

CANTERBURY TIMES

Created by: Camille Snow

Issue 37



A heartfelt thank you to all of our wonderful residents and our incredible Life Enrichment team for helping bring our garden beds to life with such beautiful flowers.

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Activity Program Highlights

Monday, June 1st: Seniors' Week

-Super Bingo "you play, we pay!" 1:30pm in the Atrium

Wednesday, June 3rd: "The Senior Showcase with Rio Terrace Students." 12:30pm – 2:30pm in the Atrium.

-Sing for Fun with Vanessa at 3:00pm in the Chapel

Thursday, June 4th: Duck Races! Sales start at 1pm in the Atrium. Races start at 2pm in the Court Courtyard "rain or shine!" Ducks are \$1.00 each and you can purchase up to 10 ducks. This is a fundraiser for Life Enrichment, so come pick a duck and try your luck!

Friday, June 5th: Seniors' Prom with "Cosmopolitan Show Band."
2:00pm in the Atrium

Tuesday, June 9th: Sudoku Club at 10:30am in the Chapel

Wednesday, June 10th: Celebration of Life at 10:30am in the Chapel.
All are welcome!

-Garden Buddies program at 1:30pm in the Court Courtyard.

Thursday, June 11th: NorQuest Poetry Slam at 1:00pm in the Atrium.
You are welcome to come and share a piece of poetry of your own!

Friday, June 12th: Tea with "The King" & Queen. Performance by "Logan Klaus" at 2:00pm in the Atrium. Come join Elvis & Queen Elizabeth the II for a twist on the traditional British Tea.

Tuesday, June 16th: Presentation by Author Jean Cote. "The Two United Farmers' Court Cases or Scandals" at 10:30am in the Manor Activity Room. All are welcome.

-Ice Cream Bar Day. 1:30pm "see you at your door!"

Thursday, June 18th: Concerts in Care Alberta at 2:00pm in the Atrium.

Friday, June 19th: Father's Day Tea with "Central Lions Band" at 2:00pm in the Atrium

Monday, June 22nd: Presentation by Foot Care Solutions. "Why Foot Health Matters for Staying Independent." 1:30pm in the Court Activity Room.

Friday, June 26th: Friday Entertainment with Lindsay Nagy at 2:00pm in the Atrium.



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.



29TH ANNUAL OLDER, BOLDER, BETTER!™ EXHIBITION & SYMPOSIUM

Thursday, June 4, 2026 | 9:00 a.m. – 4:00 p.m.
River Cree Casino & Resort (300 East Lapotac
Boulevard, Enoch, AB)!

Join us for Alberta's largest event celebrating
Alberta Seniors Week!

**This event is FREE to attend, and the
Canterbury Foundation team will be there
with a booth.**



- Over 100 fabulous vendors
- Engaging guest speakers, and
- Door prizes,
- Free Photobooth - Courtesy of Optima Living

9:00 a.m. - Doors open to the
public (Exhibition at The Venue
opens at 9:30 a.m.)

9:30 a.m. - Opening ceremonies at
Enoch Ballroom (Keynote speaker -
MP Billy Morin)

10:45 a.m. - Symposium opens at
Enoch break room

This event is funded by the
Government of Canada's New
Horizons for Seniors Program.

REGISTER HERE:

**[https://weseniors.ca/wsac-
calendar/older-bolder-better-
2026/](https://weseniors.ca/wsac-calendar/older-bolder-better-2026/)**



Canterbury
FOUNDATION

COMMUNITY EVENTS

OUR TOP PICKS FOR JUNE



FLAMENCO at the Yardbird – Edmonton

Where: 11 Tommy Banks Way Edmonton

Date: June 3 & 4

Time: 7:30 p.m.

More Information:

<https://flamencoshow.ca/flamenco-at-the-yardbird-2026/>



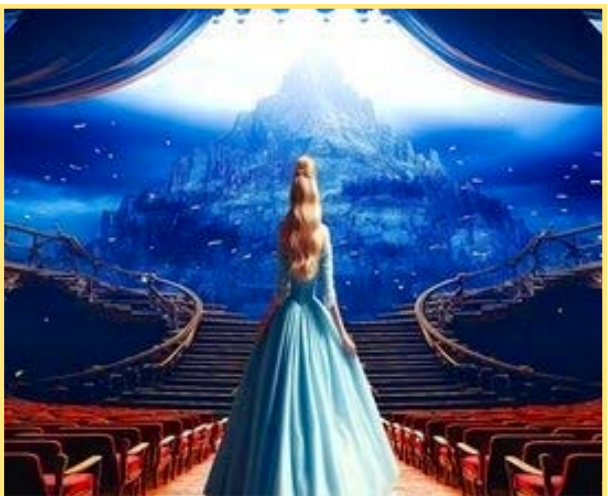
Pathways MESKANAS: Celebrating Indigenous Culture

Where: University of Alberta Botanic Garden - 51227 AB-60, Parkland County, Edmonton

Date: June 14

More Information:

<https://www.ualberta.ca/en/botanic-garden/events-programs/events.html>



MOVICALS: A Movie Musical Extravaganza

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

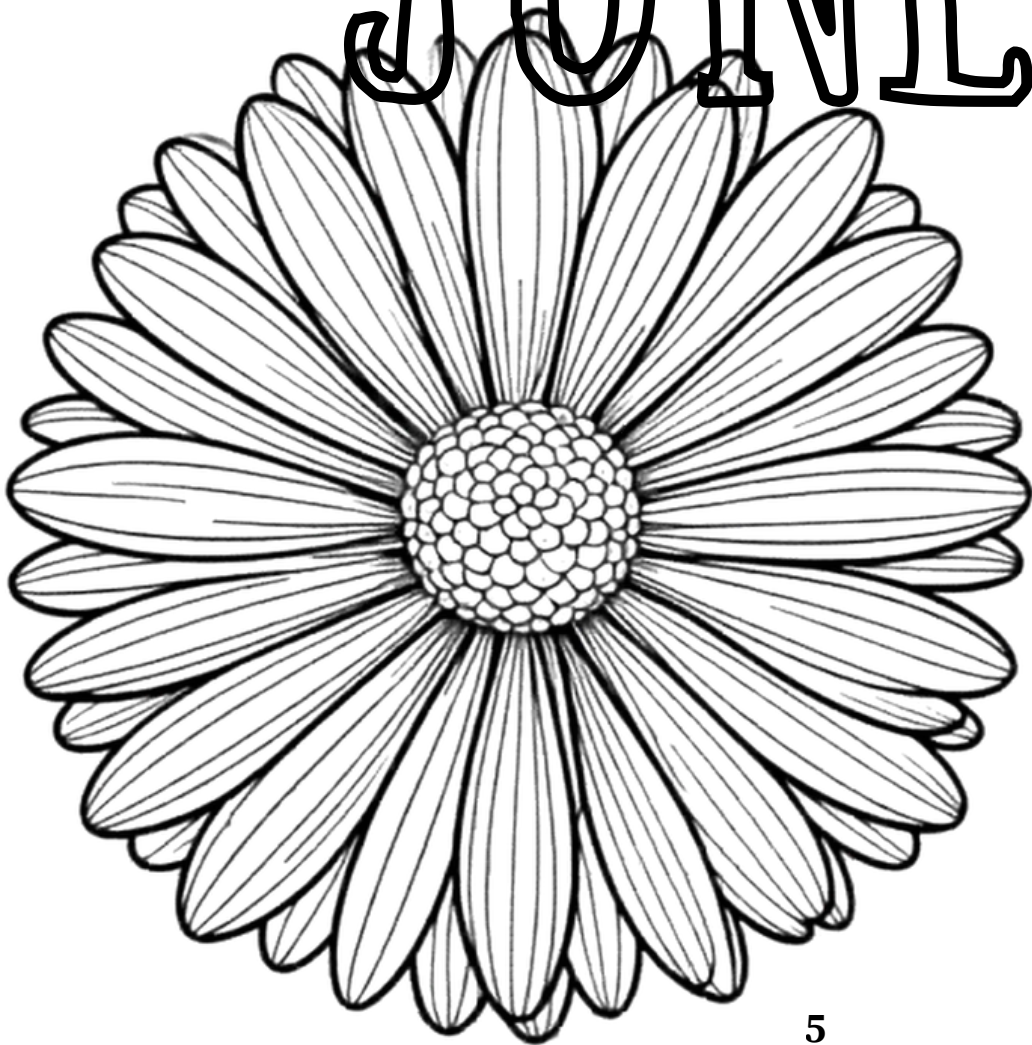
Date: June 6

More Information:

<https://www.ticketmaster.ca/event/1100643678784EF8>



JUNE






The Master Builder

Your hands may hold less weight these days,
But they built the world I know.
Through quiet strength and patient ways,
You taught my heart to grow.

I trace the lines upon your face,
And see the roads we've walked,
The gentle lessons, the steady pace,
The wisdom as we talked.



The years may add a silver crown,
And slow your stride a bit,
But in my heart, you'll not step down;
A hero, brightly lit.

Now it's my turn to hold your hand,
And give the care you gave,
To help you pause and understand
The beautiful path you paved.

-unknown





LIFE ENRICHMENT GARDEN CLUB

COME & JOIN US FOR
**GARDEN
BUDDIES**

Pages created by: Chelcey Buck

GROW, LEARN, BLOOM TOGETHER

**JUNE DATES:
TUESDAY, JUNE 2ND
WEDNESDAY, JUNE 10TH
WEDNESDAY JUNE 17TH
THURSDAY, JUNE 25TH**

1:30PM

COURT COURTYARD

“Flowers always make people better,
happier, and more helpful; they are
sunshine, food, and medicine for the
soul.” - Luther Burbank



COME & BE A GARDEN BUDDY!

THE LIFE ENRICHMENT TEAM HAS SOME EXCITING NEWS!

On the 1st of June we will be acquiring our very first wheelchair-accessible raised garden beds! We have contacted a local builder and he is custom building two accessible garden beds for us. This will allow residents of all abilities at Canterbury to partake in outdoor gardening this summer. On June 2nd we will be launching our “Garden Buddies” program at 1:30pm in the Court Courtyard.

“WHAT IS GARDEN BUDDIES?”

It is a community-based initiative and therapeutic program that brings individuals to garden together. This type of program focuses on promoting social connection, mental well-being, and physical activity, while offering practical help to maintain gardens. We will be facilitating the Garden Buddies program weekly for the duration of the summer months and into the fall while weather permits. June will be on varying days of the week, but we hope to have a set schedule come July. Please check calendars and posters for dates and times. We will also have new treats weekly for each program. If the weather is not cooperating, we will gather in the Atrium for a treat and some conversations.

WHAT ARE THE BENEFITS OF GARDENING FOR SENIORS?

Research has shown that gardening in a group setting can boost mood, reduce stress, increase mobility, and build meaningful connections. Tending an outdoor garden of flowers or vegetables is therapeutic in a variety of ways while also being an age-friendly pastime. Connecting with the nature through gardening can have a profound effect on our bodies, both mentally and physically. Here are some of the amazing benefits that gardening provides.



IMPROVES PHYSICAL HEALTH

Although gardening is different from your typical exercise class, it is a great way to get your body moving and stay physically active. Simple tasks such as digging, weeding, reaching, lifting and bending can improve dexterity, joint flexibility, and cardiovascular health while strengthening muscles and maintaining mobility. This provides low-impact exercise that encourages movement and enhances motor skills. Gardening can burn 200 – 600 calories per hour. Remember to bring your water bottle!

IMPROVES MENTAL HEALTH & BOOSTS MOOD

Gardening is a therapeutic activity that has been proven to reduce stress, anxiety, depression, and lower blood pressure. Spending time in nature's beauty, and surrounding oneself in the tranquil atmosphere of a garden provides a sense of peace and calmness, improving one's mood and promoting mental well-being. Working with plants and in the soil stimulates the production of "the happy hormone", serotonin. In fact, scientists have said that bacteria found in soil called *Mycobacterium vaccae*, makes our brains release serotonin, working as a natural antidepressant and helping our immune system! Research has also shown that people who garden have lower cortisol (stress hormone) levels. Gardening also fosters mindfulness. Being fully engaged in the tasks at hand, it allows one to remain in the present at that moment. This allows worries and stress to fade away for the time being. The feel of the soil, the smells of the flowers and plants, the colours and the sounds all create a serene environment, promoting relaxation.

SUPPORTS COGNITIVE FUNCTION

Gardening is a mentally stimulating activity that engages your brain. Planning, organizing, recalling plant names, and even identifying weeds, all involve memory retention and problem solving. Regular gardening helps older adults maintain cognitive abilities and may reduce the risk of cognitive decline and memory loss.





HERE COMES THE SUN & YOUR VITAMIN D

Gardening provides the opportunity to soak up the sun, increasing your vitamin D levels. Why is the sunshine vitamin so important? Vitamin D plays a significant role in the absorption of calcium, which is important for maintaining bone health. Bones tend to weaken with age, so the absorption of calcium makes a huge difference in the health of seniors. Vitamin D also supports immune system function and may reduce the risk of certain diseases such as osteoporosis, diabetes and certain types of cancer. However, when you are outside getting your dose of vitamin D, don't forget that your skin health is just as important, so be sure to put on that sunscreen!

SOCIAL ENGAGEMENT & OPPORTUNITY TO GROW YOUR SOCIAL TREE

Community gardens and gardening clubs offer the opportunity to meet new people and stay socially active. Having this shared space encourages social interaction, collaboration, togetherness and gives a sense of community and belonging. Sharing gardening tips, exchanging ideas, reminiscing, and working together in the garden, fosters meaningful relationships and connections. This can reduce feelings of isolation and creates a supportive community which improves mental health and supports overall happiness. So go ahead and be a social butterfly!

WHY JOIN GARDEN BUDDIES?

In case all of the above was not enough to convince you to join our Garden Buddies program, here are a few more reasons why. Gardening provides a sense of purpose, instills a sense of accomplishment, boosts self-esteem and is a way to give back. Whether you come for the conversations and socialization, the vitamin D, our weekly treat, or just to lend a helping hand, you are guaranteed to leave with some joy and fulfillment. Perhaps your presence will bring some joy and fulfillment to someone else too.

Looking forward to seeing you in the garden!

Sincerely, Your Life Enrichment Team





Family Feedback Spotlight

SUBMITTED BY: CATHERINE KOSHMAN

Recently because of declining health, I had to find an assisted living facility for my 80-year old brother. After much on-line research, I chose Canterbury Heights and booked an appointment for us to view a studio, 1 bedroom and 2 bedroom apartment.

As a private care neurophysiotherapist who works with clients in many different care facilities in my city, what struck me first was the virtually every resident and staff passing by stopped to greet us and have a brief chat. There was an aura of happiness about the place that I have never seen in other facilities.

The studio apartment which we viewed was spacious and modern with a surprising amount of cupboard space. The entire apartment from the bar area to the bathroom, to the closet space had more storage space than one person could use. The room was so perfect for my brother's level of mobility that he did not wish to view the 1 and 2 bedroom apartments. The space of the studio apartment was equal to most 1 or 2 bedroom apartments in my city.

Admission was seamless with being assigned Candy as a move-in coordinator and questions or small problems were immediately solved. I was able to eat one lunch and one dinner with my brother and the food was excellent with plenty of fresh vegetables and fruits. This is very different from the for-profit homes that I work at, where the residents are increasingly disliking the food with its dearth of fresh foods due to cutbacks happening.

The dining room space at Canterbury is excellent with plenty of room to accommodate the many walkers. Again laughter and happiness prevailed and I observed the staff being patiently attentive to every need and whim. Having 2 choices for every course meant everyone was happy.

I am used to a physician attending the facility once every two weeks in my city. At Canterbury a physician attends daily and if keeping ones' own physician, the in house pharmacy can dispense prescriptions. All of the activity spaces, exercise spaces were being utilized as we toured the facility and small groups were having mid afternoon snacks. With a library being serviced by the Edmonton public library as well as daily church services of differing denominations held in the beautiful chapel residents can engage in many different activities. On Fridays live music performances are featured and this was a great attraction for my brother, a musician himself. Residents were engaged and active in Canterbury. There are even computer courses to assist residents engage in the tech world. Facilities in my city seem to have large empty spaces and lounge areas devoid of people with little interaction happening between meals.

The cost of Canterbury is much less than the cost of facilities in my city and from what I have seen and the improvement already in my brother's outlook and health, I would not hesitate to recommend it to anyone.



FAMILY FRIENDLY

Laurier Heights

COMMUNITY LEAGUE

BEER GARDENS

PRESENTS
OUTDOOR LIVE MUSIC

THE GAZEBO SESSIONS

06/03 - SUSAN ISAAC

06/10 - AVENMORE BLUES PROJECT

06/17 - ERIN & THE JAYS

06/24 - BALL PARK FRANKS

07/08 - LADY ADJACENT

07/15 - RIVER POETS

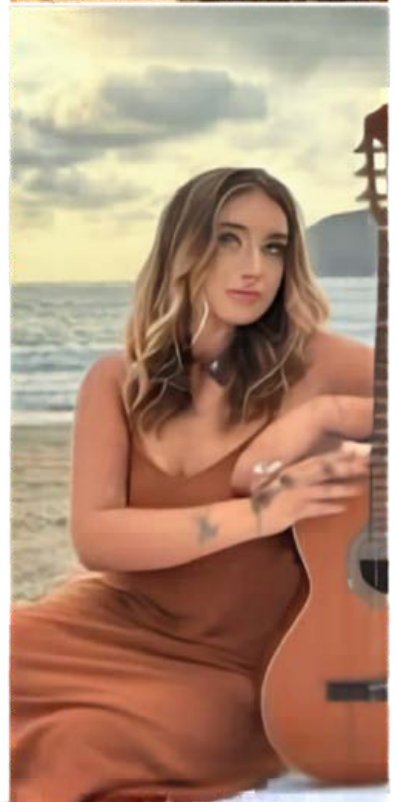
WEDNESDAY EVENINGS @

THE GAZEBO

7:30-8:30 PM

CASH DONATIONS IN SUPPORT OF PERFORMERS ENCOURAGED AND APPRECIATED

CELEBRATING 70 YEARS OF COMMUNITY BUILDING



THINK OUTSIDE

the box

Look at each box carefully and see if you can solve this creative brain teasers!


heart

ground

 feet feet feet
 feet feet feet

man

board

level ↑

mill1on

brother

stood

miss

secret
 ↗
secret
secret

arUPms

Celebrating Culture, Community & Connection

This June, we proudly recognize National Indigenous History Month and Pride Month — a time to honour identity, history, resilience, and the importance of belonging within our Canterbury community.

National Indigenous History Month

June is a time to recognize and celebrate the rich cultures, traditions, voices, and contributions of First Nations, Inuit, and Métis Peoples across Canada.



At Canterbury, we acknowledge the importance of listening, learning, and fostering meaningful connections rooted in respect and understanding.

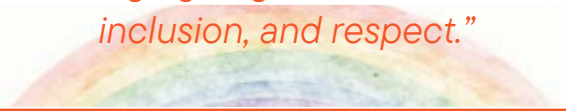
“Every culture carries stories, traditions, and wisdom worth honouring.”

Pride Month

Pride Month is a celebration of love, identity, inclusion, and the freedom to be yourself. It is also a time to recognize the strength and resilience of the 2SLGBTQIA+ community.

At Canterbury, we are committed to creating a welcoming environment where every resident, family member, staff member, and visitor feels valued, respected, and supported.

“Belonging begins with kindness, inclusion, and respect.”



National
Indigenous
Peoples Day:
Celebrated on
June 21st,



Community Message

At Canterbury, we believe our community is strengthened through compassion, understanding, and celebrating the unique stories that make each person who they are.

This month, we encourage everyone to continue learning, listening, and supporting one another as we celebrate diversity in all forms.

“Together, we create a community where everyone belongs.”

SPORTS

Hockey



Stanley Cup Finals
starting June 3.

Riverhawks June Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
	1	@VIC	@VIC	@VIC	@NAN	@NAN
7 @NAN	8	VIC 7:05 PM	VIC 11:05 AM	VIC 7:05 PM	YAK 7:01 PM	YAK 7:03 PM
14 YAK 1:00 PM	15	@WEN	@WEN	@WEN	@COR	@COR
21 @COR	22				PAL 7:05 PM	PAL 7:05 PM
28 PAL 1:05 PM	29	BEL 7:05 PM				

Canada National Soccer Team Tickets

Canada Men's Soccer
Send-Off Series: June 1,
2026. Canada takes on
Uzbekistan in an
exhibition football
match at
Commonwealth
Stadium.

Edmonton Elks

Home Opener: June 20,
2026. The Elks kick off
their CFL season against
the Montreal Alouettes
at Commonwealth
Stadium



Spec-D Open Drift & Nite Thunder

June 4 & June 12, 2026.
High-powered drifting
and oval dirt track
racing at RAD Torque
Raceway



June Fun Facts

1. "The Longest Days: The Summer Solstice occurs in June, bringing the longest day and shortest night of the year to the Northern Hemisphere. The opposite happens in the Southern Hemisphere, where June has the shortest daylight hours.
2. Strawberry Moon: The June full moon is traditionally called the "Strawberry Moon," named by Native American tribes because wild strawberries are ready to be picked during this time.
3. Nobel Prize Connection: According to historical data, more Nobel Prize winners have been born in June than in any other month.

THINK  OUTSIDE
the box

Solution Sheet

broken heart

6 feet
underground

man overboard

level up

1 in a million

little brother

misunderstood

top secret

up in arms

 **HAPPY** 
FATHER'S
 **DAY** 

HELLO JUNE

Joy Finds you when you
Understand your value
and
Nourish your need
Even when it feels hard

Maintenance Minute

Outdoor window cleaning has
been scheduled for the week of
June 8th from 8 a.m. - 5:00 p.m.



HEART OF CANTERBURY MAY RECIPIENTS

Employee Recognition Program



Thank you for making a difference every day.



**Lianne
Capule**
Concierge



**Brynna
Huth**
Housekeeping



**Ann Marie
Allridge-
Murray**

Health Services



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.

ON THIS DAY IN HISTORY

- **June 1:** Anne Boleyn was crowned Queen of England in 1533, and the very first Superman comic hit store shelves in 1938.
- **June 2:** Coronation of Queen Elizabeth II (1953) After the death of her father King George VI the previous year, Queen Elizabeth II was crowned at Westminster Abbey in 1953. The ceremony was the first to ever be televised and watched by millions across the globe.
- **June 6 (D-Day):** In 1944, Allied forces launched Operation Overlord, beginning the largest amphibious invasion in history on the coast of France.
- **June 15:** King John signed the Magna Carta at Runnymede in 1215, legally limiting the absolute power of the English monarchy.
- **June 18:** Napoleon Bonaparte was defeated by British and Prussian forces at the Battle of Waterloo in 1815.
- **June 19:** Juneteenth—commemorating the emancipation of enslaved African Americans—is celebrated, stemming from Union troops arriving in Galveston, Texas, in 1865





📞 780-483-5361

📍 8403 142 St. Edmonton, AB

✉️ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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