

CANTERBURY TIMES

Created by Camille & Haley



Welcome to the March Edition of our Newsletter

Embrace the beauty of spring as we usher in a new month filled with warmth, joy, and a blossoming sense of community. In this edition, discover upcoming events, and engaging activities tailored to enrich your days and foster connections with fellow residents.

Let's celebrate the spirit of March together as we embrace each moment with gratitude, laughter, and the promise of brighter days ahead.



Your love and positivity made February truly special. Let's keep the good vibes going as we welcome March with open arms.

Happenings in March

- March 8 International Women's Day
- March 10 Daylight Savings Begins
- March 17 St. Patrick's Day
- March 29 Good Friday
- March 31 International Transgender Day of Visibility



ACTIVITY PROGRAM HIGHLIGHTS

March 8th- Celebrate the good ol' days with our Fifties Days Party at 2:00pm in the Atrium with music by Paul Lamoureux

March 14th- At 1:30pm we will be cooking up an International Dish, join us in the Court Activity Room for a show and a tasty treat

March 14th- Join us at 2:00pm in the Manor Fireside Lounge for Coffee and Conversation with our Social Worker Sara, and Chaplain Colleen

March 15th- Join us for a St. Patrick's Day celebration in the Atrium, Happy Hour will start at 1:30pm, with music by Randy Glen to follow at 2:00pm

March 18th- Join us for Super Bingo in the Atrium at 1:30pm!

March 20th- At 1:30pm Norquest College will be visiting and presenting their Life Stories to residents, join us in the Atrium!

March 21st- The Laurier Heights School Kindergarten Class will be visiting to do an Easter Craft in the Atrium at 10:30am.

March 27th- We will be hosting our Spring Garage Sale from 10:00am-2:00pm, in the Court Activity Room. Donate gently used items to Life Enrichment by March 25th

March 28th- Join us in the Atrium at 2:00pm for our Easter Tea with music by Mary Ellen Davidson




THINGS YOU DIDN'T KNOW ABOUT ST. PATRICK'S DAY



ST. PATRICK WASN'T IRISH
ST. PATRICK WAS ACTUALLY BRITISH, BORN TO ROMAN PARENTS IN EITHER SCOTLAND OR WALES (NO ONE IS EXACTLY SURE WHICH). AFTER BEING FORCED INTO SLAVERY BY IRISH PIRATES, HE TURNED TO HIS CHRISTIAN FAITH AND BECAME ONE OF THE FIRST PEOPLE TO BRING THE RELIGION TO THE COUNTRY IN THE FIFTH CENTURY, AROUND THE YEAR 432.

WE SHOULD ACTUALLY BE WEARING BLUE.
HISTORIANS SAY THAT ST. PATRICK'S COLOR WAS BLUE, NOT GREEN. THE USE OF GREEN ON THE HOLIDAY BECAME COMMON DURING THE 1600S AND 1700S, WHEN THE CLOVER BECAME A SYMBOL OF NATIONALISM AND WEARING GREEN ON LAPELS BECAME THE NORM.

 **IT USED TO BE A DRY HOLIDAY**
UP UNTIL THE 1970S, ST. PATRICK'S DAY WAS CONSIDERED A RELIGIOUS HOLIDAY IN IRELAND, MEANING ALL THE PUBS IN THE COUNTRY WERE CLOSED, THANKS TO A LAW WRITTEN BY PARLIAMENT MEMBER JAMES O'MARA. HOWEVER, IRELAND LATER REALIZED THAT THEY COULD ATTRACT LOTS OF TOURISTS FOR THE HOLIDAY, AND THE (GREEN) BEER WAS SUDDENLY FREE-FLOWING.

THERE ARE MORE IRISH PEOPLE IN AMERICA THAN IN IRELAND.
ACCORDING TO RECENT CENSUS DATA, THERE ARE 39.6 MILLION AMERICANS WHO LIST THEIR HERITAGE AS PRIMARILY OR PARTIALLY IRISH, COMPARED TO 6.3 MILLION PEOPLE IN IRELAND.

MAY YOUR POCKETS BE HEAVY AND YOUR HEART BE LIGHT
MAY GOOD LUCK PURSUE YOU EACH MORNING AND NIGHT
-IRISH BLESSING

LEMON BLUEBERRY CAKE



INSTRUCTIONS

1. Preheat the oven to 350F degrees. Grease and flour a 9x13 inch cake pan.
2. In a medium bowl sift together the flour, baking powder and salt.
3. In a large bowl beat together the butter, sugar and lemon zest until fluffy. (About 2-3 minutes).
4. Add in the vanilla extract and beat in the eggs 1 at a time.
5. In a liquid measuring cup whisk together the lemon juice and buttermilk.
6. With the mixer on low speed, beat about 1/3 of the flour mixture into the butter mixture followed by about 1/3 of the milk mixture.
7. Continue the process of alternating between the flour & milk until just combined, turning off the mixer and scraping down the sides of the bowl as necessary.
8. Toss the blueberries with the 2 teaspoons of flour, then gently fold into the batter with a spatula.
9. Pour the batter into the prepared pan. Bake for 25-30 minutes, or until an inserted toothpick comes out clean.
10. Cream Cheese Frosting
11. Beat the butter until soft, then mix in the cream cheese.
12. Add in the lemon juice and mix in 3 cups of the powdered sugar, starting with the mixer on low speed and then turning up to medium as it starts to combine.
13. Beat in 1 tablespoon of whipping cream, and then mix in the rest of the powdered sugar as necessary, going little by little and adding more cream if needed.
14. Frost the cooled cake, and optionally decorate with blueberries and lemon slices.

INGREDIENTS

Cake

- 2 1/4 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup unsalted butter
- 1 1/2 cups granulated sugar
- 2 tablespoons lemon zest
- 2 teaspoons vanilla extract
- 3 large eggs
- 1/4 cup lemon juice, freshly squeezed
- 2/3 cup buttermilk
- 1 1/2 cups blueberries, fresh or frozen
- 2 teaspoons cake flour

Cream Cheese Frosting

- 1/2 cup unsalted butter, softened
- 8 oz brick-style cream cheese
- 1 teaspoon lemon juice
- 3 - 3.5 cups powdered sugar
- 1 tablespoon cream (as needed)

4:30
PM



Saint
PATRICK'S
DAY

\$25
TICKETS



SUNDAY, MARCH 17, 2024

Cream of Broccoli Soup

OR

Creamy Sweet Green Pea Salad

on a bed of greens

Corned Beef, served with creamy horseradish

OR

Guinness Lamb stew served with onion biscuit

Colcannon Potato

(Mashed potato with kale, green onion and parsley)

Braised Cabbage

Bailey's Infused Chocolate Mousse

with shamrock butter cookies

\$25/person

Call dietary for reservations (780) 930-3739

**This is a ticketed event, please purchase your tickets at
manor reception**

≡ International Women's Day ≡



HOW INTERNATIONAL WOMEN'S DAY IS CELEBRATED AROUND THE WORLD



Italy

On March 8 women are traditionally given bunches of small yellow mimosas; the chosen symbol of International Women's Day in this country. Also seen to symbolize female strength, it's common for women to pass springs of mimosas to each other as a sign of female solidarity. (Being a food-oriented country, you'll find cakes and pasta created with vibrant yellow colors to resemble the flower!)



*From all of us at Canterbury
Happy 110th Birthday
Irene!*

Spain

After the unexpectedly large-scale success of the general strike in Spain in 2018 in which more than 5 million people walked out for 24 hours, the country continues to take to the streets. While a mass strike is not necessarily the focus of future International Women's Days, the Spanish people are clear in their aim to increasingly focus on rights for women and girls.



Argentina

Celebrated since the 1900s, Argentinians typically marked International Women's Day by giving presents to the women in their lives. However, in recent years protests have become a regular feature, with citizens increasingly taking to the streets to demonstrate against violence, the still-present pay gap, equal representation in the arts, and other social change.



Unveiling the Heartbeat of Our Community: Resident Life Chronicles

110 YEARS YOUNG: THE REMARKABLE LIFE OF IRENE LANTZ

Written by: Pat Perpeluk and Mark Perpeluk (both nephews) and Ruth Lantz (daughter in law)



Irene Lantz was born in 1914 on the family farm in Rural Wroxton, Saskatchewan to Fred and Katie Perpeluk. She was the fifth oldest of 14 children and is now the only surviving sibling, having had 4 sisters and 9 brothers. Irene left the farm when she married Carl (Mickey) North in August 1936. They moved to a small farm near Calgary in the late 1930s, where Mickey, an adept photographer, earned income taking and selling individual family framed portraits in the area, while Irene raised chickens and sold eggs. They had one child, a son named Morley, born in Calgary on Jan 8, 1938 (sharing a birthday with Elvis Presley).

In the mid-1940s, after some years in rural Calgary, they relocated to a small one-bedroom house in Jasper Place, which was still a Town at the time, bordering 149 Street adjacent to the City of Edmonton (Jasper Place was amalgamated into Edmonton in October 1962). Mickey found employment as one of the most successful salesmen for Air-lite Neon on 105 Street. In the mid-1950s, they moved into a larger house in South Edmonton on 65 Avenue, in the Park Allen District.

In addition to being a homemaker, Irene enjoyed gardening, nurturing her apple tree, and making her famous apple wine. She had a penchant for healthy eating, making her own yogurt, cranberry toast, and fresh carrot juice from her garden. Irene and Mickey shared a passion for camping with their travel trailer and 12-foot aluminum boat, exploring campgrounds and lakes throughout Alberta and BC.

They also enjoyed traveling, making annual summer trips from Edmonton to Irene's family farm in Saskatchewan and favoring Lake Isle as a camping spot. Another shared passion was square dancing; they were part of a group of traveling square dancers who frequented smaller communities around Alberta with their camper trailers.

In retirement, they pursued wood crafting and upholstery as hobbies, with Irene specializing in Naugahyde and vinyl upholstery work while Mickey did the woodworking. They often gifted their crafted pieces to family members for showers and weddings.

After Mickey's passing in early 1984 and Morley's in late 1997, Irene continued to live independently in their Park Allen home for nearly another 12 years. She then met Tony Lantz through dancing, and they married on January 19, 2002. Irene embraced Tony's family of 6 sons and 1 daughter, along with their spouses and children.

Following Tony's passing, Irene moved to a downtown Adult Condo on 110 Street, where she continued dancing and traveled to visit family and friends across the four western provinces. She also became an avid hockey fan, accompanying Tony's sons and grandsons to many junior hockey games and cheering for the Oilers.

In her later years, Irene enjoyed playing Canasta with friends, participating in seniors' bus trips to the casino, reading pocketbooks, and solving crossword puzzles. Eventually, she moved to Canterbury on October 17, 2018, where she found joy in playing bingo, engaging in activities in the common room, and fostering friendships with fellow residents and staff.

Irene's family attributes her long and happy life to her kind, nonjudgmental nature and her ability to find joy in every moment without succumbing to stress. They admire her gentleness and cherish her as a source of inspiration.



International Transgender Day of Visibility



Transgender Day of Visibility was started by activist Rachel Crandall in 2009 as a reaction to the lack of recognition of trans people, noting that the only well known gender diversity centered day was the Trans Day of Remembrance, a day of mourning.

TDOV was created as a day to acknowledge and celebrate living members of the transgender community. International Transgender Day of Visibility has been held on March 31 ever since!

Why is visibility important?

For many gender diverse people, a lack of representation, role models, and community can be isolating and make it difficult to feel proud in our identities.

Trans Day of Visibility is a day of pride and celebration for gender diverse identity, achievements, and community. For a community that is too often underrepresented, TDOV is about reclaiming space and being visible on our terms.

*Never be
afraid of
change.*

What is it?

Edmonton Oilers March Hockey Games

Saturday March 2 at 2:00pm
Oilers Vs Kraken

Sunday, March 3 at 7:00pm
Oilers vs Penguins

Tuesday, March 5th at 5:30pm
Oilers vs Bruins

Thursday, March 7th at 5:00pm
Oilers vs Blue Jackets

Saturday, March 9th at 10:30am
Oilers vs Sabers

Sunday, March 10th at 11:00am
Oilers vs Penguins

Tuesday, March 19th at 7:00pm
Oilers vs. Canadians

Thursday March 21st at 7:00pm
Oilers vs Sabers

Saturday, March 23 at 5:00pm
Oilers vs Maple Leafs

Sunday, March 24th at 4:00pm
Oilers vs Senators

Tuesday, March 26th at 6:00pm
Oilers vs Jets

Thursday, March 28th at 7:00pm
Oilers vs Kings

Saturday, March 30th at 2:00pm
Oilers vs Ducks



**WATCH HOCKEY GAMES LIVE
IN THE COURT ACTIVITY ROOM**





Did you know?

AUTHOR: REV. COLLEEN

Did you know the Jewish Holy Days of Passover and Christian Holy Days of Easter often occur around the same time?

Passover is instituted by God in the book of Exodus. The Israelites have found themselves in conditions of slavery in Egypt. The Pharaoh will not let them go, and so God speaking through Moses and Aaron sends 10 plagues, each worse than the last, trying to convince the Pharaoh to let the Israelites leave Egypt so they can freely worship God. On the night of the last plague, God commands the Israelites to have a special meal, to slaughter a lamb and to paint the door frame with the blood, so when the Angels comes it will Passover their home. Any house that does not do this will lose their first-born son. The Pharaoh's heart is finally softened, and he gives in and allows the Israelites to leave.

God commands the Hebrews to keep this Passover meal to remember that they have been delivered. Passover will begin on April 22 at sundown and continues for 8 days. The first two and the last two days are big celebratory days with feasts. Passover begins with a Seder Meal. The Seder Meal is eaten in a family setting.

In summary the Seder Meal includes:

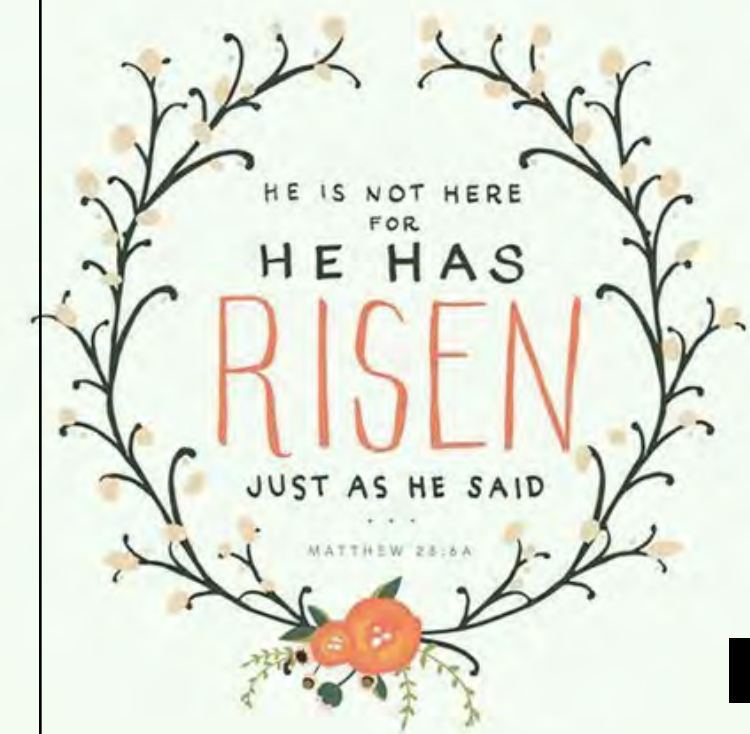
- Eating Matzah- unleavened bread – remembering that the Israelites had to leave so quickly that they did not have time for their bread to rise, and so they left with unleavened bread.
- Drinking 4 cups of wine or grape juice – a royal drink to celebrate new freedom.
- The recitation of the Haggadah – which is a liturgy explaining the Exodus of the Israelites from Egypt. It begins traditionally with a child asking four questions.



Sara and I will be offering a Passover Celebration, a Seder Meal, over the lunch hour on April 26, which will include a meal and the symbolic foods of Passover and telling of the story of Exodus. Everyone is invited to come learn and celebrate Passover with us. There will be limited spots, and so a sign up sheet will be available in the near future at both the receptions in the Court and Manor. All residents are welcome to attend!

WHY IS IT CALLED GOOD FRIDAY AND WHAT'S SO GOOD ABOUT IT?

- One answer is that at the time of Jesus' crucifixion, "good" may have referred to "holy" in Old English, a linguistic theory supported by many language experts.
- Another possible reason for its moniker — a theory supported by both linguists and historical evidence — refers to the holiday's ties to Easter Sunday, which celebrates the resurrection of Christ.
- Because Jesus couldn't have been resurrected without dying, the day of his death is, in a sense, "good."



DAYLIGHT SAVINGS BEGINS
SATURDAY, MARCH 9TH
REMEMBER TO
TURN YOUR CLOCKS
FORWARD 1 HOUR
BEFORE YOU GO TO BED!

ST. PATRICK'S DAY

WORD SCRAMBLE

1. CRLENPAEUH _____
2. AIOWRNB _____
3. AHSMKCRO _____
4. HMRAC _____
5. ARDLIEN _____
6. GNERE _____
7. CYLKU _____
8. ODRNCE EBEF _____
9. TPO FO DLGO _____
10. ONDRTIATI _____
11. DAPARE _____
12. IGJ _____



Will you give the Promise of Home?



Expanding care and community requires passionate donors, ready to leave a legacy. As a not-for-profit, Canterbury offers the opportunity to partner with anyone considering a gift. To join our family of donors, you can find a pledge form at either Court or Manor reception, visit CanterburyFoundation.com or contact Margo Buckley, CFRE at (780) 919-7295 or email margob@canterburyfoundation.com

Feeling LUCKY



Word Scramble Answer Key

1. Leprechaun
2. Rainbow
3. Shamrock
4. March
5. Ireland
6. Green
7. Lucky
8. Corned beef
9. Pot of gold
10. Tradition
11. Parade
12. Jig

