently only open by appointment.
- *New hours coming soon.



Tofield Eyecare (Optometrist)

To book an eye appointment with Dr. Kallal call 780.662.0104 to book directly.



Ferguson Hearing Clinic

For hearing appointments, call 780.456.0606 to book directly.



Schaefer Denture Clinic

For denture appointments, call 780.488.7777 to book directly.

Please note: Canterbury does not provide basic dental or oral care, such as dentist visits. Families are responsible for scheduling these appointments.



Devon Foot Care

To schedule an appointment, call Loria Ralph directly at 780.987.2273 to arrange payment.

DID YOU know?



Alexander Wuttunee DeCoteau

Alexander Wuttunee DeCoteau (November 19, 1887 – October 30, 1917) was a Cree Canadian track and field athlete, police officer and soldier in the First World War.

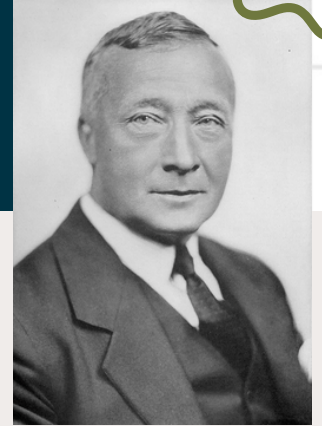
DeCoteau, a member of the Red Pheasant First Nation, District of Saskatchewan, was a successful middle and long-distance runner who completed in the 1912 Olympic Games in Stockholm, Sweden. Among this, he was a holder of numerous long-distance records in Western Canada.

In 1911, DeCoteau was hired as a constable by the Edmonton Police, where he served as Canada's first Indigenous officer and was amongst the city's first motorcycle officers. He was promoted to sergeant in 1914.

Influenced by his father's involvement with the North-West Rebellion in 1885, DeCoteau enlisted in the Canadian Expeditionary Force in April 1916. He first served with the 202nd Infantry Battalion before moving on to the 49th Battalion. DeCoteau continued to run competitively while stationed abroad, participating in at least two military personnel athletic competitions. At an event in Salisbury, King George V awarded DeCoteau his personal gold pocket watch as congratulations for winning a 5-mile (8.0 km) race.

DeCoteau was killed by a German sniper on the morning of October 30, 1917, during the Second Battle of Passchendaele and buried in Ypres.

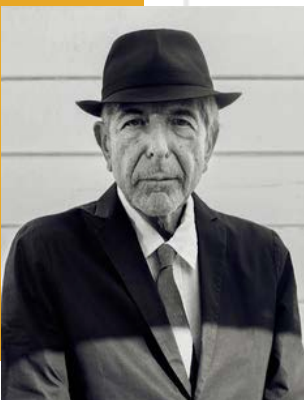
Recognition of DeCoteau's accomplishments is credited to the work of Edmonton police officer Sam Donaghey. After finding a newspaper clipping about DeCoteau in 1966, Donaghey conducted research that led to DeCoteau's induction into the Edmonton Sports Hall of Fame in 1967 and, later, the Alberta Sport Hall of Fame in 2001.



Frank Calder

Frank Calder born in Bristol, England in 1877. He served as president of the National Hockey League (NHL) from its founding in 1917 until his death in 1943.

The NHL's Rookie of the Year award (Calder Memorial Trophy) and the American Hockey League's championship trophy (Calder Cup) are both named in his honour.



Leonard Cohen



Leonard Norman Cohen (1934 – 2016) was a Canadian songwriter, singer, poet and novelist. Cohen was one of the most iconic Canadian artists of the 20th century. A sage, mystic, bohemian and romantic, he built an acclaimed body of literary work and a revered career in pop music.

He has been inducted into the Canadian Music Hall of Fame, the Canadian Songwriters Hall of Fame, and the Rock and Roll Hall of Fame.

HEART OF CANTERBURY

Employee Recognition Program



Navpreet Kaur
Health Services



Ade Casinas
Maintenance



Joey Villamor
Dining Room Server



SEPTEMBER RECIPIENTS

Thank you for making a difference every day.

*Have a staff member or employee you want to nominate?
Fill out the form on the next page.*

Heart of Canterbury Employee Recognition Nomination Form

The Employee Recognition Award is designed to honor employees who consistently demonstrate exceptional performance, commitment and contributions to Canterbury Foundation. Nominees should exemplify the values of the organization, go above and beyond in their role, inspire others through their dedication and positive impact while living, working and leading with heart.

Nomination Process

1. Who Can Nominate:

- All staff members, residents and families are encouraged to nominate

2. Submission Process:

- Nomination forms can be submitted electronically or in-person to the designated supervisor or HR inbox at Court Concierge desk.
- Submission deadline: By third friday of the month.

Nomination Form

- Name of Nominee: _____
- Department: _____
- Nominated By: _____
- Date: _____

Reasons for Nomination: (Check all that apply and provide examples)

☐ **Care:** Compassion, Accountability, Respect & Excellence

How well does the nominee live out the CARE values – showing compassion, being accountable, treating others with respect, and striving for excellence?

- ☐ 1 – Not at all
- ☐ 2 – Slightly
- ☐ 3 – Moderately
- ☐ 4 – Very well
- ☐ 5 – Exceptionally well

Example (2 points): _____

☐ **Stronger Together:** Collaboration, Teamwork, Inclusivity and Unity

How effectively does the nominee promote Stronger Together values – working collaboratively, fostering teamwork, embracing inclusivity, and building unity?

- ☐ 1 – Not at all
☐ 2 – Slightly
☐ 3 – Moderately
☐ 4 – Very well
☐ 5 – Exceptionally well

Example (**2 points**): _____

☐ **Champion:** Leads with Compassion, Advocated for Excellence, Drives Innovation & Positive Change

How strongly does the nominee demonstrate Champion qualities – compassionate leadership, a drive for excellence, and a commitment to innovation and positive change?

- ☐ 1 – Not at all
☐ 2 – Slightly
☐ 3 – Moderately
☐ 4 – Very well
☐ 5 – Exceptionally well

Example (**2 points**): _____

☐ **Inspire:** Takes Initiative, Positive “Can Do” Attitude & Commitment

How well does the nominee inspire others by taking initiative, staying positive, and showing dedication?

- ☐ 1 – Not at all
☐ 2 – Slightly
☐ 3 – Moderately
☐ 4 – Very well
☐ 5 – Exceptionally well

Example (**2 points**): _____

Please provide a detailed example of how the nominee demonstrates the values of the Heart of Canterbury award. Include specific actions, outcomes, or impacts on others. (**2 points**)



EDMONTON EVENTS

NOVEMBER 6 - 8

COUNTRY CHRISTMAS MARKETPLACE

Discover hundreds of local vendors, artisans, makers and specialty food producers. Shop unique gifts, handcrafted goods, holiday decor, fashion, gourmet treats and Alberta-made products all under one roof.

Edmonton Expo Centre
7515 118 Ave NW, Edmonton AB

NOVEMBER 20 - 22

HELLO PRETTY MARKET

Festive shopping experience celebrating the magic of the season. A curated selection of local vendors offering holiday-themed products, handmade gift, season decor, treats and more.

Enjoy Centre - Moonflower Room
101 Riel Drive, St. Albert AB



NOVEMBER 6 - JANUARY 24, 2027

ROCK AROUND THE CLOCK WITH ELVIS & FRIENDS

"One, Two, Three O'clock, Four O'clock Rock!"

In 1950's anytime was a good time for the kids to rock. It is hard now to imagine a time when rock and roll was brand new.

Take a trip back down memory lane with Elvis and Buddy Holly.. to the sound of "Rockin' Robin" and "Johnny B. Goode."

Jubilations Dinner Theatre located in West Edmonton Mall
8882 170 St, Edmonton AB





LEAVE CANTERBURY FOUNDATION A REVIEW! SCAN THE QR CODE



Why Reviews Help Us

- Build Trust: Reviews show others this is a good, caring place.
- Guide Families: They help people decide if Canterbury is right for them.
- Make Us Better: Reviews tell us what we are doing well and what we can improve.
- Support Our Team: Good reviews make staff feel proud of their work.

ANSWER KEY

WORD SCRAMBLE REMEMBRANCE DAY

YPOPP	POPPY	ECAEP	PEACE
DIESORL	SOLIDER	RCEEVSI	SERVICE
STEVERAN	VETERANS	TEWHAR	WREATH
ARW	WAR	DOEMREF	FREEDOM
STIHORY	HISTORY	SETER	TREES
RAYVERB	BRAVERY	CTERESP	RESPECT
SNEACO	OCEANS	GEUCRAO	COURAGE
SNEKNSI	KINDNESS	SVELAE	LEAVES
BREEVMON	NOVEMBER	FACEISRIC	SCARIFICE
ONROH	HONOR	EMRMEBRE	REMEMBER
ADAREP	PARADE	DALEM	MEDAL
RAMLOMEI	MEMORIAL	MYRA	ARMY
REOSEH	HEROES	EOYMRENC	CEREMONY



Notice small things
Offer kindness
Value quiet time
Enjoy each day
Make time to rest
Breathe deeply
Embrace change
Relax and let go



November 2 is
Cookie Monster Day

November 10 is
National Vanilla Cupcake Day

November 14 is
National Pickle Day

CONTENT SOURCES

Frank Calder photo: the canadianencyclopedia.ca
Photo of John McCrae from cover page: veterans.gc.ca
Photo of John McCrae with dog: veterans.gc.ca
Vintage Flanders Fields poem photo: marmorahistory.ca
The poppy: a symbol of remembrance write up: canada.ca
Moina Michaels photo: worldwar1centennial.org
Fall Prevention graphic: healthreportlive.com

Fall art on 30 Cozy things: brightercraft.com
Grey cup logo: sportslogos.net
3 Ingredient Apple Bites: Pinterest/Creative with Linda
Did you know facts: the canadianencyclopedia.ca & wikipedia.org
Alexander DeCoteau photo: biographi.ca
Leonard Cohen photo: The New Yorker



📞 780-483-5361

📍 8403 142 St. Edmonton, AB

✉️ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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Charitable Giving #: 887411791 RR0001

Lest We Forget