

CANTERBURY TIMES

Issue 37

Created by: Camille Snow



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MAY



FUN FACTS ABOUT MAY

- **Named After a Goddess:** May is likely named after the Greek goddess Maia, who oversees the growth of plants.
- **Emerald Birthstone:** May's birthstone, the emerald, was a favorite of Cleopatra and symbolizes rebirth, fertility, and love.
- **No US President Deaths:** No US president has ever died in the month of May. Continued on page 16.



Activity Program Highlights

Friday, May 1st: Cinco De Mayo Party with “The Young at Heart Band” at 2 p.m. in the Atrium. Dress in bright colours!

Monday, May 4th: Congdon Wheelchair clinic 10 a.m. -3:30 p.m. in the Court Activity Room. Call Life Enrichment at 780-930-3736 to book your appointment. See posters for details.

Wednesday, May 6th: Sing For Fun with Vanessa at 3 p.m. in the Chapel.

Thursday, May 7th: Concerts in Care Alberta (formerly Health Arts Society) 2 p.m. in the Atrium.

Friday, May 8th: Mother’s Day Tea with Central Lions Band at 2 p.m. in the Atrium.

Monday, May 11th: Fashion Show by Claudia at 1:30 p.m. in the Atrium.

Wednesday, May 13th: Afternoon Art with Madi at 1:30 p.m. in the Court Activity Room.

- Sound Opportunities performance at 7 p.m. in the Atrium

Friday, May 15th: Friday Entertainment with “Emilio Demercato” at 2 p.m. in the Atrium.

Tuesday, May 19th to Thursday May, 21st: PLANTING WEEK!

- Tuesday – Life Enrichment Team will be picking up plants

- Wednesday – Planting in the Court

- Thursday – Planting in the Manor

Wednesday, May 20th: Sing For Fun with Vanessa at 3 p.m. in the Chapel.

Thursday, May 21st: Men’s Club House at 2 p.m. in the Court Activity Room.

*New Members Always Welcome!”

Friday, May 22nd: Entertainment with “Bob Gagnon” at 2 p.m. in the Atrium.

Monday, May 25th: Court Birthday Tea with “Marcy Small” at 2 p.m. in the Atrium.

- Edmonton Suzuki Strings performance at 6:30 p.m. in the Atrium.

Tuesday, May 26th: Lane Birthday Tea with “Bob Gagnon” at 1:30 p.m. in the Lane.

Wednesday, May 27th: Eat Street with Rus at 1:30 p.m. in the Court Activity Room.

Friday, May 29th: Friday Entertainment with “Lodge Pole Quintet” at 2 p.m. in the Atrium

-Shabbat Service with Cantor David at 6:30 p.m. in the Chapel.

Sunday, May 31st: Hymn Sing at 3 p.m. in the Chapel.



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.

SPORTS



May 22-23-24 2026



Set your goals high, and don't stop till you get there.



The 2026 NHL Stanley Cup Playoffs First Round runs from April 18 to May 3, with the Second Round starting May 6, Conference Finals on May 22, and Stanley Cup Finals starting June 3.

COMMUNITY EVENTS

OUR TOP PICKS FOR MAY



Mother's Day High Tea

Where: Community Cafe, WE Seniors Edmonton

Date: May 8, 2026

Time: 2:00 p.m. - 4:00 p.m.

More Information: <https://weseniors.ca/wsac-calendar/mothers-day-high-tea-calendar/>



Ballet Edmonton Presents Reverie

Where: Triffo Theatre in Allard Hall - 11110 104 Ave, Edmonton, Alberta

Date: May 8 - May 10

More Information:

<https://tickets.balletedmonton.ca/e/2526/tickets>



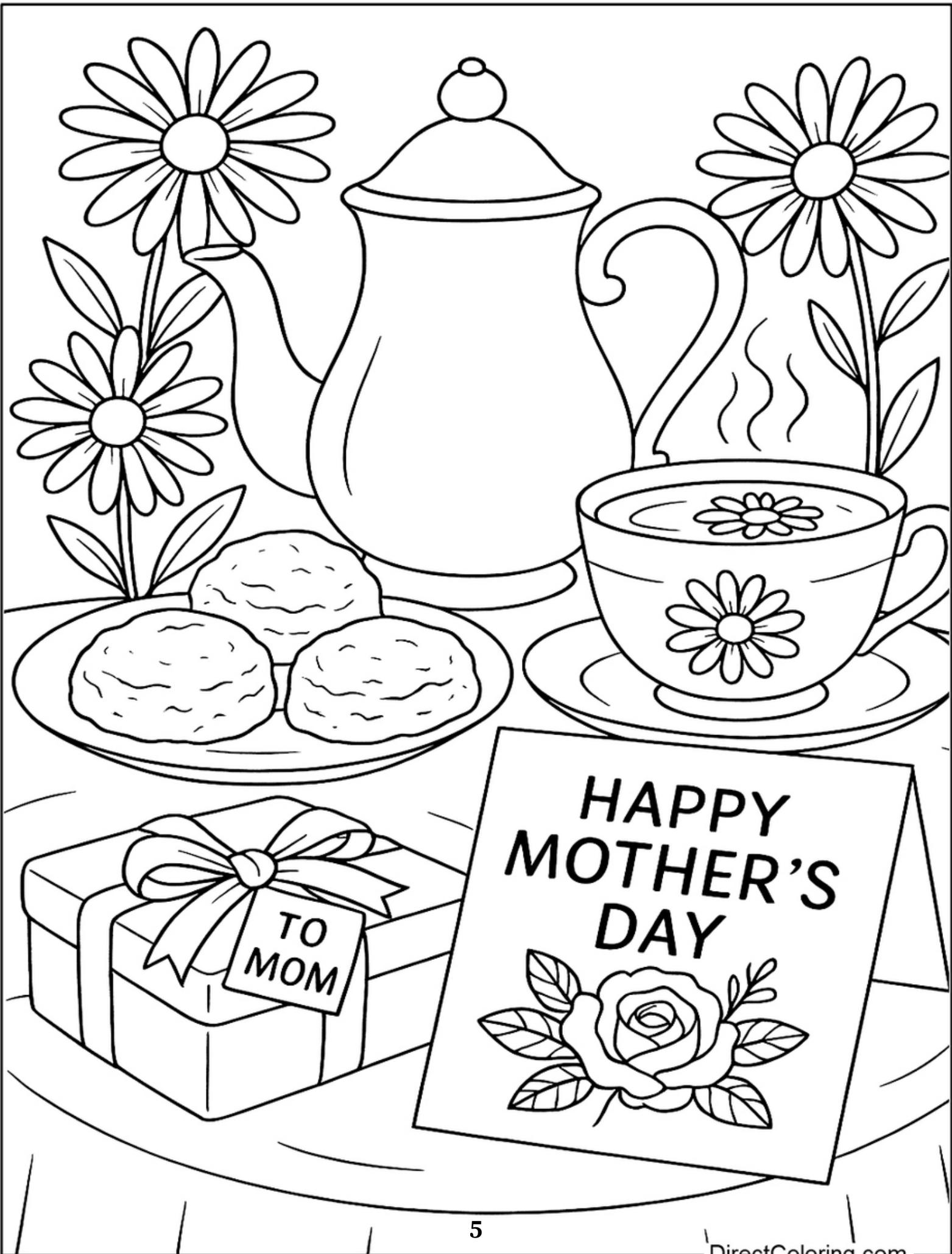
Leonard Cohen and Joni Mitchell: The Untold Love Story

Where: Northern Alberta Jubilee Auditorium - 11455 87 Ave, Edmonton, Alberta

Date: May 31

More Information:

<https://exploreedmonton.com/event-calendar/leonard-cohen-and-joni-mitchell-the-untold-love-story>



Cinco de Mayo

Matching Game

Draw a line to connect the word to the matching picture.

Taco

Guitar

Maracas

Cactus

Sombrero



Cinco de Mayo means "Fifth of May" in Spanish to commemorates victory of Battle of Puebla. It symbolizes Mexican resilience, unity, culture and national pride. In modern celebration, Cinco de Mayo is known for parades, music, dancing, and foods like tacos and mole—especially in cities with large Mexican-American populations.

VIVA LA MEXICO!

On This Day in History

- **May 18, 1642:** Paul de Chomedey de Maisonneuve founded Ville-Marie, which later became Montreal
- **May 28, 1754:** The Battle of Jumonville Glen took place, a pivotal skirmish in the French and Indian War .
- **May 8, 1871:** The Treaty of Washington was signed, paving the way for the removal of British troops from Canada
- **May 4, 1910:** The Royal Canadian Navy is established
- **May 29, 1914:** The RMS Empress of Ireland sank after colliding with a Norwegian ship, killing over 1,000 people
- **May 14, 1969:** Canada officially decriminalized homosexual acts between consenting adults
- **May 2011:** A federal election saw the Conservatives win a majority government



happy
Mother's
day



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.

Mental Health Awareness

YOU ARE NOT ALONE!

Taking care of your mind is just as important as taking care of your body!

Did You Know?
1 in 4 older adults experiences mental health issues like depression or anxiety.
It's never too late to seek help.



Talk to a doctor or counselor if you're feeling down or anxious. Support groups and community centers can also be great resources.

Tips for Mental Wellness

- **Stay Socially Connected:**
 - Spend time with family & friends. Even small conversations can brighten your day!
- **Keep Your Mind Active:**
 - Read, do puzzles, try new activities. Learning keeps the brain sharp & engaged.
- **Stay Physically Active:**
 - Walk, garden, or do yoga. Movement helps reduce stress and boosts mood.
- **Talk About Your Feelings:**
 - Share your thoughts with your family and trusted friends. Your feelings matter!
- **Maintain a Healthy Routine:**
 - Enough rest & sleep with a balanced diet brings comfort and stability.
- **Relax and Unwind:**
 - Take time to relax your mind and body. Practice deep breathing, meditation, or listen to calming music.
- **Stay Positive and Grateful:**
 - Celebrate small joys each day. A grateful heart brings peace and happiness.
- **Maintain a Sense of Purpose:**
 - Hobbies like gardening, painting, or music, or even setting small daily goals.

*"Every day may not be perfect,
but there is something good in every day!"*

Page Created by: Lianne Capule

| The People Behind the Moments |

| Our Life Enrichment Team |

What is Life Enrichment? Life enrichment services provide structured, person-centered activities and support tailored to enhance the quality of life, independence, and well-being, particularly for seniors and individuals needing specialized care. These services focus on cognitive, social, emotional, and physical health, offering activities such as recreational therapy, music therapy, exercise, and arts. We focus on the 5 dimensions of wellness for our programming here at Canterbury Foundation: social, intellectual, spiritual, physical and emotional. This aids in keeping our residents part of a bigger picture, maintaining individual skills and building community through programming.

You will see on our monthly activities calendars that we have a large variety of different programs that we offer. It is impossible long to list them all, but we have daily programs such as Exercise or Yoga, to weekly programs such as Trivia, Balloon Badminton and Tunes on the Ivories. We also have monthly programs like Kelly's Kitchen, Art with Madi, Eat Street and Men's Club House. Then we sprinkle the calendar with more fun programs such as Card Bingo, Horse Races, Penny Ante, Sing For Fun and MORE! Throughout the year we do have seasonal programming. In the Winter months we focus on keeping physical indoors with our Indoor Walking Group and Gentle Stretch & Meditation program. We bring in more guest speakers and presenters, and we ensure we get our weekly dose of Mom & Tots to help brighten our spirits with some intergenerational programming. In the Spring we plan more outings on the Coach, host our annual Easter Egg Hunt and begin to make plans for our planting week in May.

Through the summer we have special events such as Klondike Pancake Breakfast, Duck Races and BBQs. As Fall begins, we start getting into fun themed events such as the Pie Baking Contest, Laurier Heights Halloween parade, and staff pumpkin carving contest.

Once November hits, out come all the Christmas decorations and 32 Christmas trees! We host holiday themed dinners and luncheons for families to join, and we end off our year of course with some New Years Eve fun. January 1st, we start all over again!

We all love our jobs. Our residents are the reason we are here. Whether it be Friday Entertainment with music and dancing for over 100 people, or a 1:1 visit with a resident that is just a nice quiet conversation, it is all important. Every program has a reason and a purpose. Perhaps it's a walk or morning exercise class, or maybe it is folding laundry, painting a picture, or a scenic drive on the coach. Sometimes it is trying to find 200 words inside of the word Hippopotomonstrosesquippedalophobia.



There is thought, intent and meaning behind every single program.

When we are not facilitating programs, we are working hard behind the scenes for you. Whether that be our monthly planning meetings, In-Service training sessions, or getting things organized for our next season of events. We are always working hard to help offer you an array of diverse programs for your enjoyment.


This is your world, your home... and we know how lucky we are to be a part of it. We thank you for welcoming us into it!

Sincerely, your Life Enrichment Team,
Leana, Chelcey, Vanessa, Kelly, Eric, Austin,
Rus, Madi, Elora, Cassidy & Kiran





Meet Canterbury's Incredible Life Enrichment Team!



I have been with Canterbury for over 13 years. I am married to Darren and have 3 grown daughters; Erynn, Kendra and Robyn. The girls have all flown the coop with their significant others and live in BC, Saskatchewan, and the oldest is here in Edmonton. The empty nest is a little less empty with one female Australian mini labradoodle, named Rudi.

I have maintained the role of Coach Driver for all of those years and enjoy planning outings for the residents. My goal is to help keep residents stimulated and entertained with some fresh air and the Great Outdoors. I try to provide residents with a variety of shopping outings each month, so independent residents can keep up with their grocery and other shopping needs. Additionally, "Mystery Drives" to undisclosed local city and nearby country locations are a favorite for many of Canterbury residents. Summertime is always more fun when it comes to outings, and the coach is regularly scheduled for drives, lunch outings, picnics and some special events (weather permitting, of course!)

I also have some background in senior's group fitness and enjoy challenging our exercise groups with cardio, strength, stretch and balance classes, and am always reminding folks to "drink their water!"

Kelly's Kitchen has become a very popular program, as well. I really enjoy being able to cook up and demonstrate some healthy, accessible dishes (made from regular ole ingredients already in your fridge!) that are pretty delicious, too.

The residents here at Canterbury have become quite special to me. Our Life Enrichment team has been very helpful in supporting me in planning and designing programs that I believe, tap into a bit of my skill set, as well as bringing quality of life to our residents. Its fun to do some of what I do well to help our residents be well.



KELLY JACOBS





RUS EALES

My name is Russel Eales, I was born in Johannesburg South Africa. I started my working years in an engineering firm and for many of the 11 years I worked as an IT Network administrator and computer programmer. I later on left the engineering firm to become a pastor as I felt a calling to assist people on their spiritual journeys. Together with my wife Glyn, who also works at Canterbury Foundation now as the CEO's executive assistant, we moved to New Delhi in India at the beginning of 2001 where we assisted with a new church from 2001 to 2007. During this time my 2 sons were born in India and as a family we moved back to South Africa at the end of 2007, where I took on a full-time pastoral and administrative role in a large church developing church sites and teams to assist in those sites. At the end of 2013, I was asked to come to Canada to assist a church in Nanaimo, Vancouver Island. We relocated as a family to Nanaimo where we co-pastored a church together with other pastors until 2019. In July 2019, we relocated to Edmonton to plant a new church called Explore Life Church in the West of Edmonton. I am the senior pastor of that church still today. As well as pastoring, I joined the Canterbury Team in March 2024 and am now a Life Enrichment Co-Ordinator here at Canterbury when I am not in my pastoring role. I love interacting with our amazing residents and particularly enjoy the Trivia Program on Mondays as well as playing the piano for the residents when I am able to.



CASSIDY OUELLET

Hi everyone, my name is Cassidy! I love to draw, paint, and play with my two little dogs in my free time. I also really enjoy traveling and experiencing new places, whether it's exploring somewhere new or just getting away for a change of scenery. I love learning new things and meeting new people along the way.

I'm also a big fan of watching hockey and spending time with my family and friends.

My favourite programs to run are horse races and card bingo, they're always so much fun! I really enjoy seeing you all during our programs, getting to chat, and getting to know each of you a little better!





MADI PYNN

Hi, I'm Madi. I've been working at Canterbury since December of 2024. I'm currently a university student pursuing a degree in recreation therapy. In my free time I enjoy painting, hiking, and hanging with my dog. My favourite program here is Mom and Tots!



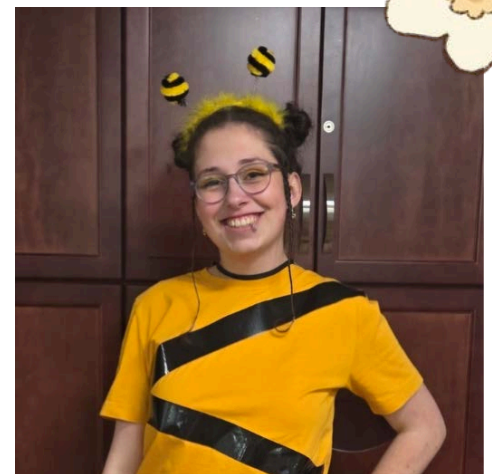
AUSTIN DEMAVIBAS

My name is Austin, and I've been working as a Life Enrichment Coordinator for over 2 years. I really enjoy spending time with our residents and building meaningful connections with them. I enjoy the coach drives and the opportunity to see Edmonton and discover more of what it has to offer, but my favorite activity is Super Bingo—it's always fun to see the excitement and joy it brings to everyone... BINGO!

ELORA KIELY

Hi I'm Elora! I'm part of the Life Enrichment team and I'm a Companion! I've been working at Canterbury for almost 2 years. My favourite programs are balloon badminton and duck races.

I'm kind and creative and very passionate about caring for others. In my spare time I enjoy singing and creative writing as well as spending time with my cat. You may see me zooming through the hallways, but despite my fast pace I'm very patient and happy to slow down for others.



VANESSA GREY

My name is Vanessa Grey, I have dedicated over 18 years to working with seniors, bringing a strong background as a Rehabilitation Practitioner and a passion for enhancing quality of life. For the past 15 years at Canterbury, I have been a proud member of the Life Enrichment team, creating meaningful and engaging experiences that support resident's well-being. I especially enjoy leading programs such as Big Brain, Morning Exercise, Penny Ante, Horse Races and Sing for Fun. One of my favourite parts of the role is organizing, coordinating and booking a variety of entertainment for the facility. When I get a chance, I also enjoy dancing with the residents. I'm a happy go lucky person who loves to have fun and joke with the residents. While I can be quite quiet at first, I open up once I get to know people. I value the strong connections I build. Many seniors naturally approach me to chat, even when I am outside of the work environment. Outside of work, I have been married to my husband going on 22 years. I am a busy hockey mom of twin boys, which are heading into grade 7 soon. I enjoy reading, skiing, cooking, dancing and spending quality time with my family. I also am fluent in four languages English, Polish and starting to get rusty in Italian and French.



KIRAN BHATT

Hello, my name is Kiran, and I've been at Canterbury for seven months. I'm currently attending university, working toward my degree in recreation therapy. My favourite program is horse racing, and when I'm not at work or school, I enjoy lying in the sun with my dogs, going for walks, dancing, and travelling.

ERIC KOTLYAROV

Hi, I'm Eric. I've been here at Canterbury since December of 2021. Nowadays, you'll usually find me at the Men's Club House meetings, driving the coach or hosting a Jeopardy game! A fun fact is that I speak Russian and Hebrew fluently as well as a bit of American Sign Language that I learned while studying at the University of Alberta. Outside of Canterbury, I work full-time as a Primary Care Paramedic with EHS-Alberta (formerly "AHS") and I'm also involved with a local sea cadet unit in Edmonton.



My name is Chelcey. My background is originally Biological Sciences, Laboratory & Research. I worked at the University of Alberta for a decade conducting hepatitis and cancer research. I gave all that up when I decided to be a stay-at-home mum to my two amazing kids! After staying home for 6 years, I decided to get back into work part time at a couple bakeries. I found that those jobs did not quite fill my cup, so when a friend of mine suggested I apply at Canterbury Foundation, I did not hesitate. I have been here now for just over two and a half years. I started out as a coordinator and have made my way up to Team Lead, and now Supervisor. I am so incredibly proud of our amazing Life Enrichment Team! I am very blessed to work with such compassionate, talented and hardworking teammates every single day. Although I am in the office more now, I do love when I get to join in programs and visit with all the wonderful residents at Canterbury. Spending time with all the lovely people that live here definitely fills my cup and brings me joy every day. My favourite Life Enrichment programs are Jeopardy and Duck Races!



CHELCEY BUCK

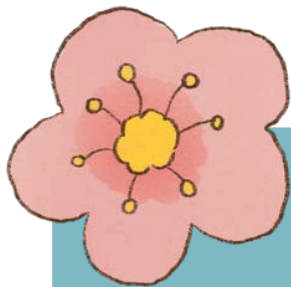


LEANA NIELSEN



My name is Leana Nielsen, and I am the Resident Experience Manager at Canterbury. I support Chelcey and the Life Enrichment team, as well as the companion department when needed. I began my journey here 16 years ago as a Life Enrichment Coordinator. My role includes resident incident reporting, staff training, and making sure the fun fits the budget—and the budget fits the fun for our Life Enrichment programs! Along with policy development and supporting initiatives like gardening and volunteering, I also serve as the Manor Resident Council liaison and thrive on advocating for residents' autonomy. I have two children, Jax and Brie, who occasionally volunteer here in the Junior Volunteering Program. You can find me in my office, located in finance, creating engaging spaces or around Canterbury connecting with residents--especially during my favourite program, Singing Bingo in the Lane.





May Fun Facts

- "Mayday" Origin: The distress call "Mayday" has nothing to do with May Day! It was devised in 1923 from the French phrase m'aider (come help me).
- Flowers in Bloom: May's birth flowers are the Lily-of-the-valley (symbolizing sweetness/return of happiness) and the Hawthorn (symbolizing hope).
- Slugs Return: May 28th is "Slugs Return from Capistrano Day".
- Flower Moon: The May full moon is often called the Flower Moon, representing life and passion.
- Emerald Color: May is associated with green, signifying the renewal of growth and spring.

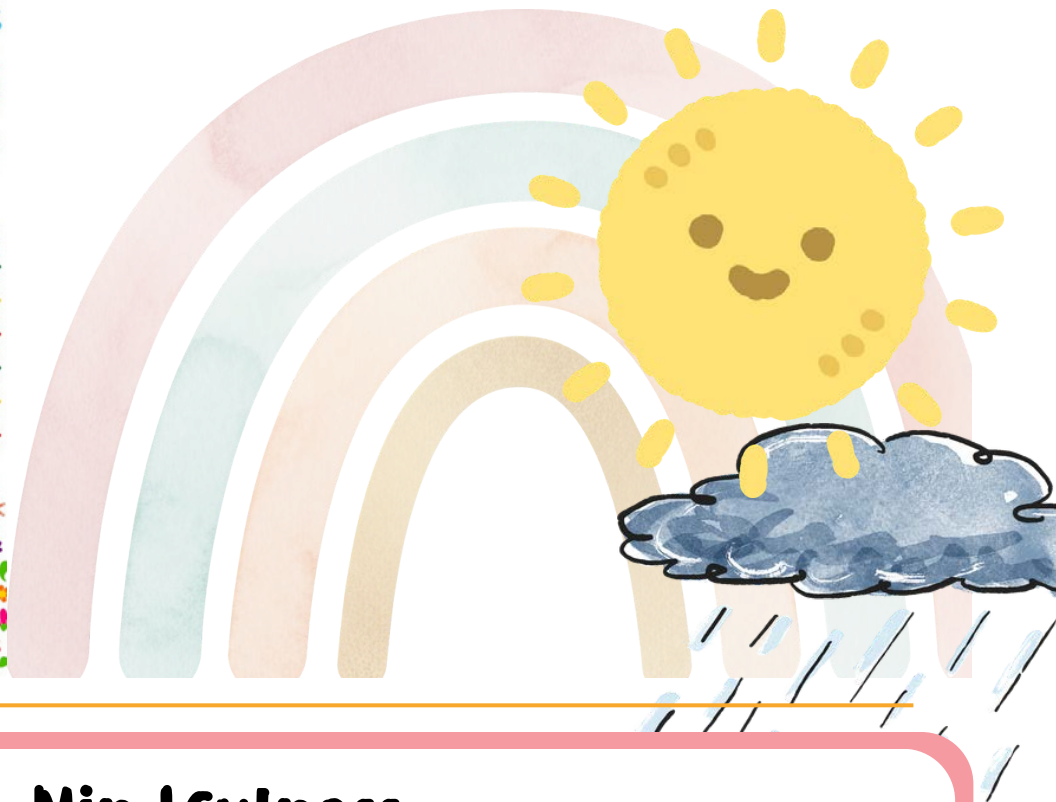
Cinco de Mayo
Matching Game

Draw a line to connect the word to the matching picture.

Taco		
Guitar		
Maracas		
Cactus		
Sombrero		

Cinco de Mayo means "Fifth of May" in Spanish to commemorate victory of Battle of Puebla. It symbolizes Mexican resilience, unity, culture and national pride. In modern celebration, Cinco de Mayo is known for parades, music, dancing, and foods like tacos and mole—especially in cities with large Mexican-American populations.

VIVA LA MEXICO!



Mindfulness

Maybe life isn't going upward
As you wish, but if you can learn from
Yesterday, you can win tomorrow





Heart of Canterbury

March Recipients

EMPLOYEE RECOGNITION PROGRAM



Jeneth Silva
Dietary



Judy Grodzicki
Companion



Adut Gong Majak
Health Services

Thank you for making a difference every day.



International Nurses Day

Celebrating the dedication, compassion, and hard work of nurses worldwide

MAY 12, 2026

HAPPY NATIONAL

NURSES WEEK

MAY 11 TO 17





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🌐 <https://canterburyfoundation.com/>

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