

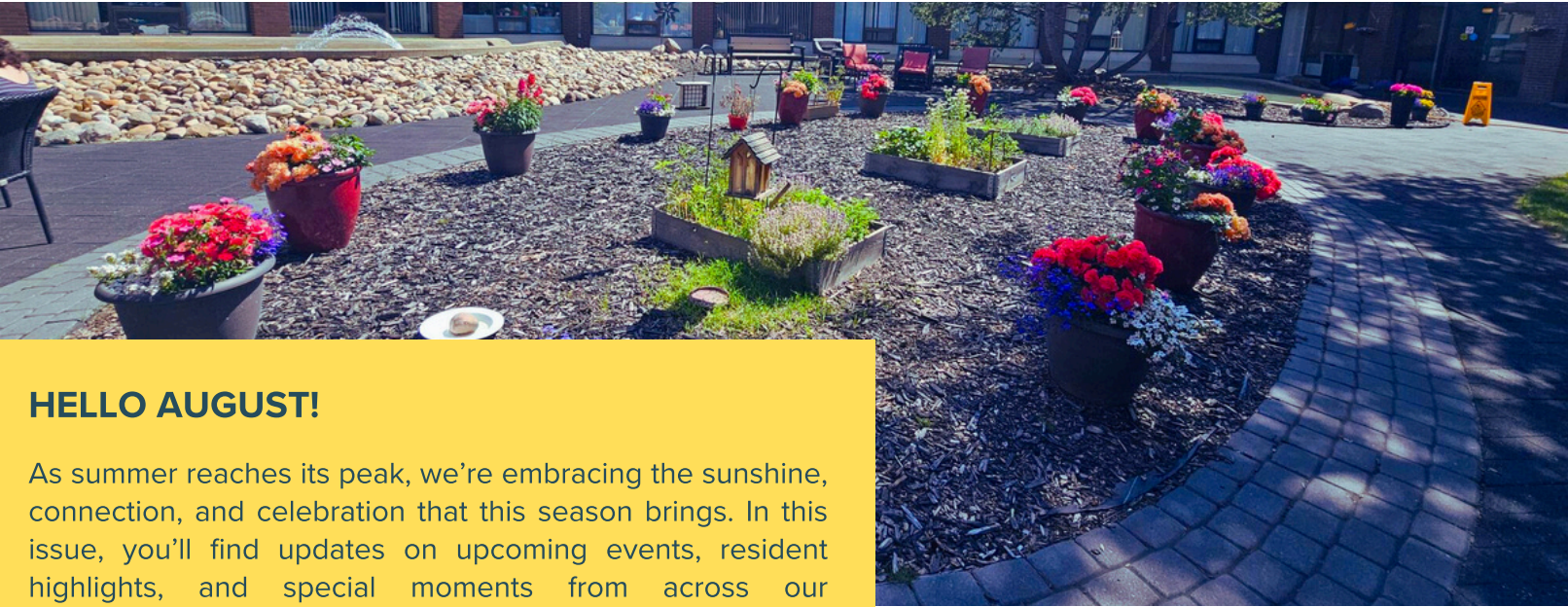
CANTERBURY TIMES

Created by Camille Snow

August



Issue 28



HELLO AUGUST!

As summer reaches its peak, we're embracing the sunshine, connection, and celebration that this season brings. In this issue, you'll find updates on upcoming events, resident highlights, and special moments from across our community. Whether you're enjoying garden walks, live music, or simply catching up with friends over coffee, August is all about making the most of these bright, beautiful days together.



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Activity Program Highlights

August 4 - Super Bingo at 1:30 PM in the Atrium. Join us for a fun-filled afternoon with prizes and laughter!

August 8 - Guest Speaker: Brennen D'Amours at 10:30 AM in the Manor Activity Room.

Beach Day with Donna Lee Random at 2:00 PM in the Atrium.
Get into the spirit of summer—wear your fun beach attire and come ready to enjoy a lively performance!

August 13 - Sing for Fun at 3:00 PM in the Chapel. Lift your spirits and your voices with our community sing-along.

August 15 -Guest Speaker: Estate Planning with MLT Aikins at 10:30 AM in the Manor Activity Room. Learn valuable insights and tips on planning for the future.

August 18 - Duck Races!

Duck sales begin at 1:00 PM and races start at 2:00 PM. Come cheer on your lucky duck!

August 20 - Life Enrichment BBQ – Burgers & Hot Dogs

Court: 11:30 AM | Manor: 12:00 PM

Cost: \$15. Order forms available at Reception.

August 22 - Guest Speaker: A Helpful Hand – iPhone Assistance & Tips
10:30 AM in the Court Activity Room

Limited to 10 participants. Call Life Enrichment to reserve your spot.

August 24 - Hymn Sing at 3:00 PM in the Chapel

A peaceful afternoon of classic hymns and community connection.

August 27 - Walker Wash at 1:00 PM in the Court Courtyard. Give your walker a shine!





Meet Camille Snow

Hi! I'm Camille Snow, Canterbury's Community Experience Manager—and the person behind the monthly newsletters. I'm 29 (turning the big 3-0 this October!) and a proud mom to two amazing kids: Hannah (11) and Lucas (7). We're about to start a new chapter in our lives as we move into our first home, and I couldn't be more excited!

When I'm not working, I love camping, golfing, playing volleyball, diving into board games, or just enjoying time with my family.

Creating this newsletter each month is one of my favorite parts of the job. It's a way for me to help keep our community informed, connected, and celebrated. Working at Canterbury means so much to me—I feel incredibly lucky to be part of such a special place.

Thanks for reading, and I hope you enjoy this month's edition!



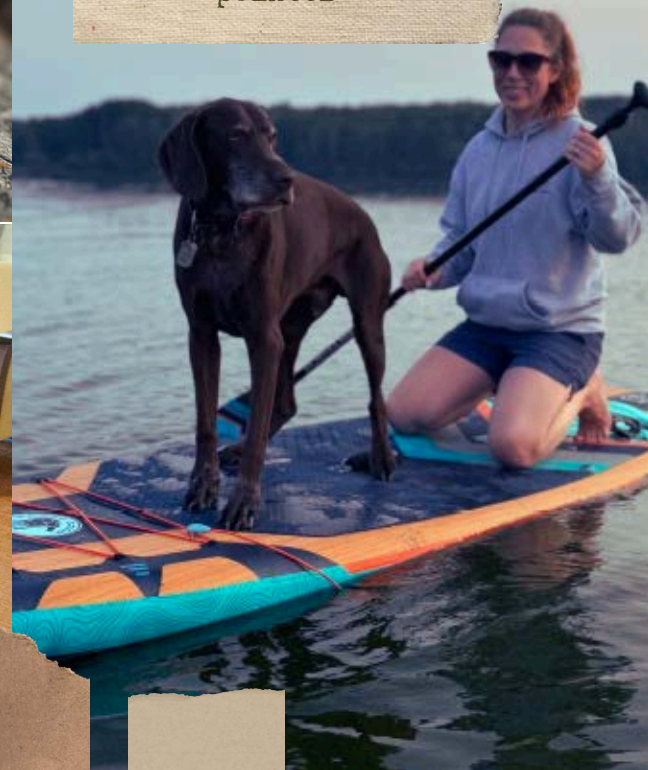


Meet Posie!

6 year old Miniature
Schnauzer



Meet Ruger!
Old Man (13 years old)
German short-haired
pointer



Meet Koda!
2 year old Pomsky



National Dog Month

Staff's furry friends



Meet Edgar!
9 Year old Black
Lab Cross



Meet Tucker!
4 years old
Havanese. 3



Meet Tucker!
1 1/2 year old
Goldador





Meet Ruby Tuesday!
7 year old Springer
Spaniel



Staff's furry friends



Meet Sadie!
2 year old Golden
Retriever



Meet Ecko!
5 year old Beagle



Meet Mika Taylor!
2 year old
Pomsky



Meet Blue and Quinn!
11 and 9 year old
Miniature Pinschers.





A LOVE THAT ENDURES:

ROSE & TONY CELEBRATE 66 YEARS

This August, Canterbury residents Rose and Tony mark an extraordinary milestone—66 years of marriage filled with faith, family, and resilience. Both born during the Great Depression, Rose and Tony came from very different family dynamics. Tony grew up in a bustling household of 10 siblings—five brothers and five sisters—while Rose had just one brother, 11 years younger than her.

Their paths crossed in Edmonton in 1958. Rose was a young teacher in the Catholic school system, and Tony worked as a transportation clerk for the provincial government. They met through the Catholic Youth Organization, where dances and social events brought young people together.

One evening around Christmas, Rose playfully pretended not to know how to use a stapler to get Tony's attention. It worked—he offered her a ride home, and their love story began.

When asked about her first impression, Rose laughs. "Everyone wanted tall, dark, and handsome—but I liked the opposite. He had a dark blonde crew cut, was slender, and had a quiet strength."

By April 13, they were engaged. That August, they were married. In 1967, Tony's career took them to Regina, where he became the Transportation Manager for the Saskatchewan Wheat Pool.

Rose pursued her Bachelor of Education while raising their growing family. They adopted their first child, Tanya, in 1970, followed by Paul in 1971.

Life threw a joyful surprise in 1973 when Rose became pregnant, and their son Douglas was born



Raising three children under the age of four was demanding, but Rose often reflects that it was nothing compared to Tony's mother raising eleven. Family has always been the center of their world.

Then, in 1975, during a Thanksgiving weekend getaway in Bismarck, North Dakota, their lives changed forever. Tony was playing in the pool with four-year-old Paul when he grew tired and told Paul to watch him do a jellyfish float—but instead, he sank to the bottom. It was young Paul who ran to Rose saying, “Daddy’s at the bottom of the pool!” Chaos followed screams, a rescue, an ambulance ride. Tony arrived at the hospital unconscious and barely clinging to life. Tony was given last rites upon arrival.

But what followed, Rose describes as nothing short of a miracle. That hospital—unbeknownst to them—had the most advanced respiratory equipment in three states. The next day, Tony was sitting up. A priest told him, “If I’ve ever seen a miracle, you are it.”

Rose never forgot the words of a close friend who offered comfort during those terrifying days: “I don’t think God would have given you two children to adopt, one of your own, and then take their father away.” That sentiment strengthened her faith and carried her through the darkest moments.

A week later, they returned to Regina. Life, somehow, resumed. All three of their children went on to earn university degrees in health-related fields. One works in fundraising for St. Michael’s Hospital and Providence Health in Toronto, while the other two, based in Edmonton, work in family medicine and counseling.

Faith and family have always anchored Rose and Tony’s journey. Their children and grandchildren remain close and supportive. In honor of Tony’s commitment to donating blood over 100 times across Regina, Calgary, and Edmonton, the grandchildren celebrated his 90th birthday by giving blood themselves—a touching tribute.

Now, six decades later, that quiet strength Rose admired in Tony still shines. Rose and Tony’s love story continues to inspire all of us at Canterbury. Happy 66th Anniversary, Rose and Tony!



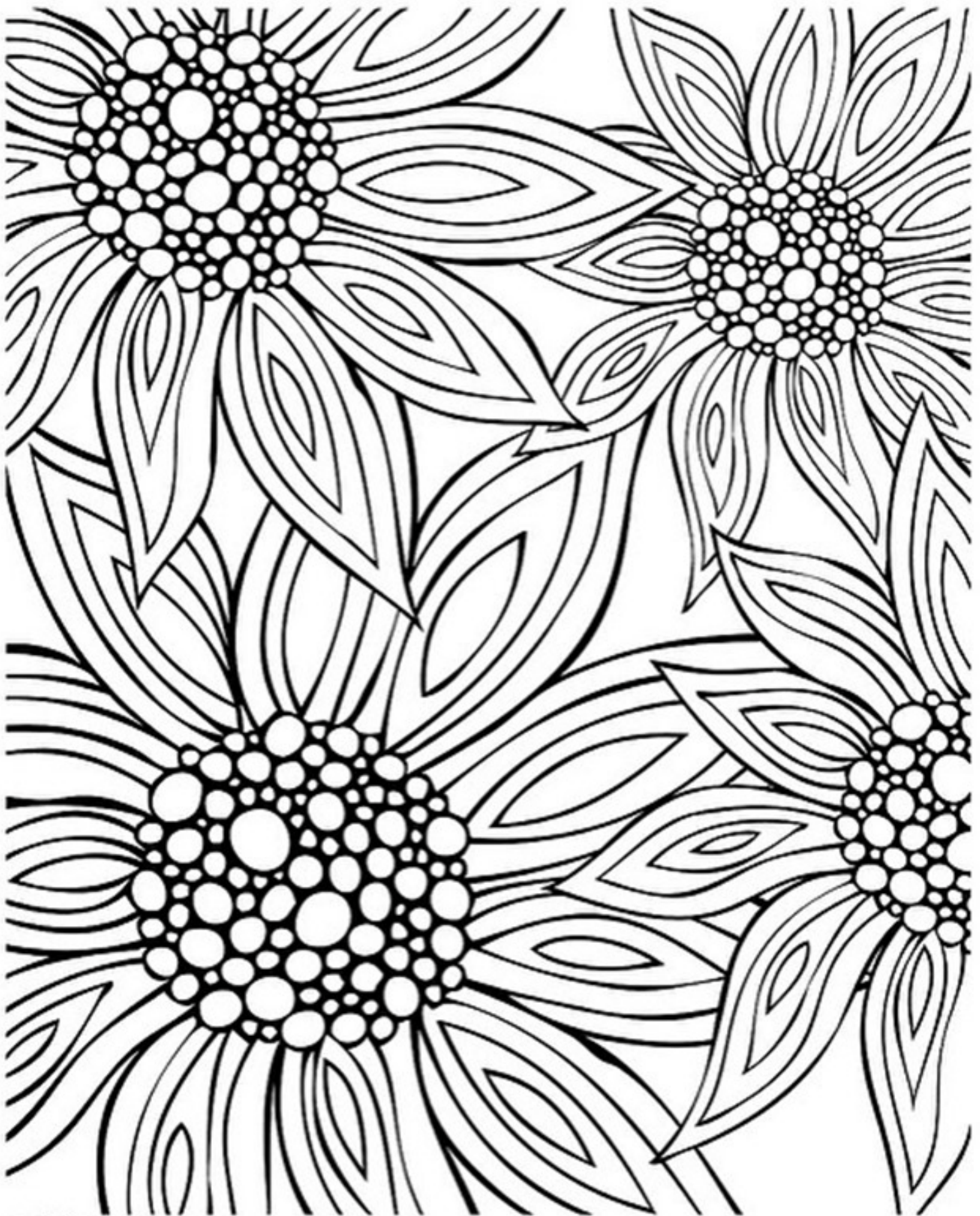
Baba,

We are so proud of how
selfless you are and how many
times you have donated blood. We
wanted to carry on your legacy
and donate in your honour.
We love you so much.

Love,

The grand kids





Rebus puzzles

Can you guess the words and expressions?

M1Y L1H1F1E

Get it
Get it
Get it
Get it

Try $\frac{\text{stand}}{2}$

TRAVEL

CCCCCCC

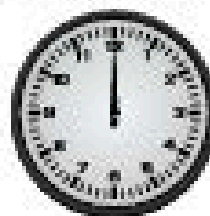
FAST

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N

EYE
EYE

father


ONCE



POT



D movie
D movie
D movie

SECRET ←
SECRET
SECRET

National Senior Citizens Day — August 21

What & Why:

- Established in 1988 by President Ronald Reagan (Proclamation 5847), this day honors seniors' lifelong contributions and highlights issues like health, dignity, and independence.
- Reagan noted that older individuals “achieved much for our families, our communities, and our country,” and deserve our esteem and support.

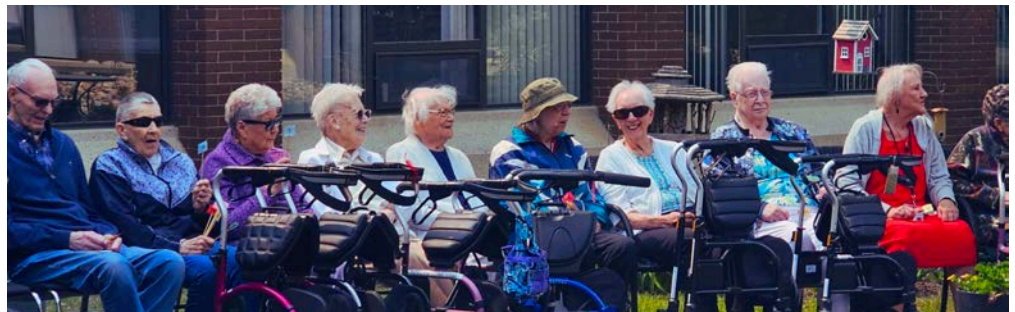
Why It Matters Today:

- The over-65 population has grown significantly—from 29 million in 1988 to around 62 million today—and continues rising .
- Seniors are now more active than ever—many remain in the workforce longer, volunteer, pursue second careers, and enrich communities .



Takeaway Message:

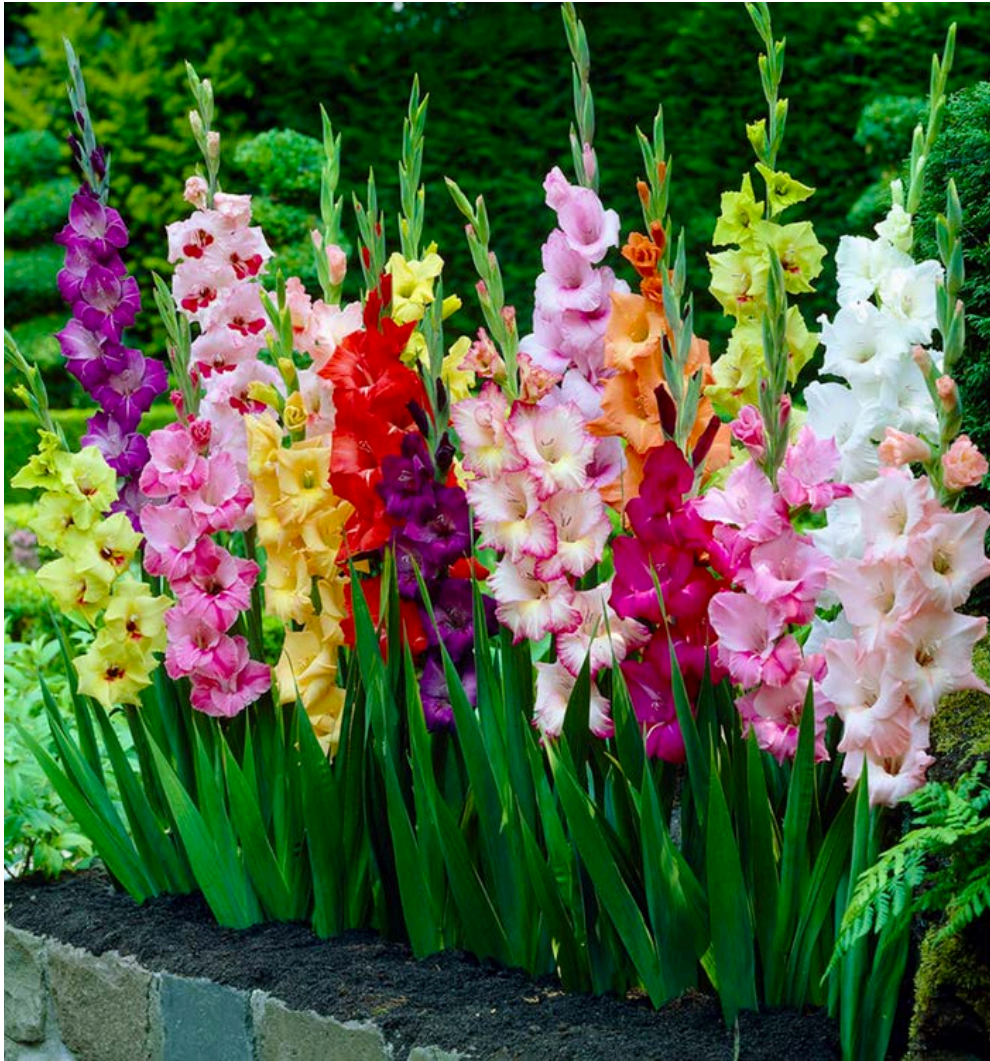
National Senior Citizens Day is a moment to recognize seniors' invaluable legacies—celebrate their wisdom, thank them for their contributions, and make our communities more inclusive and respectful as our senior population thrives.



Key Statistics:

- By 2035, seniors (65+) will outnumber those under 18.
- Only ~3.6% of seniors live in nursing homes; however, 4 in 5 have at least one chronic condition, and nearly half face multiple health issues
- Seniors are often tech-savvy (fastest-growing demographic on Facebook!) and most hold health insurance.

Source: National Today. “National Senior Citizens Day – August 21.”
<https://nationaltoday.com/national-senior-citizens-day/>



Did You Know?

August's birth flower is the Gladiolus, known for its tall, vibrant blooms and rich symbolism. Representing strength of character, integrity, and remembrance, the Gladiolus is a fitting emblem for the month — and for our community.

Just like the flower, our residents and staff demonstrate resilience, kindness, and grace in everyday moments. Whether it's a warm conversation, a shared laugh, or a gesture of care, we are surrounded by quiet acts of strength and beauty all around us.

As we move through August, may the Gladiolus remind us to honour the memories we carry, the integrity we live by, and the strength that connects us all.

On This Day in History

- August 8, 1963: The Great Train Robbery took place in England.
- August 15, 1969: Woodstock Music Festival began in New York.
- August 28, 1963: Martin Luther King Jr. delivered his "I Have a Dream" speech.

Meet Derek Eng!



Hello all, I'm Derek. I'm happy to be joining the Canterbury team. I am family medicine trained, and completed some extra training in Care of the Elderly. In my spare time, I like to play hockey, spend time outdoors going hiking, and doing photography

Seven Layer Salad



INGREDIENTS:

- ✓ ½ pound bacon
- ✓ ½ large head iceberg lettuce - rinsed, dried, and chopped,
Double the amount of heads if using Romaine Lettuce
- ✓ ½ red onion, chopped
- ✓ 142 g frozen green peas, thawed
- ✓ 142 g shredded Cheddar cheese
- ✓ ½ cup chopped cauliflower
- ✓ ⅝ cups mayonnaise
- ✓ 1 tablespoons white sugar
- ✓ ⅓ cup grated Parmesan cheese



INSTRUCTIONS:

- ✓ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.
- ✓ Blanch the chopped onion and also the chopped cauliflower by running boiling water through them in a sieve.
- ✓ In a large flat bowl, place the chopped lettuce and top with a layer of onion, peas, shredded cheese, cauliflower and bacon.
- ✓ Prepare the dressing by whisking together the mayonnaise, sugar and Parmesan cheese. Drizzle over salad and refrigerate until chilled.

COMMUNITY EVENTS

OUR TOP PICKS FOR AUGUST



Edmonton Folk Festival

Where: Gallagher Park

Date: Aug. 7 -10

More Information: EdmontonFolkFest.org



Edmonton Fringe Festival

Where: Old Strathcona Area

Date: Aug. 14 -24

More Information: FringeTheatre.ca/Festival



Heritage Festival

Where: Borden Park

Date: Aug. 2-4

More Information: HeritageFest.ca



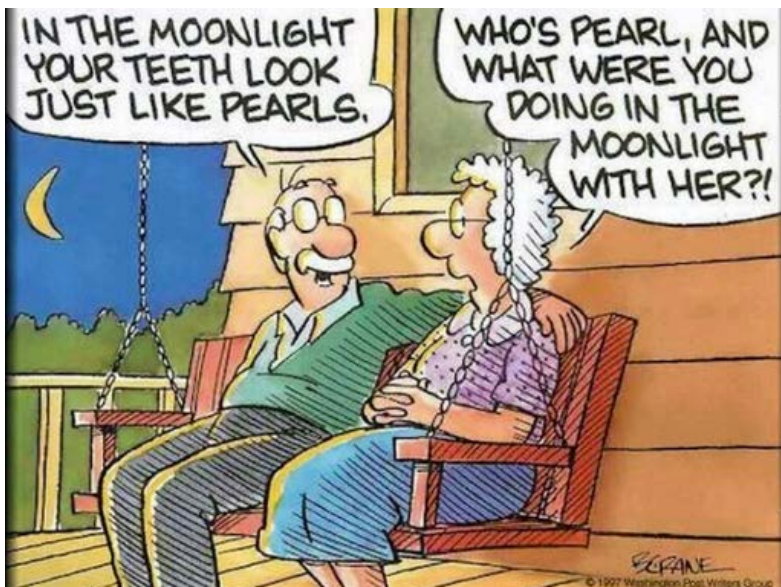
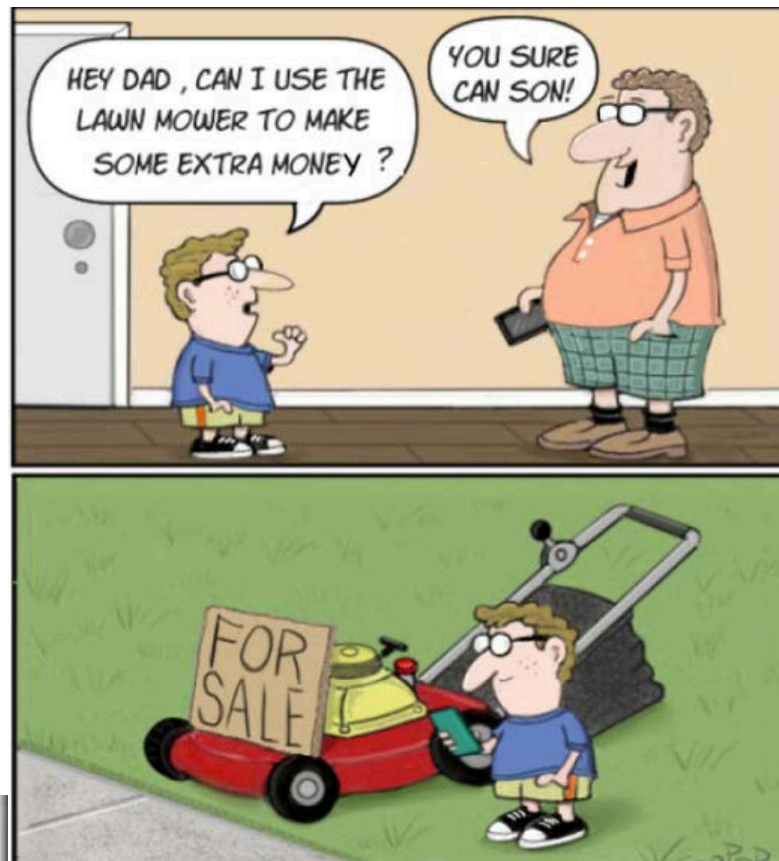
10 Things to Do in Your Garden in August

1. Harvest Onions and Potatoes
2. Consider Fertilizer
3. Harvest Herbs
4. Water Evergreens
5. Plant Perennials and Shrubs
6. Wage War on Weeds
7. Repot Houseplants
8. Replace Annual Flowers
9. Add Fall Color
10. Divide Perennial Flowers

Source: Costa Farms. "10 Things to Do in Your Garden in August."
<https://tinyurl.com/august-garden-tips>

The answers for the Rebus Puzzle are as follows:

1. For once in my life (four ones in my life)
2. Forget it
3. Try to understand
4. Travel overseas or overseas travel
5. Breakfast
6. Downtown
7. Eyeshadow
8. Stepfather
9. Once upon a time
10. Potatoes (pot 8 O's)
11. 3D movie
12. Top secret



"Yes! That was very loud Sir, but I said I wanted to hear your **HEART!**"



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