



CANTERBURY Times

Issue 40

Created by: Camille Snow

SEPTEMBER IS HERE

The calendar is filling up, summer is winding down, and there's lots happening around Canterbury.

Inside this month's newsletter, you'll find upcoming events, important updates, opportunities to get involved, and a look at what's been happening throughout our community.

Have a read, mark your calendars, and don't miss what September has in store.



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Activity Program Highlights

Tuesday, September 1st: Sudoku Club at 10:30am in the Chapel
Music Discovery (New Program) at 1:30pm in the Court Activity Room
Wednesday, September 2nd: New Resident Welcome Tea at 2:00pm in the Atrium. *All are Welcome to Attend!*

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

Thursday, September 3rd : Card Bingo at 1:30pm in the Atrium
Friday, September 4th: Friday Entertainment with "Campfire Girls" at 2:00pm in the Atrium.

Thursday, September 10th: Afternoon Art with Madi at 1:30pm in the Court Activity Room.

Friday, September 11th: Bible Study at 1:00pm in the Chapel *New Program*

Grandparents Tea with "Erin Vandermolen-Pater" at 2:00pm in the Atrium.

Monday, September 14th: Morning Walks at 10:30am. "Meet in the Atrium." If weather permits, walks will be outdoors.

Tuesday, September 15th: Sudoku Club at 10:30am in the Chapel.

Wednesday, September 16th: Jeopardy at 1:00pm in the Manor Activity Room.

Men's Club House at 2:30pm in the Court Activity Room. *New Members Always Welcome!*

Thursday, September 17th: Horse Races at 1:30pm in the Atrium.

Friday, September 18th: Friday Entertainment with "Cosmopolitan Show Band" at 2:00pm in the Atrium.

Monday, September 21st: Walker Safety Presentation at 10:30am in the Court Activity Room.

Congdon Walker Repair Clinic from 11:00am – 4:00pm in the Court Activity Room. *Call Life Enrichment at 780-930-3736 to book your appointment*

Tuesday, September 22nd: Optometry Clinic with Dr Kallal from 9:30am – 2:30pm in the Court Private Dining Room. *Call Life Enrichment at 780-930-3736 to book your appointment."

Wednesday, September 23rd: Life Enrichment Garage Sale from 10:00am – 2:00pm in the Court Activity Room. Staff access from 10:30am onward.

Friday, September 25th: Black & White Gala with "Michael Greet" at 2:00pm in the Atrium.

Foot Care Solution Clinic from 10:00am to 3:30pm. Call Life Enrichment at 780-930-3736 to book your appointment. See poster for more details.

Tuesday, September 29th: Brain Cloud at 10:30am in the Court Activity Room.

Watermelon Salad with Feta & Mint

SIMPLE RECIPE

Ingredients

Ingredients

- 2 Tbsp extra-virgin olive oil
- 3 Tbsp lime juice
- ½ garlic clove (minced)
- ¼ tsp sea salt
- 5 cups cubed watermelon
- 1 heaping cup diced English cucumber
- ¼ cup thinly sliced red onions
- ⅓ cup crumbled feta cheese
- 1 avocado (cubed)
- ⅓ cup torn mint or basil leaves
- ½ jalapeño or serrano pepper (thinly sliced, optional)
- Sea salt

Directions

1. Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
2. Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.



Hello, September!

Fresh Air, changing seasons & cozy routines



Harvest Season

September is a wonderful time to enjoy the flavours of the season!

TRY ADDING MORE:

-  Apples & Pears
-  Squash & Root Vegetables
-  Tomatoes & Fresh Herbs
-  Warm Soups & Comforting meals

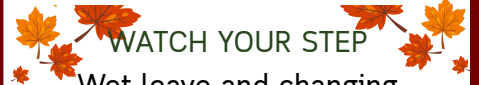


Gardening Corner

September is the perfect time to begin transitioning the garden for a new season.

- HARVEST any remaining vegetables & herbs
- CLEAR AWAY dead plants and fallen debris
- PLAN AHEAD! Consider planting spring-flowering bulbs before the grounds freezes.

Fall Safety Tips



Wet leave and changing weather can make walways slippery. Take your time and wear supportive foot wear.

DRESS FOR THE WEATHER
Mornings and evening can become cooler.

Layers make it easy to stay comfortable throughout the day.

STAY VISIBLE
As days get shorter be mindful of reduced lighting when walking outdoors.



MUSIC THROUGH THE DECADES



1990s

Feel-Good Favourites



- Believe – Cher
- I Want It That Way – Backstreet Boys
- Man! I Feel Like a Woman! – Shania Twain

2000s

Sing Along



- Dancing Queen – A*Teens
- Complicated – Avril Lavigne
- I'm Yours – Jason Mraz

September Throwbacks

Songs that bring back memories



- September – Earth, Wind & Fire
- Wake Me Up When September Ends – Green Day
- September Morn – Neil Diamond

Find the Differences – Fall

Can you find the 5 differences in these two pictures?





September Fun Facts

1. September is the ninth month of the year with 30 days, famous for transitioning the Northern Hemisphere into autumn and the Southern Hemisphere into spring. Its name comes from septem, the Latin word for "seven," because it was the seventh month in the early Roman calendar.
2. Birthstone: The Sapphire is September's birthstone, which symbolizes luck and loyalty.
3. Birth Flower: The aster and the morning glory represent the month.
4. Zodiac Signs: People born through September 22 are hardworking Virgos, while those born from September 23 onward are balanced Libras.
5. Harvest Moon: The full moon closest to the autumn equinox is called the Harvest Moon, providing extra light for farmers gathering crops.

Answer Key



Hello September

Some people think that beauty
Equals a good look. But a
Pretty face is just the surface.
The real beauty lies inside
Everyone. Kindness and smiles
Melt hearts. And when you
Believe in yourself and know you're
Enough, the light you
Radiate will touch everyone around.

DENTAL CARE YOU CAN AFFORD



WE WELCOME CDCP PATIENTS!

The Canadian Dental Care Plan (CDCP)
may help make your dental care
more affordable.



YOU MAY QUALIFY IF YOU:



Don't have access to
private dental insurance



Have an adjusted family
net income under \$90,000



Are a Canadian resident
for tax purposes



Filed your tax return
for the previous year



SERVICES MAY INCLUDE:



Exams &
X-rays



Cleanings



Fillings



Root Canals



Dentures



...and other
eligible dental
services.



ALREADY HAVE CDCP COVERAGE?

**ASK OUR TEAM ABOUT
BOOKING YOUR APPOINTMENT.**

We can help you understand what your CDCP
coverage may apply to **before** treatment begins.



Learn
more
about
CDCP



Lynnwood
Centre
Dental

Compassionate Care. • Healthy Smiles. • For Life.



780-761-2774



Suite 203, 8768 149 Street
Edmonton, AB

Canada.ca



CDCP coverage is subject to eligibility, plan rules, established CDCP fees
and applicable co-payments/additional charges.

Canada



GETTING YOUR CDCP COVERAGE

It's easy to apply!



1 HOW TO GET CDCP COVERAGE



BY PHONE

1-833-537-4342

TTY: 1-833-677-6262



ONLINE

Apply online using:

- My Service Canada Account
- Canada.ca



YOU WILL NEED:

- ✓ Social Insurance Number (SIN)
- ✓ Date of birth (DOB)
- ✓ Full legal name
- ✓ List any dental coverage through government social programs (e.g. ABC 101, AISH, etc.)



If you have the Provincial Dental Plan for Seniors (ABC 101), CDCP is the primary insurer.

2 CHECK YOUR STATUS

After you apply, you can check your status in one of two ways:



ONLINE STATUS CHECKER

Check your status using:

- My Service Canada Account
- Canada.ca



BY PHONE

Call 1-833-537-4342

TTY: 1-833-677-6262



WHAT HAPPENS NEXT?

You will be notified that you are enrolled either by letter or email.



YOUR NOTIFICATION WILL INCLUDE:

- ✓ Your plan number and ID
- ✓ Your coverage start date
- ✓ Your co-pay level



WE'RE HERE TO HELP!

Our team can answer your questions about CDCP and your dental care.

*Ask us
at your next
appointment.*



Compassionate Care. • Healthy Smiles. • For Life.

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Centre
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Canada

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)

“What Scandinavian Community can I go to with this amount of Monday?” asked the 20-year-old Norwegian. He held out his hand. The immigration officer counted the money and sent him to Canwood, Saskatchewan.

Martin Larsen was my father.

- He took a homestead, 19 miles from town but worked away grubbing, cutting down tress, harvesting on the prairies – often for a dollar a day. He spent the required time in a one room shack already on the homestead. A lonely time.

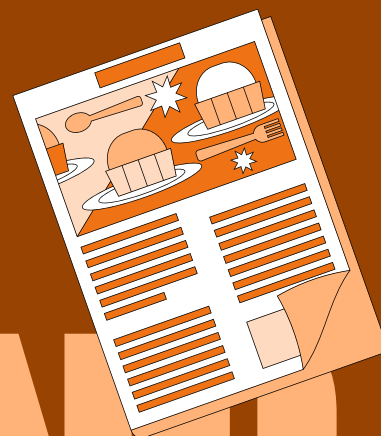
• In 1931 he married Henrietta, who was born and raised in the Sugar Hill district. She was no stranger to living in a log shack.



Martin had moved the log shack to a new location and had built another log room onto the front; this was home in the thirties. Depression years.

Henrietta was a real helpmate. No farmer ever succeeded unless the wife also worked hard. She had a big garden – rows and rows of potatoes. She kept chickens, sometimes geese and milked cows’ morning and night. She sewed for herself and family, made quilts and washed clothes by hand. As well as making three meals a day for the family.

100 years of FARMING



Martin worked at clearing more land and farmed with horses. He walked behind the seeder and breaking plow. He pitched hay and bundles and worked away on the threshing crew in the fall.

They raised four children in this two-room log shack.

In 1939 our grandma died. The funeral was held in the second log room with planks laid across chairs to make seats for the mourners. A missionary with the Lutheran Church held the service. Soon after our grandfather moved back to Indiana leaving mom with no parental support.

In 1940 after the crop had been hailed out and there was no harvest, Dad built a new lumber house. He was a clever carpenter and with the help of some neighbors built a two-story house. This house we moved into on New Year's Day.

My parents left the farm after 30 years of hard work. My Dad was a severe asthmatic. Saskatoon became their new home – a place where our Down Syndrome sister could go to school.

Three of us had gone away to school. One became a teacher, another a farmer's wife and our brother a correctional officer in the penitentiary system.

Leroy, newly married, took over the farm. As well as farming he spent 15 years in Regina as an executive with Saskatoon Wheat Pool. Seven of them as President of a large company.

Andy, Leroy's son, married and farmed the farm which had grown to some fifteen quarters. Andy's home is on the homestead site. Andy has not spent more than 65 years on that homestead site. Andy's son, Bradely, and he now farm together.

In total the Larsen's have farmed that land 100 years.

The family decided to have a celebration. The poster shows Martin in the much-patched overalls and shirt, pulling a child's wagon. On bundles in that wagon are Leroy and I as small children.

On August 8, 2026, a lovely day, 100 years was celebrated on that farm. Family and friends gathered for an afternoon of visiting and story telling, and later to eat a huge supper. Tables and chairs were set up in the machine shed. Ninety-nine persons and one dog attended.

One hundred years of family farming.

Written by: Lavina Larsen Carr





Autumn Fires

Robert Louis Stevenson

In the other gardens
And all up in the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over,
And all the summer flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!



Even if you do not already know the Bosnyaks, many of you will be familiar with Colette because she can be seen eating lunch and dinner with her husband, daily in the Court Dining Room. You may also have seen her attending entertainments in the Atrium with her husband. Since I started working here, I have always been impressed by Colette and wondered about her past. The following is what I have gleaned from conversation with her loving husband, George.

Colette was born in France on February 16th, 1923. Yes, she is 101 years old, but you would never know it because she looks years younger. She hails from Paris and was the youngest of five children. Her father worked for the Suez Canal Company, her mother was a dedicated home maker and a naturally skilled seamstress. Colette has post-secondary education and studied law when she was a young lady, but decided it was not something she wanted to continue and left school. This was no matter, as she obtained interesting and meaningful employment; having been engaged by the Department of National Defense as a secretary after the Second World War.

Colette and George met in Paris where George was completing his university studies after the war. They lived in the same apartment building; George was on the first floor and Colette was on the second. They fell in love and agreed to marry. George left to work as a veterinarian in Alberta and she followed 9 months later, in 1949.

George came to Bonaventure 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 says that it and quite a sacrifice (and Paris) to settle very rural back to were built.

Colette came to Canada after arriving in the her way across the husband by train. like Paris, crossing and then travelling to meet your fiancé Colette had the best to do it.

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

Unveiling the Heartbeat of Our Community: Residents' Life Chronicles

WRITTEN BY BARBARA

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 16, 1958. During that time, I finished grade 13, then Teachers' College and 3 years of teaching. In the course of 3 yrs. (Gr. 9 - 13), 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.



My health issues began when I was 10 yrs. old and spent several months in bed with non-paralytic polio that seemed cured but has returned with pain and weakness. When I was 27, I was diagnosed with Fibromyalgia 'known as the irritable every thing illness' and it has caused many problems. For 2 years, I was able to hike UP on mountain trails and DOWN ski hills wearing wrist, knee and back braces - with our family. My physical health deteriorated and I turned to writing - over 185 family stories, poetry, journals and photos for 4 grandchildren until they were 18 - knitting, crocheting. I've had both knees replaced and 3 hip replacements - yes, if The right one had to be redone after 4 dislocations because the two parts were not compatible. During the 63 years we were married, Leonard never complained about all the appointments etc. He supported and encouraged me. We moved to Canterbury in 2019 when I could no longer care for him due to his Alzheimer's and my health. We never regretted this decision.

Words I strive to live by:

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"

WANT TO BE FEATURED IN OUR NEXT NEWSLETTER?

Send your story to
camilles@canterburyfoundation.com

UNVEILING THE HEARTBEAT OF OUR COMMUNITY: RESIDENTS' LIFE CHRONICLES

Close, Connected and Content at Canterbury!

Written by Anna Tula, Emily Fabrizi's daughter

How did 41 years go by? In 1981, I left Ontario "for a year" to continue my studies in Edmonton. I was the first to "leave" when in our extended Italian family. In my 20s, I wasn't thinking of aging parents or the challenges that distance would present. My life in Alberta developed and 1 year turned to 2 and so on. I finally felt like family accepted my choice to stay in Alberta when I married Dave in 2002!

Mama & Papa were hard-working and devoted parents to me and my older sister. In 2002, leaving her husband, 3 sons and a daughter who love Grandma. Now there are 3 Great-Grandsons too.

My Dad relied on my Mom to do all the cooking and housekeeping. He drove the car, took care of the lawn, was a master gardener and handled all mail and finances. In his 80s, serious health problems emerged and he developed a dementia linked to his long-term alcohol use. By 2010 he had to stop driving and could no longer handle mail or finances. Mama was diagnosed with probable Alzheimer's Disease in 2016. As Papa started needing more help and could do less, this took a toll on Mama and her progressing dementia. When Papa moved to long-term care, she visited him regularly during his final 1 1/2 years. Living at home alone got more difficult as Mama's dementia progressed. I arrived in November 2019 to find her overwhelmed and scared. I needed help so down to the Alzheimer Society where a staff member sat down with me, listened and gave me hope.



Emily & Tony at home in St. Catharines, Ontario (Nov 2016)

Anna and Emilia ("Tony & Emily") Fabrizi were married by proxy in September 1953. They had seen a photo of each other but didn't meet until Mama left Italy and joined him in St. Catharines in March 1964. They were married for 65 years! Mama now only remembers the good parts. She knows Papa's photos and constantly tells me that they never ever argued!

When I returned to Edmonton, I signed up for dementia education at the Alzheimer Society and have been regularly attending Care Partner Support Group meetings ever since. Soon after I returned home from that visit, my Mom fell at home and was hospitalized. She recovered and this event led to Mama getting the help she needed. She stayed in a rehab facility for several months where they fully assessed her cognitive skills and realized she could not return home. Mama moved to Cobblestone Gardens Assisted Living, Retirement Residence where she lived for almost 5 years. She did well there until mid 2012. Our fall visit confirmed it was time to find Mom suitable dementia care in Edmonton. We waited her to live close to us to enable frequent in-person connection and to be able to easily monitor and support her care. Dave and I returned from Ontario with a clear focus and priority to get my Mom to Edmonton ASAP! Within walking distance of our home, Canterbury Foundation was an obvious place to check out!



Emily, my AMAZING MOM!

I had heard about Canterbury Lane, an expanded and renovated dementia care unit with available rooms! It was also a not-for-profit facility not requiring an Alberta Health Card which my Mom would not have for 3 months. After Mama was assessed as suitable for this unit, I picked a room looking on to the Courtyard and focused on "Operation: Mama Alberta Bound". Mama moved into Canterbury Lane in mid-February so we have over a month's experience so far. Mama adjusted amazingly well to her new environment. It is beyond wonderful to have my Mom so close -- so much easier than trying to manage from afar. As dementia progresses, distance doesn't work at all. In person connection is what matters. My Mom & I have special times together at Canterbury whether on the Lane or elsewhere. I can see that my Mom is content. Her worried look does not show up as often anymore. She is comfortable with all staff and gives out many hugs and kisses! I am grateful to have this special time together with Mama. Spending time with her and other Lane residents has helped me stay present and be more spontaneous. We have fun together at activities on and off the unit. Mama rocks at balloon badminton!

Dave and I enjoy attending the Sunday Catholic service in the chapel regularly with Mama. Mama still thinks we live far away. She appears to promptly forget our visits but is clearly thrilled when we arrive the next time. I used to worry about her so much. It gives me peace to know I am a 6 minute walk from my special Mom. What a great feeling!

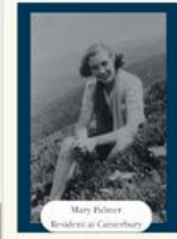


Dave & Anna Celebrating Mom's 60th birthday July 9



One Women's War Experience

WRITTEN BY JANET PALMER



Mary Palmer Resident at Canterbury

On the eleventh day of the eleventh month at 11:00 a.m. we pause our lives to observe a moment of silence. We remember those who have lost their lives in the service of our countries since World War I. Women have played an increasingly vital role throughout. Not only have they provided support they also ensured that battles were won at home. Mary's roles in the military have changed since then.

Mary Palmer would not be at Canterbury today had her father not left his career as a newspaper and land agent for Lord Forester to fight in Mesopotamia in WWI. Injuries resulted in him being sent to India. While there he met and married a young Irish nurse serving in the R.A.D. (Voluntary Aid Detachment). Their first child, George (Mary's older brother), was born in India in 1918. Following demobilization the family returned to North Devon, England and Lord Forester's employment. Mary was born in North Devon and enjoyed an idyllic rural family life surrounded by horses and dogs. She enjoyed country pursuits and became an accomplished rider and pianist. There was never a hint that she would ever leave Devon for distant travel the world.

Peace was shattered when in 1939. Lives were irreversibly changed when Mary's father refused to attend university and instead joined the Royal Air Force. Mary signed up for the Devonport Women's Reserve. In England, Mary was sent to the Royal Air Force and later to the Royal Canadian Air Force. Following that she became a transport officer. On one horrendous occasion, a crash to transport officer who died, some of whom were killed. Mary was stationed in her own mother died of pneumonia. Mary's brother, "Shell shock" (today diagnosed as PTSD) was killed in the war. Mary's brother, "Shell shock" (today diagnosed as PTSD) was killed in the war. Mary's brother, "Shell shock" (today diagnosed as PTSD) was killed in the war. Mary's brother, "Shell shock" (today diagnosed as PTSD) was killed in the war.

Recommended Listening...

Comedian Conan O'Brien's "Let's not be kidding" - a comedy podcast about his Mom's memory and Alzheimer's, a disease that can be heartbreaking, but sometimes also hilarious.



HEART OF CANTERBURY JULY RECIPIENTS

Employee Recognition Program



Thank you for making a difference every day.



**Molicer
Clarke**

Health Services



**Karen
Ermube**

Housekeeping



**Elora
Kiely**

Life Enrichment

COMMUNITY EVENTS

OUR TOP PICKS FOR SEPTEMBER!



SYMPHONY UNDER THE SKY



WHERE: Heritage Amphitheatre
at Hawrelak Park, Edmonton, Alberta



DATE: September 3 – 6, 2026



MORE INFORMATION:

<https://www.winspearcentre.com>



PURPLE CITY MUSIC FESTIVAL



WHERE: Multiple venues
across downtown Edmonton, Alberta



DATE: September 11 – 13, 2026



MORE INFORMATION:

<https://www.purplecityfest.com>



KALEIDO FAMILY ARTS FESTIVAL



WHERE: Along Alberta Avenue
(90–95 Street), Edmonton, Alberta



DATE: September 18 – 20, 2026



MORE INFORMATION:

<https://www.kaleidofest.ca>

♥ GET OUT, EXPLORE & ENJOY OUR COMMUNITY!

SEPTEMBER SPORTS

Good Things Are Ahead

GAME DAYS • GREAT MOMENTS • TOGETHER



IT'S GAME SEASON! FOOTBALL & HOCKEY ARE BACK

"If you're not a leader on the bench, don't call yourself a leader on the field. You're either a leader everywhere or nowhere."

New season. Same great energy!



RIVERHAWKS 2026 SEASON WRAP-UP

Thank you to all our fans, players, coaches and volunteers for an amazing season! The Riverhawks showed incredible heart, teamwork and determination throughout the season.

Once a Riverhawk,
Always a Riverhawk!



EDMONTON ELKS

2026 SEASON

DATE	OPPONENT	TIME
Sep. 7	Stampeders	4pm
Sep. 12	Stampeders	5pm
Sep. 19	Argonauts	1pm
Sep. 26	Tiger-Cats	5pm



Go Elks Go!



Hockey is back! The Edmonton Oilers kick off the regular season on October 7.



Football is back! The NFL regular season begins September 10.



SPORTS TRIVIA

Q: What hockey team has won the most Stanley cups?

A: Montreal Canadians



Edmonton Oilers

Sep. 19	Jets	6pm
Sep. 22	Jets	6pm
Sep. 24	Canucks	7pm
Sep. 26	Flames	7pm

"The best moments in sports bring people together, remind us to be active, and show us the power of community."

Stay Active ♥ Stay Healthy ♥ Stay Connected



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

- **September 1, 1905:** Alberta and Saskatchewan officially became provinces of Canada after being carved out of the North-West Territories.
- **September 2, 1931:** Bing Crosby makes his solo radio debut.
- **September 4, 1888:** George Eastman received a patent for roll film and trademarked the name "Kodak".
- **September 7, 1998:** Google was founded by Sergey Brin and Larry Page.
- **September 10, 1846:** The Sewing Machine is patented. [See Sewing Machine Day](#). (1846)
- **September 10, 1939:** Canada independently declared war on Germany, entering World War II one week after Great Britain.
- **September 10, 1953:** Swanson sells the first "TV Dinner". (1953)
- **September 11, 2001:** Islamic Al-Qaeda militants fly planes into both of NYC's twin World Trade Towers and the Pentagon. [More on September 911](#).
- **September 13, 1788:** New York City becomes the Capitol of the United States. I bet you didn't know that!
- **September 14, 1985:** The TV sitcom "Golden Girls" premieres on NBC.
- **September 21, 1970:** Monday Night Football premieres on television.





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✉️ Community@canterburyfoundation.com

🌐 <https://canterburyfoundation.com/>

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