



Canterbury Times



Are you concerned about your own or a loved one's alcohol use?



If you're starting to question the role alcohol plays in your life — or someone else's — you're already taking a meaningful first step. This isn't about judgment; it's about care and support. Whether you've noticed changes in drinking habits, emotional strain, or impacts on daily life, help is available.

→ Turn to page 12 for the full article and resources.

As the first green shoots peek through the soil and the days grow brighter, we welcome a season of renewal, luck, and growth. This month brings the joy of St. Patrick's Day, a reminder to cherish life's simple blessings—and perhaps share a bit of good fortune with one another. Wishing you a March filled with warm sunshine, good company, and a touch of Irish luck!



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Activity Program Highlights

Thursday, March 5th: Edmonton Police Service Presentation: Fraud Prevention & Awareness at 1:00pm in the Atrium. *All are welcome!*

Friday, March 6th: Friday Entertainment featuring Erin Vanderplaten at 2:00pm in the Atrium. Get ready for great music!

Tuesday, March 10th: Optometry Clinic with Dr. Kallal from 9:30am–2:30pm in the Court Exercise Room. *Call Life Enrichment at 780-930-3736 to book your spot.*

Wednesday, March 11th: Kelly's Kitchen at 1:30pm in the Court Activity Room – come enjoy something delicious!

– Sing for Fun at 3:00pm in the Chapel – a joyful mid-week pick-me-up.

Friday, March 13th: Friday Entertainment with The Old Smoothies at 2:00pm in the Atrium. Smooth tunes guaranteed!

Tuesday, March 17th: St. Patrick's Day Party with Bob Gagnon at 2:00pm in the Atrium. *Wear your best green and celebrate!*

– Knowledge Café with students from University of Alberta at 6:00pm in the Manor Activity Room – “Travelling the World Through Food.”

Wednesday, March 18th: Life Enrichment Garage Sale from 10:00am–3:00pm in the Court Activity Room – treasure-hunting fun!

Thursday, March 19th: Men's Club House at 2:00pm in the Court Activity Room – another great gathering.

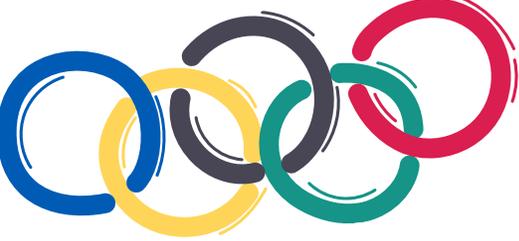
Tuesday, March 24th: Knowledge Café with University of Alberta students at 6:00pm in the Manor Activity Room – “My Ecuador Trip.”

Wednesday, March 25th: Eat Street with Rus at 1:30pm in the Court Activity Room – tasty adventures await!

Friday, March 27th: Friday Entertainment with Dahlia Wakefield at 2:00pm in the Atrium – an afternoon of fantastic vocals.

Sunday, March 29th: Knowledge Café with University of Alberta students at 1:00pm in the Manor Activity Room – “Learning About AI.”

Ongoing: Cribbage Drop-In continues – 3:30pm Mondays and 6:00pm Thursdays. Always a fun challenge!



Canada stands 11th:

The countries that won the most 2026 Winter Olympics medals are Norway (41), followed by the United States (33), and Italy (30).

The final ranking (due to the number of Gold medals won) is: Norway 1st; United States 2nd; Netherlands 3rd.

Even though Canada got 21 medals (higher than Netherlands with 20 medals), Netherlands ranks third because of their Gold medal count. Canada ranks 11th overall.

Medal winner	1	2	3	
All sports Canada	5	7	9	21
Freestyle skiing	2	1	2	5
Short track	1	2	2	5
Speed skating	1	1	3	5
Curling	1	0	1	2
Ice hockey	0	2	0	2
Snowboarding	0	1	0	1
Figure skating	0	0	1	1



Rus's Recipe

APPLE FRITTERS

These delightful homemade apple fritters are bursting with fresh apples bathed in a crisp dough. Drizzle them with a simple glaze, or roll them in cinnamon sugar, for a fun breakfast treat! Whip up a batch of this easy apple fritter recipe in under 30 minutes.



PREP TIME
20 MIN



COOK TIME
5 MIN

Instructions

1. Place your diced apples in a bowl and toss with lemon juice.
2. In a separate bowl, whisk eggs. Beat in milk, vanilla, and melted butter.
3. Add all the dry ingredients and mix together until a loose dough is formed.
4. Fold in the apples.
5. Fill a saucepan with about a quart of frying oil. Make sure it's about 3-4 inches deep.
6. Heat oil until it reaches 375 degrees F with a candy thermometer.
7. Use a measuring cup and drop batter into oil, 1/3 cup at a time.
8. Fry until the bottom side is golden brown.
9. Flip over and fry other side. Total frying time should be about 5 minutes per fritter.
10. Transfer to a cooling rack and cool before glazing.

Ingredients

- 3-4 cup Apples, diced
- 1 Tbsp Lemon Juice
- 1 1/4 cup Flour
- 1 tsp Cinnamon
- 1/4 tsp Salt
- 2 tsp Baking Powder
- Pinch of nutmeg
- Pinch of ground ginger
- 1 Tbsp Sugar
- 2 Eggs
- 1/3 cup Milk
- 1 Tbsp Butter, melted
- 1 tsp Vanilla Extract
- Vegetable oil for deep frying

Glaze

- 1 cup Powdered Sugar
- 1/2 tsp Vanilla
- 2-5 tsp Water



Heart of Canterbury

January Recipients

EMPLOYEE RECOGNITION PROGRAM



Reiza Flores
Dietary



Chelcey Buck
Life Enrichment



Joy Balendia
Health Services

Thank you for making a difference every day.



PORTRAITS OF CANTERBURY: MUSIC



One of the defining aspects of culture at Canterbury is the presence of music. Music here twines through life, offering small pleasures to profound experiences.

Scheduled concerts in the Atrium on Fridays provide a variety of performers and kinds of music. From country to big band, entertainers take the audience to various times in our lives. Beverages and snacks add to the festivities. Audience members tap along, sing, and dance to the inviting beats.



The chapel is the site of much music. Various services enact music as part of worship, and Hymn Sing and Sing for Fun let residents reconnect with familiar songs from their pasts.



The Centre for Family Literacy offers the Do, Re, Mi ABC program, which provides music and literacy activities for preschoolers and their parents or caregivers. Residents also engage with the activities and enjoy observing the young ones interact and interpret what they hear. Picture books are set out to explore, and a book is shared in each session. Cookies and juice are enjoyed at the close by all.





Music has a special place in memory in The Haven and Lane, where songs engage the brain. Songs are learned and shared.

James and Janice visit monthly to provide a concert program and sing-along in honour of Sadie McHammond. Violin and piano guide the participants.

Rus Eales plays piano in the Manor Piano Lounge and the Atrium to the joy of residents, staff, and visitors. Some residents also play the pianos to share tunes.

There are also spontaneous tunes not requiring an instrument. A worker whistles while cleaning a window. Another hums while pushing the housekeeping cart to its next location.

Music brings memory. Music prompts emotions. Singing is good to promote oxygen in the blood. And, as Louis Armstrong said, “Music is life itself.”

-Margaret Iveson



Fun Facts about Rainbows

During the Month of March, St Patrick's Day has everyone searching for that pot of gold at the end of the rainbow. But how much do you really know about the rainbows themselves? Here is some fun facts about Rainbows you might not have heard before:

Sir Issac Newton is credited with the scientific discovery of the Rainbow, after experimenting with sunlight and prisms, demonstrating that clear white light was composed of seven visible colors in the late 1600's. Issac Newton is also historically known for creating The Laws of Motion and Gravity.



Did you know that orange and indigo were originally not included in the finalization of the rainbows spectrum but was later added by Newton to align with the seven notes of a musical scale, due to his belief that colors and musical harmony had a connection!



The word "Rainbow" originates from the Old English word "Renboga"- It refers to the arc of prismatic colors formed by light reflecting and refracting through raindrops. It is a common Germanic compound, historically linked to words like "rainbowe"

In 1978, artist Gilbert Baker designed the first-ever rainbow flag as a symbol of Pride, which is still used today. The flag continues to be used today as a symbol of LGBTQ Pride and social movements, as well as a symbol of peace.



Rainbows are widely seen as symbols of hope, renewal, and divine reassurance after hardship. Across cultures—from the Christian idea of a covenant to the Norse image of the Bifrost—they represent guidance, connection between realms, and the promise of better things ahead. They often signal that struggles are lifting and invite feelings of joy, unity, and spiritual growth.

Page created by: Brooke Gannon

March Zodiacs

Find your Zodiac to see what March has in store for you!

Capricorn- (December 22-January 19)

You have a lot of ideas and intellectual ambition this month. This could be the start of an exciting liaison in relationships and work.

Pisces-(February 19- March 20)

With Pisces being one of two dominating signs of March, express yourself! The Sun in your sign means it's your time of the year to shine.

Taurus-(April 20- May 20)

Your social life is active as March begins, no matter how the weather may be. March is a great time for Taurus to find that special someone!

Cancer- (June 21-July 22)

In March, it will be important to practice patience for Cancers. Take your time with new projects.

Virgo-(August 23-September 22)

March helps Virgo to find better boundaries. Now is the perfect time to speak on how you really feel.

Scorpio-(October 23-November 21)

Scorpios are natural-born leaders. This leadership value will find its opportunities to blossom this March!

Aquarius-(January 20-February 18)

The month of March is giving you the courage to make a move - so do it!

Aries-(March 21-April 19)

March is your month, in partnership with Pisces. This aspect promises fun and excitement, so don't pass it up! Adventure waits for you to latch on and grab it this month!

Gemini-(May 21-June 20)

March begins on a funky note for Gemini, but the other side of the coin shows improvement in career opportunities! Stay optimistic

Leo-(July 23-August 22)

March casts a gorgeous glow over a Leo's reputation. The recognition you crave is yours at last.

Libra-(September 23-October 22)

Libra is due for a break this March. Take a day off from the stress you have been faced with when the timing works.

Sagittarius-(November 22 - December 21)

Home is where your heart is this month. Go the extra mile to be with the people you deeply care about!

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On This Day in History

- March 3 (1931): "The Star-Spangled Banner" was officially adopted as the U.S. national anthem.
- March 5 (1770): The Boston Massacre occurred, a key event leading to the American Revolution.
- March 9, 1962: The Trans-Canada Highway officially opens, connecting the country from coast to coast.
- March 10, 1862 - The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.
- March 10 (1876): Alexander Graham Bell made the first-ever telephone call, saying, "Mr. Watson, come here. I want to see you".
- March 14, 1879 Birthday - Albert Einstein (1879-1955) was born in Ulm, Germany. His theory of relativity led to new ways of thinking about time, space, matter and energy.
- March 15 (44 BC): The Ides of March: Julius Caesar was assassinated in the Roman Senate.
- 1967 – "O Canada": A joint Senate-House committee recommends that O Canada officially become the national anthem (later adopted in 1980).
- March 17: St. Patrick's Day, commemorating the patron saint of Ireland, with the first parade in NYC held in 1762.
- March 25 (1807): The British Parliament abolished the slave trade.
- March 30 (1981): U.S. President Ronald Reagan was shot and wounded in an assassination attempt by John Hinckley, Jr..
- March 31 (1889): The Eiffel Tower was officially inaugurated in Paris.



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.



The Evergreen

*The evergreen, so tall and strong,
With its broad trunk, and branches long,
Covered with needles on every limb,
The beautiful tree, it just makes me grin,
The beauty of it will prickle your spine,
The delicacy of the evergreen, so divine,
The elegant blue spruce, that stands tall
and proud,
Standing so tall, touching the sky from
the ground,
It's green when it's warm, and stays green
in the cold,
Its vibrant colours, so bright and bold,
Up to the heavens, the branches reach
towards,
As if it spreads out its arms, praising the
Lord,
You want to find the prettiest thing?
Look around you, and find the evergreen.*

- Emery Ellis

Concerned About Alcohol Use? You're Not Alone

If you're wondering about your own or a loved one's alcohol use, you may be feeling unsure or overwhelmed. These questions often come from a place of care — not judgment — and noticing them is an important first step.

People sometimes begin to worry when alcohol starts taking up more space in their life than they intended. You might notice yourself thinking more about drinking, feeling guilt or embarrassment, drinking more than planned, or seeing alcohol affect your relationships, emotions, or daily responsibilities. These signs can be uncomfortable, but they don't mean you're weak — they simply mean you may need support.



Where to Start

You don't have to navigate this alone. Support is available, and you can move at your own pace.

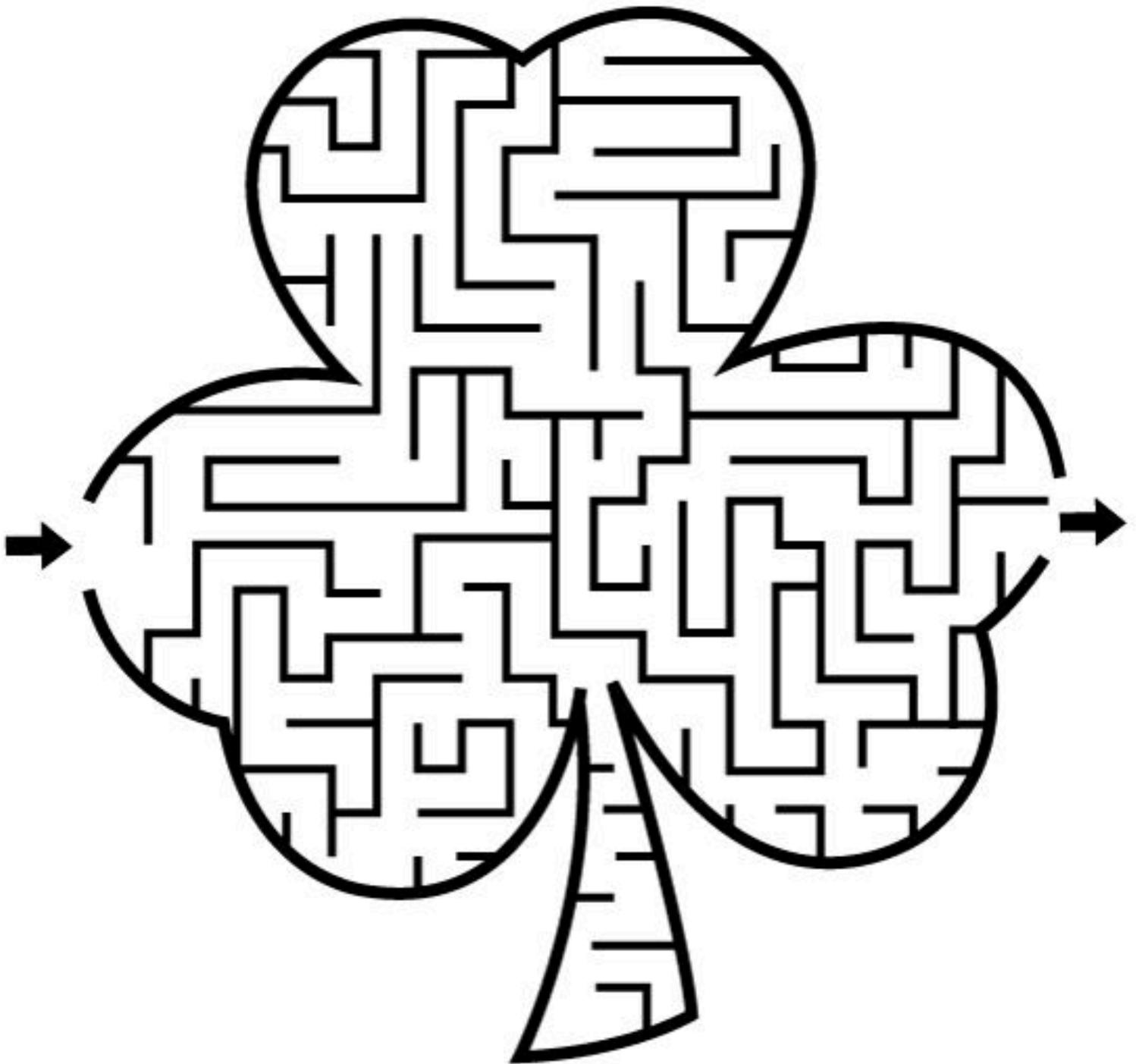
- Talk to your Canterbury health care providers, Chaplain, or Social Worker for confidential guidance and emotional support.
- Call Health Link 811 for connections to health professionals and community services.
- Explore community groups such as Alcoholics Anonymous (www.edmonton.aa.org, 780-424-5900).
- Families and friends seeking support can reach Holding Hope Support Group at www.holdinghopecanada.org.

A Gentle Reminder

Everyone's relationship with alcohol — and their path toward balance or change — is different. There's no set timeline and no need to have everything figured out before asking for help. What matters is that support is here, and you deserve compassion and care as you take your next steps.

You are not alone, and help is available whenever you are ready.

Shamrock Maze



Worm Moon

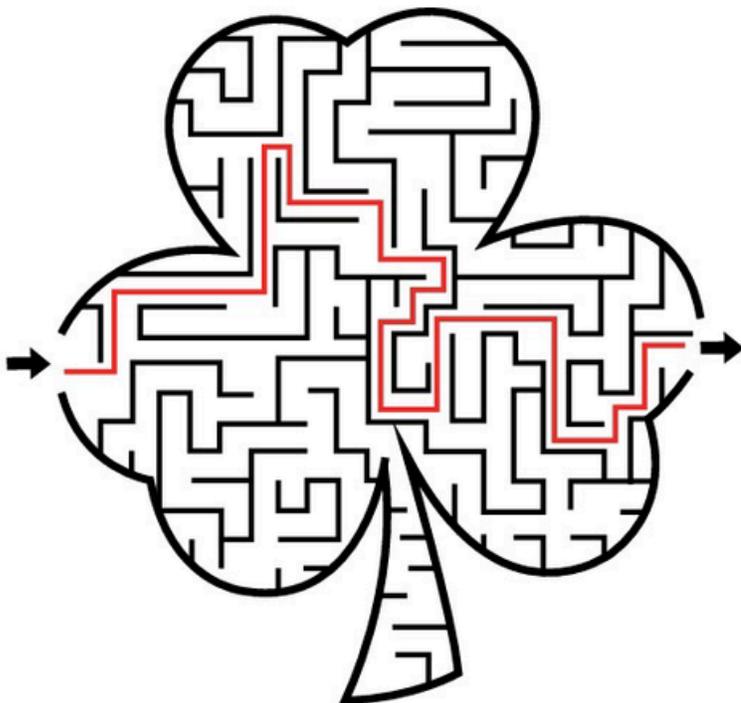
The 2026 Worm Moon, peaking on March 3, 2026, at 6:38 A.M. ET, is a rare "Blood Worm Moon" because it coincides with a total lunar eclipse. It will turn a deep, rusty red for 58 minutes during totality. This event, visible in North America, Asia, and Australia, marks the thawing of soil and the return of worms in early spring.



MARCH 8, 2026 Daylight Saving Time ("Spring Forward")



Shamrock Maze



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◆ Spring Equinox ◆

The astronomical first day of spring in the Northern Hemisphere is marked by the spring equinox, which lands on March 20, according to the Farmer's Almanac. The spring equinox occurs when the sun shines directly on the Earth's equator.

SPORTS

Oilers Hockey Schedule March 2026

Mar. 3, 2026	Senators vs. Oilers	8:30 p.m.
Mar. 6, 2026	Hurricanes vs. Oilers	7:00 p.m.
Mar. 8, 2026	Oilers vs. Knights	7:30 p.m.
Mar. 10, 2026	Oilers vs. Avalanche	8:00 p.m.
Mar. 12, 2026	Oilers vs. Stars	6:00 p.m.
Mar. 13, 2026	Oilers vs. Blues	6:00 p.m.
Mar. 15, 2026	Predators vs. Oilers	6:00 p.m.
Mar. 17, 2026	Sharks vs. Oilers	7:00 p.m.
Mar. 19, 2026	Panthers vs. Oilers	7:00 p.m.
Mar. 21, 2026	Lighting vs. Oilers	8:00 p.m.
Mar. 24, 2026	Oilers vs. Mammoth	7:30 p.m.
Mar. 26, 2026	Oilers vs. Knights	7:30 p.m.
Mar. 28, 2026	Ducks vs. Oilers	1:30 p.m.
Mar. 31, 2026	Kraken vs. Oilers	7:00 p.m.



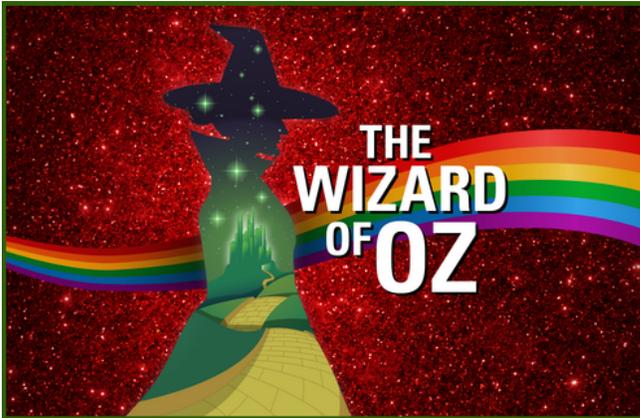
First Four: March 17-18.
First round: March 19-20.
Second round: March 21-22.
Sweet 16: March 26-27.
Elite Eight: March 28-29.
Final Four: April 4 at Lucas Oil Stadium in Indianapolis.
National championship game: April 6 at Lucas Oil Stadium in Indianapolis.





COMMUNITY EVENTS

OUR TOP PICKS FOR MARCH



The Wizard of Oz

Where: Westbury Theatre
10330 84 AVE NW

Date: Mar 7 - Apr 12, 2026

More Information:

<https://citadeltheatre.com/shows/the-wizard-of-oz/>



Women + Wealth Gala

Where: Edmonton Convention Centre - 9797 Jasper Ave, Edmonton, Alberta

Date: March 6, 2026

More Information:

<https://wwgala.ticketspice.com/2026-edmonton-international-womens-day-women-wealth-gala>



Fava Fest

Where: Various venues, Edmonton, Alberta

Date: March 1 – March 27, 2026

More Information: <https://fava.ca/fava-fest-2026/>

For more information visit our website <https://fava.ca/fava-fest-2026/>

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)



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