

CANTERBURY TIMES



APRIL
2026

Issue 36

Created by: Camille Snow

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SPRING HAS SPRUNG

World Health Day Apr 7, 2026

The 2025 theme, "Healthy beginnings, hopeful futures," focuses on maternal and newborn health, urging action to end preventable deaths.



Autism Awareness Day Apr 2, 2026

World Autism Awareness Day is a global healthcare event celebrated on the 2nd of April every year, about the acceptance, support and the inclusion of autistic people, and for the advocacy of their rights.



NOTE FROM OUR TEAM

Wishing everyone a joyful Easter filled with warmth, connection, and a touch of springtime cheer. May this season of renewal bring happiness to you and your loved ones!



MARK YOUR CALENDAR SPRING OPEN HOUSE

April 18th

Join us at the Manor for our
Spring Open House, happening
from 9:30 a.m. to 3:00 p.m.

8311 142 St NW, Edmonton, AB



Activity Program Highlights

Thursday, April 2 - Easter Tea with Lindsay Nagy | 2:00 p.m. | Atrium

Sip, socialize, and enjoy a lovely afternoon filled with music and springtime cheer.

Friday, April 3 - Friday Entertainment with Randy Glen | 2:00 p.m. | Atrium

Kick off the weekend with great tunes and good company!

Saturday, April 4 - Easter Egg Hunt with the U of A Student Volunteer Group

“Connecting Seniors with Care” | 1:00 p.m. | Atrium

Join the fun as we hunt for eggs and share some laughs—sweet treats included!

Monday, April 6 - Super Bingo – “You Play, We Pay!” | 1:30 p.m. | Atrium

Bring your lucky charm and get ready for an exciting game with prizes to win!

Tuesday, April 7 - Walker Safety Presentation | 10:30 a.m. | Court Activity Room

Helpful tips to keep you moving safely and confidently.

Walker Repair Clinic | 11:00 a.m. – 4:00 p.m. | Court Activity Room

Give your walker a little TLC and keep it rolling smoothly!

To book an appointment, call Life Enrichment at 780-930-3736.

Wednesday, April 8 - Kelly’s Kitchen | 1:30 p.m. | Court Activity Room

Something delicious is always cooking—come see what’s on the menu!

Thursday, April 9 - Zoriana Ukrainian Dancers | 7:00 p.m. | Atrium

Enjoy an evening of vibrant culture, music, and dance!

Friday, April 10 - Author Presentation with Jean Cote: “How Edmonton’s West

Began” | 10:30 a.m. | Manor Activity Room

Take a step back in time and discover local history.

Friday Entertainment with Terry Jorden | 2:00 p.m. | Atrium

Sit back, relax, and enjoy an afternoon of live music.

Thursday, April 16 - NorQuest Poetry Slam | 1:00 p.m. | Atrium

Be inspired by powerful words!

Friday, April 17 - Friday Entertainment with The Britz | 2:00 p.m. | Atrium

Toe-tapping tunes to brighten your afternoon!

Friday, April 24 - Friday Entertainment with Gary Meyers | 2:00 p.m. | Atrium

Another great afternoon of music and community.

Wednesday, April 29 - Life Enrichment BBQ Fundraiser

Fire up your appetite and join us for a delicious BBQ!

For \$15, enjoy a hamburger, side, and ice cream sandwich. Proceeds support our programs. Order forms available at Reception (residents) and Cherub’s Café (staff).

Ongoing Activity

Monday Morning Walking Group - Every Monday at 10:30 a.m. | Atrium

Start your week with fresh steps and friendly faces!

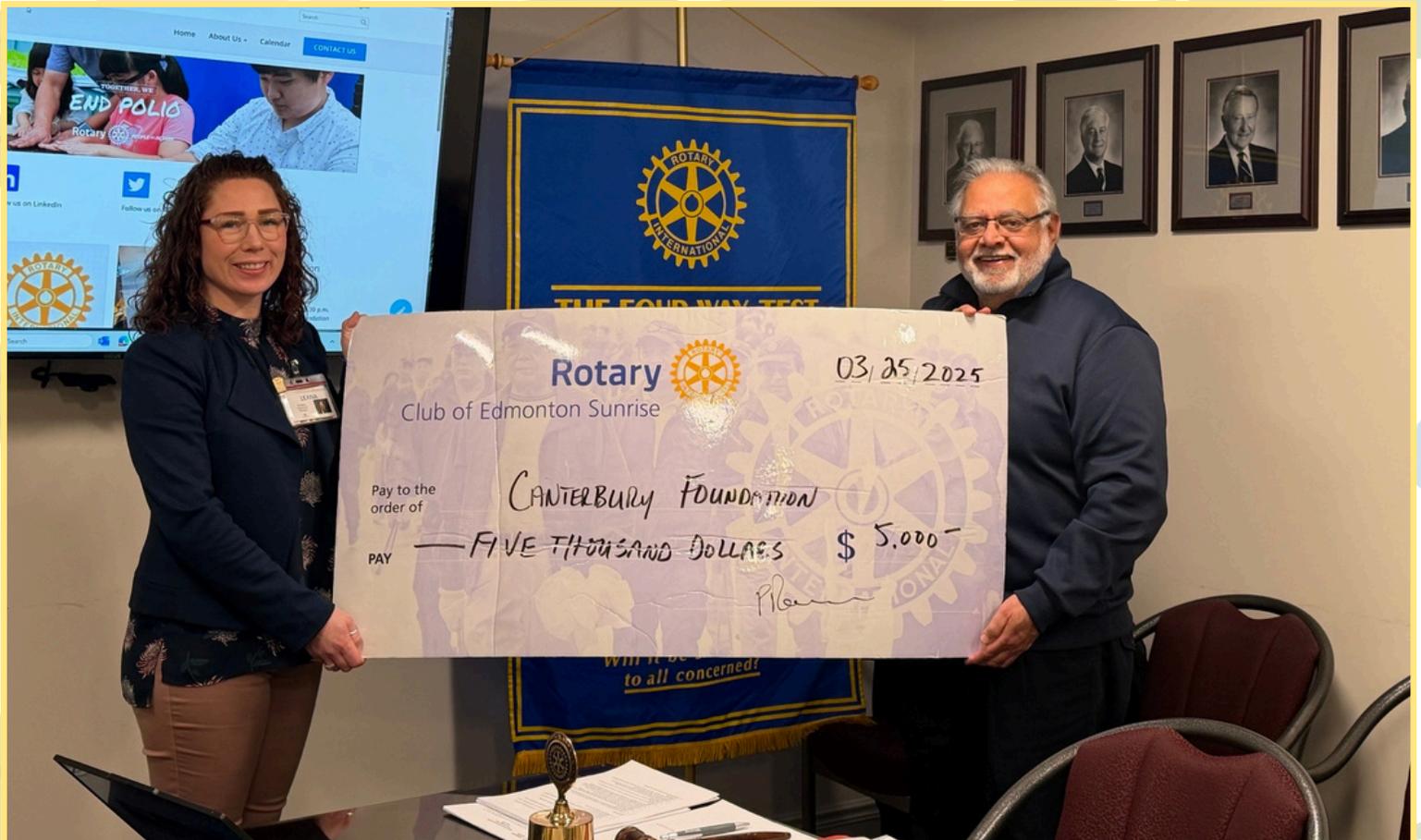
Thank you!



We are incredibly grateful to the Rotary Club of Edmonton Sunrise for their generous \$5,000 donation to Canterbury Foundation. This contribution will fund the Chaplain's piano player every Thursday throughout 2026.

The Rotary Club of Edmonton Sunrise continues to make a powerful impact in our community, supporting local initiatives such as school breakfast programs, seniors' aid, and other essential services that uplift those in need. Their commitment to service and community well-being truly reflects the spirit of compassion and generosity.

On behalf of everyone at Canterbury, thank you for your continued support and for making a difference in the lives of the seniors we serve.





Easy Lemon Herb Chicken

Ingredients

- 2 Chicken Breasts
- 2 Tbsp Olive Oil
- 2 Tbsp Lemon Juice
- 3 Garlic Cloves, Minced
- 1 tsp Dried Oregano
- 1 tsp Dried Thyme
- Salt & Pepper to Taste
- Lemon Slices

Directions

1. In a bowl, mix olive oil, lemon juice, garlic, oregano, and thyme.
2. Coat chicken with the mixture.
3. Cook in a skillet over medium heat 5-7 mins per side until golden & cooked through.
4. Garnish with lemon slices & fresh herbs. Enjoy!

Happy Cooking!

Page Created By: Lianne Capule



Heart of Canterbury

February Recipients

EMPLOYEE RECOGNITION PROGRAM



Jenea Calvero
Health Services



Deepika Chahota
Health Services



Vivian Tandoc
Dietary

Thank you for making a difference every day.



PORTRAITS OF CANTERBURY: LANGUAGE & LORE

Written by: Margaret Iveson



Do you remember when you first came to Canterbury? Was it to visit a friend or relative or, perhaps, to go on a tour? Think back to your impressions. How has your view of Canterbury developed from that time? Much of our knowledge of a place develops through observations. We notice a person or people who might interconnect or sit apart from each other. Who are they?

Language enters the picture when they converse together and with us. We introduce ourselves or remain observant and quiet. There is no requirement or set of rules prescribed. But we do notice patterns and learn to fit in. If lore is traditional knowledge and stories about a subject, then can be unfolded to think about. When did you learn what a companion was? What about who comes to take vitals? What are vitals?

What services are provided by the hair salon and how does one book an appointment? Who are the receptionists? What can they do to make your day easier? What should you do if you lose your keys?

The activities offered provide structure days and weeks. Some are presentational, such as guided yoga, residents' meetings in the Manor, guest speakers with information to share for residents and families. Recent examples include information on phone and internet scams to protect seniors, a presentation on the proposed development on the land kitty corner to Canterbury where the Laurier Gazebo was located, and physiotherapy services available at Canterbury, Memos from management also introduce new staff or procedures, special events, and policy points. Here oral language and written language complement each other. Some residents shape their weeks through regular attendance at exercises, trivia, bingo, shuffleboard. The chapel is the destination for several religious services and some singing events. Mostly people can choose to attend regularly to drop in.

In hallways people greet. They say hello, or smile, and we reply, or a resident speaks first. It is chat, the foundation of connection between people. Some people use names, when they know them, and others do not. It doesn't matter at all.

We might recognize family members or doctors from the clinic, we might not. Friendly interaction isn't expected but sometimes folks stop to ask a question, share an insight, offer help, sometimes relaxed language is shared to think about something or share a laugh. Paths of listening and speaking develop into more in-depth conversations.

Specific vocabulary of Canterbury or seniors' care include us, when we know them and often invite questions or later searching. And listening functions throughout, whether sharing a familiar tale, teasing a friend, or asking for assistance.

In the chapel and outside its entrance there are signs to accompany features in the building, some of many in the community. Mary's Tree has been added to one of the chapel walls, and there is a small plaque to explain it. Also, you can find an artist's statement that tells how colours and the white path across the two windows functions. The artwork we know on our folders and postcards are there for all to look at up close, and to let viewers know the process of the journey of creation of the large image facing the school for all to see.

We notice people walking together inside or out. Sometimes the paths are winding with comments to match. Sometimes they are purposeful and efficient, such as a walk to the Atrium for an event or an exercise loop shared with someone else.

Many assists can be seen walkers, canes, sticks, a wheelchair. Some people have favourite seats and know when to be there to occupy them. Others choose a seat for an event and have a plan to head home afterwards.

Others stay in the Atrium to visit, play a board game,

or just to relax. People with hearing aids learn where to sit so that they can hear.

Sometimes people shift seats for a particular event. Anyone with sensitive hearing is entitled to noise-reduction headphones but they need to ask or to vacate a scene that is too noisy for them.

Occasionally, someone is sitting alone with head resting on the neck. Someone told me recently that she was just resting and checking whether people were talking about her or not. It made me giggle and she replied with a very wide grin.

Connection-humans connecting. Someone else reminded me that laughter really was the best medicine. A day without laughter may not be a problem if there is much to enjoy in the environment. Laughter and singing both get air into the lungs, which is a health benefit as well as a personal one.

When injury or illness intrude, we share caring thoughts, wish for recovery.

When an ambulance arrives at one of the entrances, observers search for information. Often cards are signed, notes written.

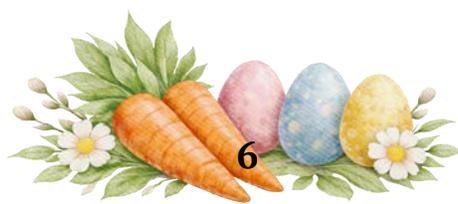
When someone passes, there are respectful photos and other materials posted.

James Russell Lowell said, "Joy comes, grief goes, we know not how."

Our chaplain and social worker are here to help, and neighbours support neighbours during such times.

Music and food are sources of sustenance and joy at Canterbury. When we sing along with Rus or the Friday entertainment or James and Janice, familiar words are recalled. We learn about some of the pieces from the musicians, we have our best choices. The food and service teams introduce us to some new offerings and familiar favourites. Celebratory meals punctuate the monthly calendars as we remember our own gatherings and events.

People experience our environments in different ways. In 1854, Henry David Thoreau wrote, "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let his step to the music which he hears, however measured or far away." As we move through Canterbury, we move to different rhythms and to different understandings of the practices and lore of the place. Related to that is another quote: "Don't be so concerned about what other people's opinions are of what you're doing with your life, because it's yours." - Sarah Nairne. Through observation and language, we settle into the promise of home together in our own ways, in our own time.



FINDING HOPE & HARMONY

Written by: Chaplain, Colleen Sanderson

In a world that feels unsettled, and in turmoil, the arrival of spring brings with it sacred reminders of hope, renewal, peace and our shared humanity. Easter, Passover, and Ramadan—each in their own beautiful way—invite reflection, compassion, and a turning toward light and away from darkness. Though rooted in different traditions, they echo a common truth: that faith, in all its forms, calls us to live a life centered on the commandment to love God with all one's heart, soul and mind and to love your neighbour as you love yourself.

God invites us in this season to pause - in prayer and in how we see each other. We are reminded that beyond differences in belief, there is a deeper thread that binds us: the desire for peace, dignity, and love. In honoring our own traditions, we can also make space to respect the sacredness of others' paths. This helps us to see the other person who is different from us, as human, and worthy of our love and respect. We actively participate with God to bring God's kingdom to earth. A kingdom built on peace, mercy, justice and love.



Living together in harmony is not about sameness. It is an invitation for openness. Harmony grows when we listen with humility, when we choose kindness over judgment, and when we recognize that together we enrich the world we share.

In this season of renewal, may we carry forward the spirit at the heart of these celebrations: to feed the hungry, to comfort the weary, to care for the mourning, the widow, and the orphan, to welcome the stranger, to clothe the naked, to visit the lonely, and the one in prison, to forgive, and be reconciled to God. And in doing so, may we grow in our own personal faith and become a living reflection of God's peace, love and mercy.



Onsite Services Available!

Please note: Families are responsible for scheduling and arranging payment for these services.

Beauty Salon

Call us at 780-444-0483 to schedule an appointment. Open Tuesday - Saturday 8 a.m. - 4:15 p.m.



Devon Foot Care

To schedule an appointment, call Loria Ralph directly at 780-987-2273 to arrange payment.



Schaefer Denture Clinic

For denture appointments, call the clinic at 780-488-7777. Payment arrangements should also be made directly with the clinic. **Please note Canterbury does not provide basic dental or oral care, such as dentist visits; families are responsible for scheduling these appointments.**



Tofield Eyecare (Optometrist)

To book an eye appointment with Dr. Kallal, call 780-662-0104 directly.



Ferguson Hearing Clinic

For hearing appointments, call 780-456-0606 to book directly.

On This Day in History

- **April 1, 1999:** Nunavut is established as a Canadian territory, carved from the eastern Northwest Territories, becoming the largest, newest, and northernmost territory in Canada.
- **April 9, 1917:** The Battle of Vimy Ridge begins, often cited as a "birth of a nation" moment for Canada, as Canadian troops successfully attacked the ridge during WWI.
- **April 1:** April Fools' Day, a tradition celebrated with pranks and jokes, which likely dates back centuries, potentially evolving from medieval Feast of Fools.
- **April 4, 1949:** The North Atlantic Treaty Organization (NATO) is created, with Canada as a founding member.
- **April 6, 1896:** The first modern Olympic Games open in Athens, Greece.
- **April 14, 1912:** The RMS Titanic strikes an iceberg in the North Atlantic, sinking in the early hours of April 15.
- **April 15, 1865:** Abraham Lincoln, the 16th US President, dies after being shot the previous evening.



HAPPY EASTER

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.



LIFE ENRICHMENT BBQ!



SPRING IS HERE, BUT WE CANNOT WAIT FOR SUMMER TO HAVE A BBQ!

Please join us for a delicious hamburger, a side, and ice cream sandwich for only \$15.00!

This is a fundraising event in support of our amazing Life Enrichment Department. Proceeds from the BBQ will go back into our awesome programming.

Residents can purchase order forms at reception and staff can purchase theirs at the Cherub's Café.

Family & friends also welcome.

We appreciate your support!

Wednesday April 29th
(sale begins April 14th)

see posters & calendar for more details

EARTH DAY

THERE IS NO PLANET B

April 22, 2026



TAKE-BACK PROGRAM

Unused or expired medications can be returned to any pharmacy in Canada year-round. Some municipalities and police departments offer additional take-back programs, ensuring safe disposal of prescription drugs, over-the-counter medications, and natural health products. However, these initiatives collect only a fraction of unused pharmaceuticals, leaving many to potentially harm the environment. If your area lacks a take-back program, consult your pharmacy or municipality for guidance.



RECYCLING BATTERIES

The toxic materials within the batteries can be released into the environment and pose serious threats to human health and the environment. If placed in landfills, the toxic materials can leak into the soil, which can then reach our water supply. Please drop off your batteries at Court or Manor concierge desk and our team will recycle them.

Fun Fact

The first Earth Day was celebrated in 1970, when a United States senator from Wisconsin organized a national demonstration to raise awareness about environmental issues. Rallies took place across the country and, by the end of the year, the U.S. government had created the Environmental Protection Agency. By 1990, Earth Day was an event celebrated by more than 140 countries around the globe.

PROTECTING OUR PLANET STARTS WITH YOU

PLANT A TREE 	-SHOP-WISELY 	CONSERVE WATER
EDUCATE 	CHOOSE SUSTAINABLE SEAFOOD 	VOLUNTEER!
CYCLE MORE DRIVE LESS 	REDUCE REUSE RECYCLE 	USE PUBLIC TRANSPORT

UPCYCLING IDEAS FOR THE GARDEN

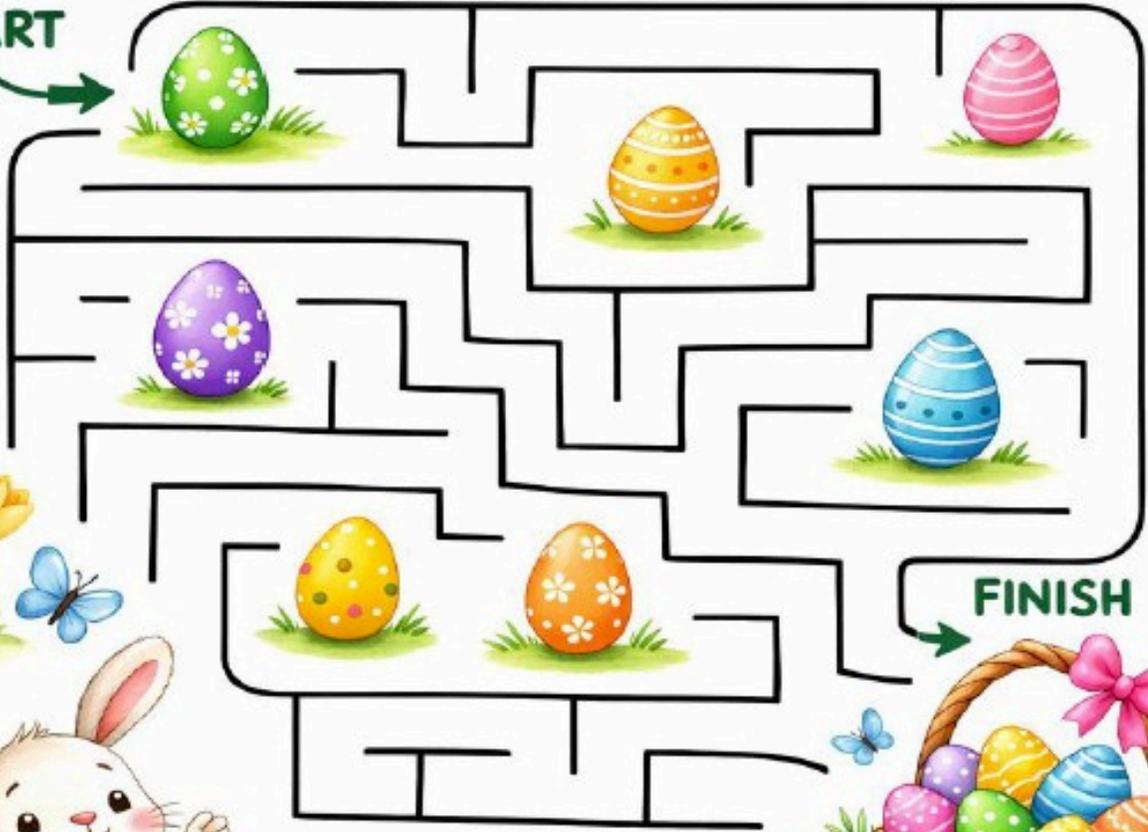
1. Repaint your garden furniture
2. Use a vintage ladder in place of a pergola or trellis
3. Use a ladder as a wooden plant shelf
4. Make a cold frame out of an old window
5. Repurpose old pots and pans



Spring Egg Hunt Maze

Find your way through the maze to gather all the Easter eggs!

START



FINISH



BRAIN TIP

Take your time and follow the path to collect every egg!

WORD BANK

- Bunny
- Basket
- Spring
- Happy
- Easter

Easter Facts

Easter's name may come from the Anglo-Saxon Goddess Eostre, associated with spring and fertility.

The Easter Bunny tradition originated in Germany, where a hare was said to lay colorful eggs for well-behaved children.

Eggs have long symbolized new life and were adopted by early Christians to represent Jesus's resurrection.

Easter's date varies each year, determined by the first Sunday after the first full moon following the spring equinox.



Spring Egg Hunt Maze

Find your way through the maze to gather all the Easter eggs!

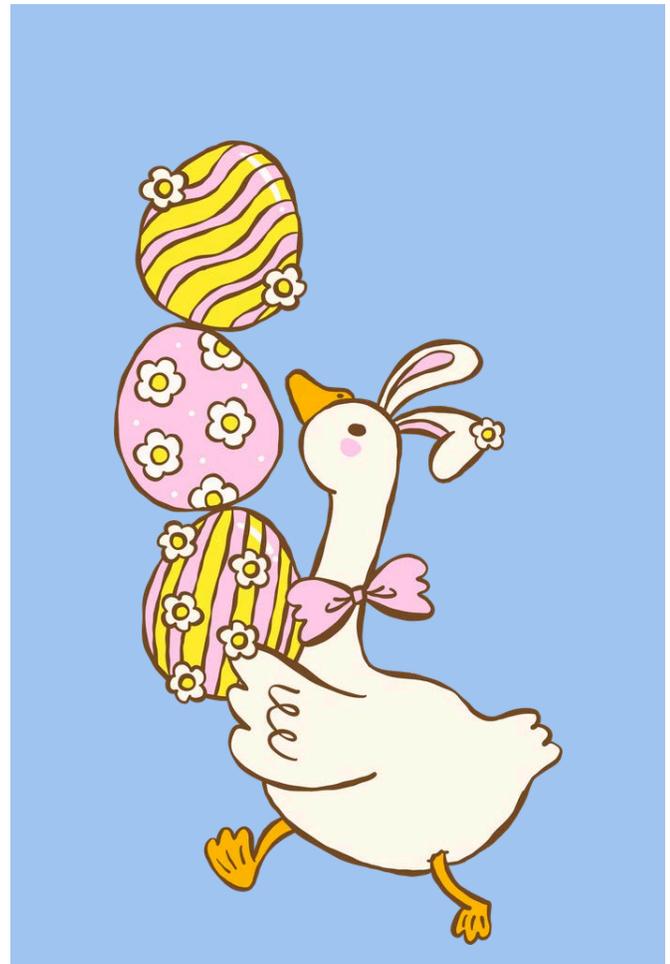
START

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SPORTS

Oilers Hockey Schedule April 2026

April 2, 2026	Blackhawks vs. Oilers	7:00 p.m.
April 4, 2026	Knights vs. Oilers	8:00 p.m.
April 7, 2026	Oilers vs. Mammoth	7:30 p.m.
April 8, 2026	Oilers vs. Sharks	8:00 p.m.
April 11, 2026	Oilers vs. Kings	2:00 p.m.
April 13, 2026	Avalanche vs. Oilers	7:30 p.m.
April 16, 2026	Cancucks vs. Oilers	7:00 p.m.



The 2026 MLB regular season starts on Wednesday, March 25, 2026, with a standalone Opening Night game featuring the New York Yankees at the San Francisco Giants

To see the MLB 2026 regular-season schedule visit:

<https://www.mlb.com/news/mlb-2026-schedule-released>



April motorsports are dominated by the peak of the Formula 1 season, the start of the IndyCar season, and NASCAR's early spring races. Major events typically include the Formula 1 Bahrain or Miami Grand Prix and various NASCAR Cup Series races, alongside the start of local racing seasons in Canada, such as the RAD Torque Raceway featuring an Edmonton Auto Show booth in early April.

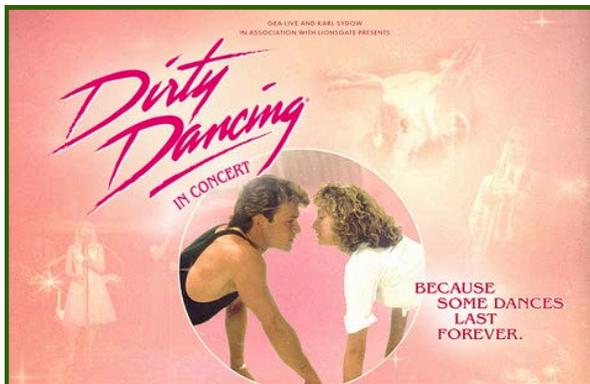


Masters Tournament APRIL 9 - APRIL 12



COMMUNITY EVENTS

OUR TOP PICKS FOR APRIL



Dirty Dancing in Concert

Where: Jubilee Auditorium - 11455 87 Ave NW, Edmonton, AB

Date: April 12, 2026

More Information:

<https://exploreedmonton.com/event-calendar/dirty-dancing-in-concert>



Poulet & Cuvée

Where: The Marc - 9940 106 St, Edmonton, Alberta

Date: April 10, 2026

More Information:

<https://www.opentable.ca/r/the-marc?originId=1a8f1fa4-6c19-4c84-84c3-b1b854241269&corrid=1a8f1fa4-6c19-4c84-84c3-b1b854241269&avt=eyJ2IjoyLCJtIjoxLCJwIjowLCJzIjowLCJuIjowfQ>



Speedo Canadian Swimming Open

Where: Kinsmen Sports Centre - 9100 Walterdale Hill, Edmonton, Alberta

Date: April 9 - April 11, 2026

More Information:

<https://www.ticketmaster.ca/artist/2708444?venueId=140947>

NATIONAL VOLUNTEER WEEK

April 19-26, 2026



WAYS TO SAY THANK YOU TO VOLUNTEERS:



1. Personalized Thank You Notes: Write individual thank-you notes expressing your gratitude for their specific contributions and dedication

2. Artistic Creations: Create handmade artwork, such as paintings, drawings, or crafts, to present to volunteers as tokens of appreciation.



3. Poetry or Writing: Residents can write heartfelt poems, letters, or short stories expressing their gratitude and the impact volunteers have had on their lives.



Want to Volunteer at Canterbury Foundation?

Hands on help is always needed and our volunteers are an integral part of our community! Connect with us today by visiting <https://canterburyfoundation.com/get-involved#volunteer>.

Are you the Family Caregiver (care-partner, carer)?

Your Voice Can Shape How Caregivers Are Recognized and Supported.

We want your perspective!

Share your experience as a family caregiver.

By participating in this survey, you'll help us:

- ▶ Highlight the challenges and successes of caregiving.
- ▶ Identify what supports and services make the biggest difference.
- ▶ Improve how healthcare and community providers work with family caregivers.

Take the Survey:

🕒 *It only takes 5–7 minutes*

📱 *Scan the QR code or*

Click on this link

<https://redcap.link/Care4FCG1>

Questions?

CONTACT

Dr. Jasneet Parmar,

Jasneet.Parmar@ahs.ca

Dr. Sharon Anderson,

sdanders@ualberta.ca



UNIVERSITY
OF ALBERTA



☎ 780-483-5361

📍 8403 142 St. Edmonton, AB

✉ community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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