

Canterbury Times

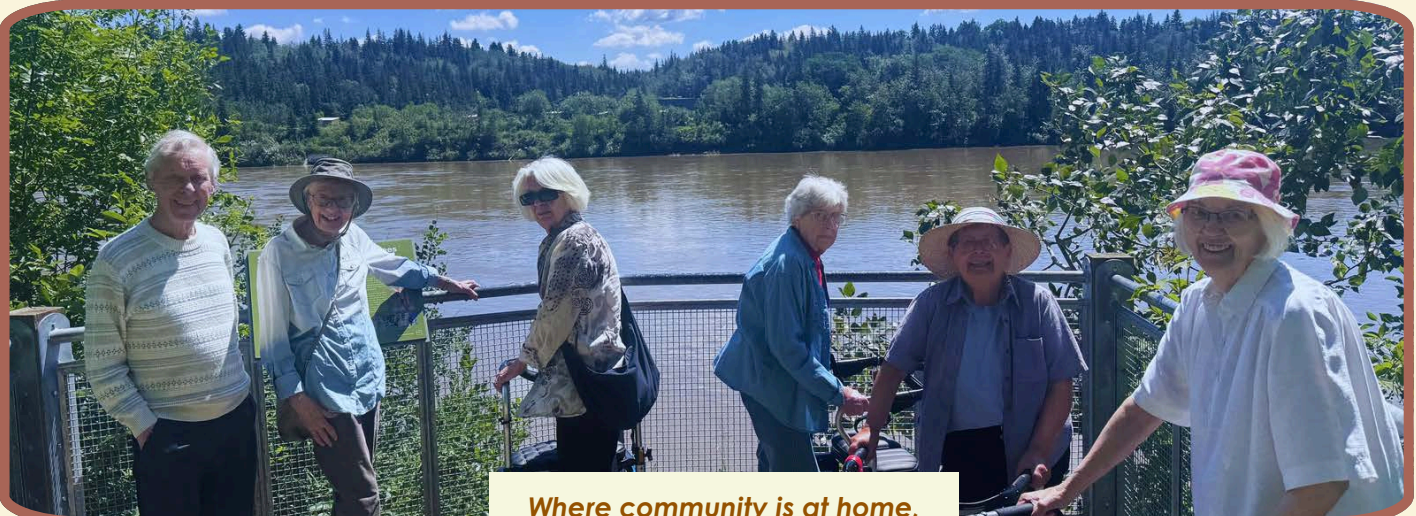
Issue 39

Created by: Camille Snow



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Hello
AUGUST



Where community is at home,
and life is well lived.

Activity Program Highlights

Tuesday, August 4th: Ice Cream Sandwich Day "see you at your door!"

Thursday, August 6th: Horse Races at 1:30pm in the Atrium

Friday, August 7th: Friday Entertainment with "The Sunbeams" at 2:00pm in the Atrium

Monday, August 10th: Morning Walks RETURN! Meet in the Atrium at 10:30am. Walks will be outdoors if weather permits. Program will be every Monday morning for the remainder of August.

Ears to You Hearing Clinic in the Court Library from 10:30am to 3:30pm. Call Life Enrichment at 780-930-3736 to book your appointment.

Tuesday, August 11th: Sudoku Club at 10:30am in the Chapel

Wednesday, August 12th: Card Bingo at 1:30pm in the Atrium.

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

Thursday, August 13th: Concerts in Care at 2:00pm in the Atrium

Friday, August 14th: Word Whiz at 10:30am in the Court Activity Room

Friday Entertainment with "Juke Box Leigh" at 2:00pm in the Atrium

Tuesday, August 18th: Afternoon Art with Madi at 1:30pm in the Court Activity Room

Wednesday, August 19th: Eat Street at 1:30pm in the Court Activity Room

Thursday, August 20th: Pop-Quiz Trivia at 1:30pm in the Court Activity Room

Friday, August 21st: Lynnwood Centre Dental Presentation about the Federal Canadian Dental Care Plan (CDCP) at 10:30am in the Manor Activity Room.*All are Welcome!*

Friday Entertainment with "Kennedy Jensen" at 2:00pm in the Atrium

Tuesday, August 25th: Sudoku Club at 10:30am in the Chapel

Walker Wash in the Court Courtyard from 1:00pm – 2:30pm

Wednesday, August 26th: 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!

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

Friday, August 28th: Friday Entertainment with "Randy Glen" at 2:00pm in the Atrium.

Overnight Oats

SIMPLE RECIPE

Ingredients

Base

- 2 ripe bananas
- 2 tablespoons peanut butter (optional; or handful of walnuts)
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 cup almond milk (or milk of choice)
- 1 cup old-fashioned rolled oats
- 2 teaspoons maple syrup , or to taste

Directions

1. Mash bananas and divide between two jars.
2. Add peanut butter, cinnamon, vanilla, and milk to each jar; stir well.
3. Mix in rolled oats, cover, and refrigerate overnight (or at least 6 hours).
4. Before serving, stir and add a splash of milk if needed.
5. Sweeten with maple syrup to taste.
6. Enjoy cold or warm on the stove for 2–3 minutes. Store in the refrigerator for up to 4 days.





News & Good Things



Gardening Corner



Water Regularly

Water early in the morning or in the evening.



Sunflower Shine

Young sunflowers exhibit "heliotropism," following the sun from east to west.



Attract Pollinators

Plant marigolds, lavender, and coneflowers to welcome bees and butterflies.

The Power of HYDRATION



Support your energy and focus



Helps your body regulate temperature



Supports healthy joints and muscles



Aids digestion and overall well-being



Summer Safety Tips



STAY COOL: Wear light clothing and spend time in shaded areas.



PROTECT YOURSELF: Use sunscreen with SPF 30+ and wear a hat.



HYDRATE OFTEN: Drink water throughout the day.



STAY CONNECTED: Let someone know your plans when heading out.



MUSIC THROUGH THE DECADES



1950s Beach & Sunshine

- Young at Heart
- Summertime
- Blue Skies

1960s Summer Classics

- California Dreamin'
- Good Vibrations
- Surfin' USA

1970s Road Trip Favorites

- Sweet Home Alabama
- Hotel California
- Fly, Robin, Fly

1980s Good Times

- Under the Boardwalk
- Walking on Sunshine
- Summer of '69

Riddle Me This

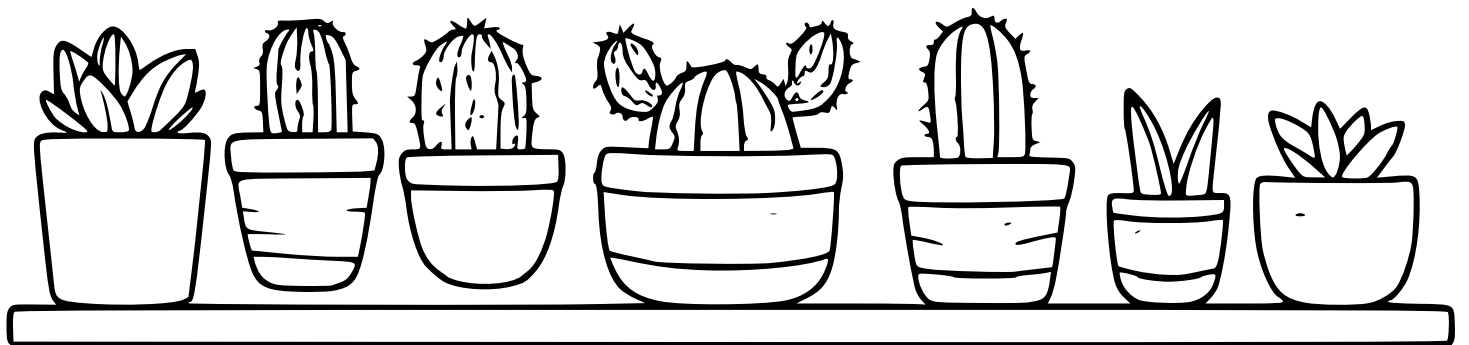
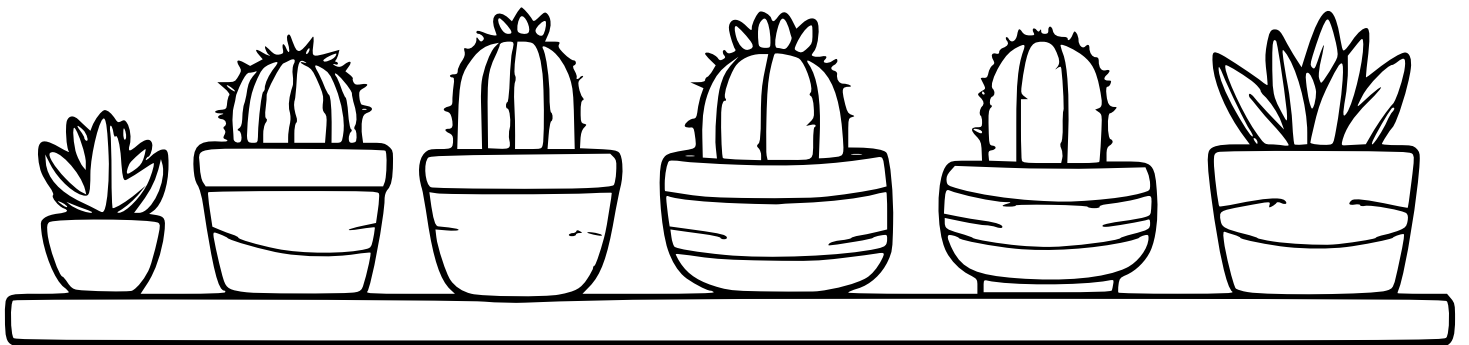
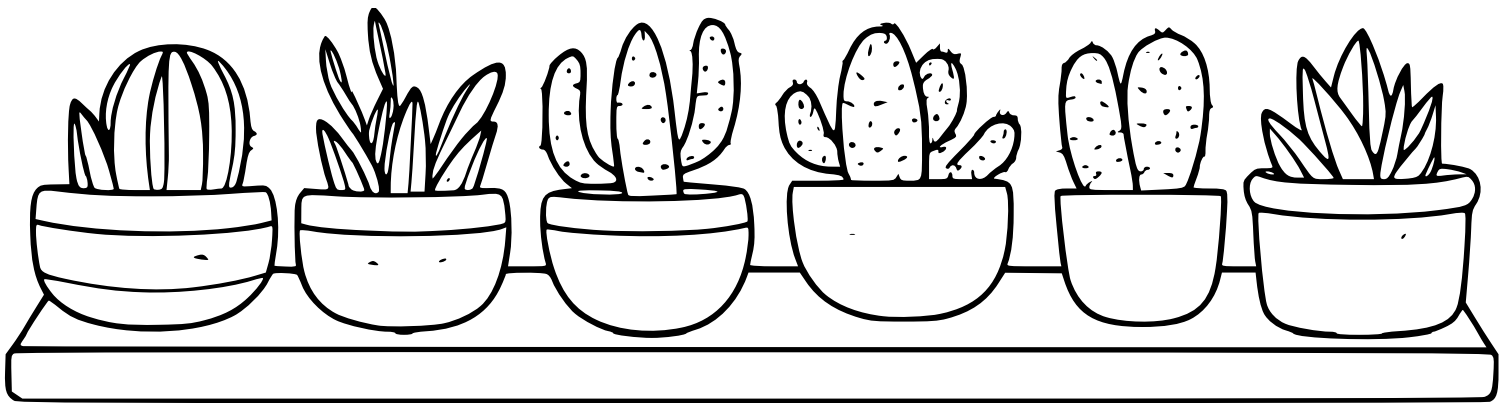
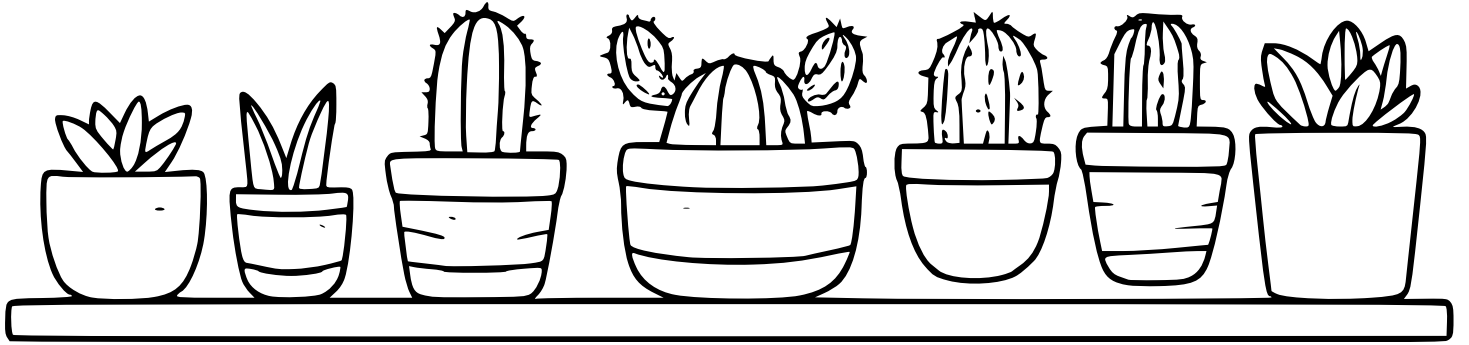
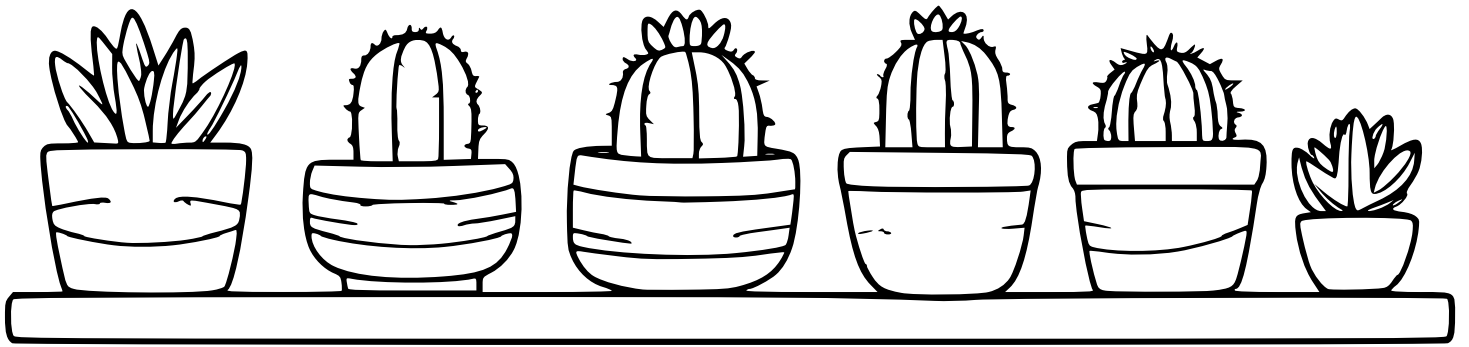
Directions: Read the sentence and write the answer
to the riddles.

1. I can be in your garden or tummy,
Letting you feel overwhelmed, excited, or happy.
Mature and beautiful I will be,
I will fly and inspire those who need me.

2. I am a golden sphere, rising in the morning,
Warming the Earth since the day I was born.
With rays of light, I paint the sky,
Guiding and nourishing, as the day goes by.

3. I'm a beautiful sight, from dusk until dawn.
Millions of stars, twinkling on and on.
Galaxies, constellations, a cosmic delight.
Gazing up at me fills you with awe at night.

4. I'm tall and strong, with bark so rough,
I provide shade when the sun is tough.
My branches reach out, like arms in the sky,
With leaves that sway as the wind passes by.



August Fun Facts

1. Froot Loops cereal features only one flavor. Despite the bright colors and distinct look, every single piece tastes identical; the varied colors are just dyed from the same sugar mixture.
2. Bananas glow under black light. They emit a bright blue hue under UV light due to the chlorophyll breaking down as they ripen.
3. Wombat poop is cube-shaped. Wombats are the only known mammals to produce cube-shaped droppings, which prevents the feces from rolling away and helps them mark their territory.
4. Octopuses have three hearts. Two pump blood to the gills, while the third circulates it to the rest of the body.

Riddle Me This

Answers

Butterfly 🦋

Sun ☀️

Night Sky 🌌

Tree 🌳



HELLO August

Authenticity starts with

Understanding your worth and

Gloweign in your way because a

Unique, imperfect, and different

Self is much better

Than the perfect clone


Canterbury
FOUNDATION

Taking a Moment for You

August is National Wellness Month—a time to focus on the small habits that help us feel our best, both physically and emotionally.

Wellness isn't about being perfect. It's about caring for ourselves one day at a time. Taking a walk, sharing a laugh, enjoying a favorite hobby, staying connected with loved ones, or simply pausing to appreciate the present moment can all support our well-being.

This month, we invite you to spend a few moments reflecting on what helps you feel balanced, supported, and at peace.

♥ A Wellness Check-In ♥

☀ What brings me joy right now?

☀ Who helps me feel supported and connected?

☀ One thing I am grateful for today:

☀ One small act of self-care I can do this week:

“Wellness is the complete integration of body, mind, and spirit.”

..... ♥

NEXT PAGE: Use the Thought Organizer to sort through your thoughts, focus on what you can control, and let go of what no longer serves you.

THOUGHT ORGANIZER

*Use this worksheet to untangle
your thoughts and find clarity.*



What's on my mind

Facts vs Worries

What I can control?



What I can release?

Additional Notes:

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, Advocates 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 impact on others. (2 points)

Unveiling the Heartbeat of our Community: Canterbury Chronicles

Written by: Angie LaBerge

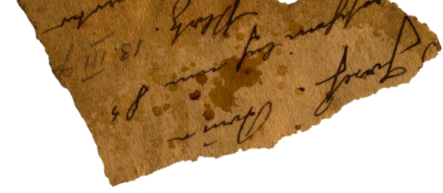
One of the exciting adventures I've had over the past 80 years, was teaching Canadian military kids at Baden, a Canadian Airforce base in Germany. I was "on loan" from my school division to the military for three years - "Europe as a classroom" was our motto. As a result, I travelled extensively with grade 7 & 8 kids hiking in Switzerland, biking in Holland, learning to travel on the tube in Berlin and get a chunk of the Berlin Wall as it came down ...but I digress! Even though I'd never owned a camera, it became apparent that I would succumb to peer pressure and buy one. So, one of my colleagues took me shopping so that I could keep up with the crowd and become a photographer!

Much to my great delight, I learned that not only did I have a "good eye" I really enjoyed photography! Moving to Canterbury Manor meant I had a whole new environment to play in and take shots! Plus, the "way too heavy" camera and lenses of 30 years ago, have been replaced with my handy iPhone!

Since I've lived here for a full year, I've enjoyed all 4 seasons and the adventures and photographs that come with them.

Check out these shots - Where do you think they live? They're all part of Canterbury's gardens.





What's growing in this today? Where? Imagination is an interesting thing! I've continued to use mine as I've aged and have got all sorts of story starters that sit in my brain just waiting to be turned into children's stories! So, here's a job for you...



Pretend you're back in grade school and you see these patterns- so you sit on the curb or a stump by the side of the road and create a story...



Quick - a little story of the ice pattern.



What is this? Where is this? What's it doing?



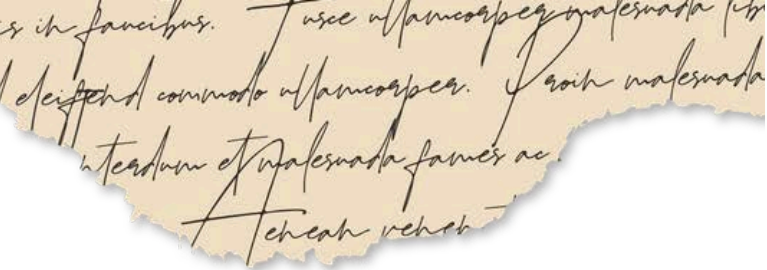
Charlotte! Where's she off to and what advise does she have for you?



Who is the hitchhiker and what's he up to?

Photos taken by: Angie LaBerge





The Moms and Tots group that get together at Canterbury with the Edmonton Literacy folks Friday mornings, had me hooked from the start. I wanted to crawl around with them and get really close-up shots, but that would be unseemly! Not to mention my crawling skills seem to be lacking these days!

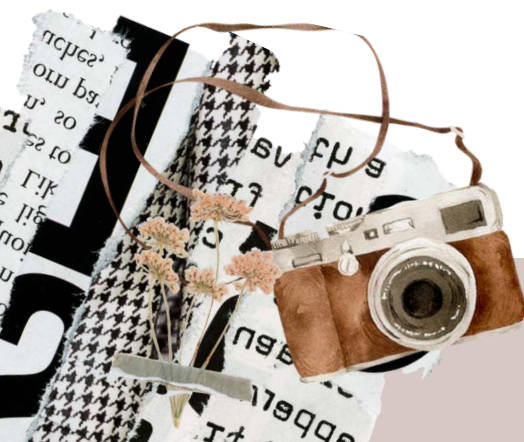
The littles were fascinated by the array of activities presented to them. All their responses, I found delightful! But/and, at times I didn't know where to look! Do I watch the inner circle of tots? Do I watch the moms watching their kidlets? Or do I watch the elders watching the tots? Such a range of decisions and such a wonderful mix of emotions to track with my trusty iPhone!!

One of my favorite teachers, Deb Dana, "coined the term "Glimmers" for brief positive experiences that promote safety and calmness." I've learned to find glimmers all over the place in all sorts of people, places, things and sounds. Glimmers help me to shift gears when I'm having a moment and want to reorganize my thoughts. Glimmers also often surprise me when I see or hear something that lets me go "aahhh"! Photography - both the doing and the product provides me with an opportunity to slow down and notice - what puts a smile on my face or lets my heart warm or provides a wistful sigh?

Did any of the photos in this article provide you with that inner sense of awe? I'm sure that you've experienced glimmers with your adult kids and a grand or great grandchild that allows you to wander through many forms of delight! It's all about continuing to fall in love with life! Glimmer on!



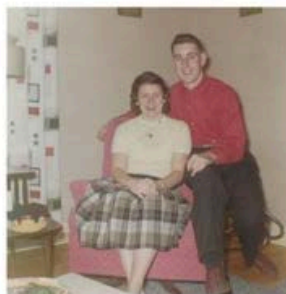
Photos taken by: Angie LaBerge



George came to Bonneville originally, because he and Colette both spoke French, and he later set up a veterinary practice in St. Paul Alberta, a very successful business he built on his own, from the

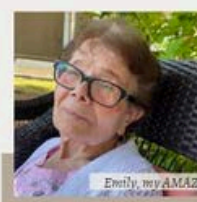
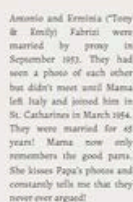
George and Cole's Catholic Church ceremony was with close friends. Cole's year (1950) and the following two years, all of whom George and Cole have 6 great-grandchildren. George says that rural Alberta and wild game which is an avid game hunter. This interest and describes how she citizen, giving up the chagrin of Fre

July is a month full of memories for me. It began when I walked into my grade 12 class in 1953 and saw Leonard across a crowded (class) room! After a 5 year court ship, we were married on July 26, 1958. During that time, I finished grade 12, then Teachers' College and 2 years of teaching. In the course of 5 yrs. (1959-63), I won the public speaking contest every year and the final year, I won the overall title. That led to me giving the sermon in church one Mother's Day. Leonard chose our wedding day because it was the Saturday before my birthday. He reasoned that we would plan an anniversary celebration and then he'd recall my birthday two days later! After we married, we had 3 children followed by a grand-children and now there are 2 great grandchildren. In spite of my health problems, I led an UP and DOWN life.



I try to be the best I can be - every day.
 "Be proud of what you have accomplished."
 (suggested to me on a rough day by a resident's daughter)
 "Attitude determines Altitude"

Send your story to
camilles@canterburyfoundation.com

[illegible]



AUGUST SPORTS NEWS

Great Games • Strong Teams • Our Community

Stay Active
Stay Strong
Stay
Connected!



FIFA WORLD CUP 2026 SPAIN ARE CHAMPIONS!

Congratulations to Spain on an incredible tournament and a well-deserved victory!



EDMONTON RIVERHAWKS BASEBALL

HOME GAMES AT
RE/MAX FIELD

August 1	6:35 PM
August 2	6:05 PM
August 3	6:35 PM
August 4	6:35 PM
August 5	6:35 PM
August 7	Playoffs
August 8	Playoffs
August 9	Playoffs
August 11	Playoffs
August 13	WCL Final



Come out and cheer on
our home team!
Go Riverhawks Go!



EDMONTON ELKS FOOTBALL

HOME GAMES AT
COMMONWEALTH STADIUM

August 1	7:00 PM
August 8	3:00 PM
August 15	1:00 PM
August 21	7:30 PM



Let's pack the stands
and show our
Green & Gold Pride!
Go Elks Go!



ACTIVE AGING THROUGH SPORT

*Staying active has
benefits at every age:*

Improves balance and
mobility

Supports heart health

Encourages social
connection

Enhances mood and
overall well-being

Whether it's walking,
bowling, swimming,
stretching, or golfing,
every move counts!



**STAY ACTIVE. STAY HEALTHY.
STAY CONNECTED.**

Together we enjoy the games of summer!



COMMUNITY EVENTS

OUR TOP PICKS FOR AUGUST!



EDMONTON HERITAGE FESTIVAL



WHERE: Hawrelak Park
9330 Groat Rd NW, Edmonton, Alberta

DATE: August 1 – 3, 2026

MORE INFORMATION:
<https://www.heritagefest.ca/>



EDMONTON FOLK MUSIC FESTIVAL



WHERE: Gallagher Park
9505 96 Ave, Edmonton, Alberta

DATE: August 6 – August 9, 2026

MORE INFORMATION:
<https://edmontonfolkfest.org/>



EDMONTON FRINGE FESTIVAL



WHERE: Old Strathcona and
Whyte Avenue, Edmonton, Alberta

DATE: August 13 – August 23, 2026

MORE INFORMATION:
[https://exploreedmonton.com/
event-calendar/edmonton-fringe-festival](https://exploreedmonton.com/event-calendar/edmonton-fringe-festival)

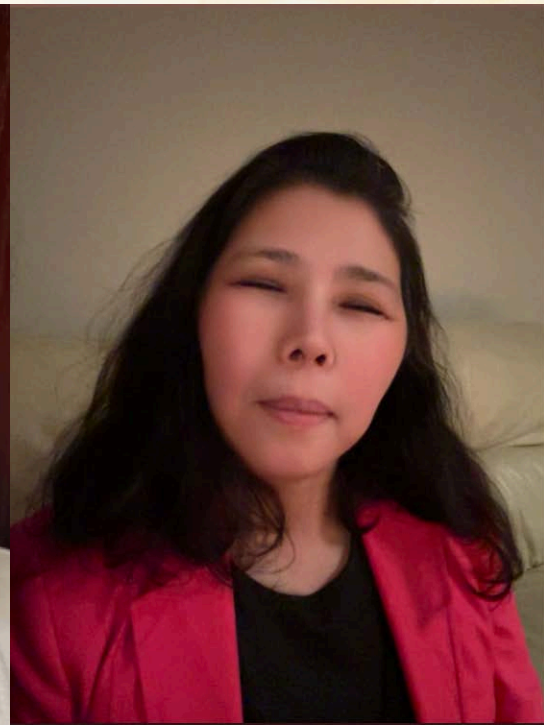


HEART OF CANTERBURY JUNE RECIPIENTS

Employee Recognition Program



Thank you for making a difference every day.



**Minda
Cadayoc**

Health Services

**Russel
Eales**

Life Enrichment

**Rahila
Adil**

Housekeeping



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

- **August 2, 1939** - Albert Einstein wrote a letter to President Franklin D. Roosevelt concerning the possibility of atomic weapons. "A single bomb of this type carried by boat and exploded in a port, might very well destroy the whole port together with some of the surrounding territory." Six years later, on August 6, 1945, the first Atomic Bomb, developed by the U.S., was dropped on the Japanese port of Hiroshima.
- **August 5, 1962** - Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills. She made 29 films during her career and came to symbolize Hollywood glamour.
- **August 6 & 9** (Atomic Bombings): In 1945, near the end of World War II, the United States dropped atomic bombs on the Japanese cities of Hiroshima (Aug. 6) and Nagasaki (Aug. 9), permanently changing global warfare.
- **August 16** (Elvis Presley's Death): In 1977, the "King of Rock" Elvis Presley passed away, sending shockwaves through the global music community.
- **August 16, 1896** - Gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Klondike Gold Rush.
- **August 24** (The Eruption of Mount Vesuvius): In 79 AD, the catastrophic eruption of Mount Vesuvius destroyed the bustling Roman city of Pompeii, burying it in volcanic ash.





📞 780-483-5361

📍 8403 142 St. Edmonton, AB

✉️ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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