



CANTERBURY FOUNDATION

2023



A YEAR IN REVIEW

# HAPPY NEW YEAR

As we bid farewell to the old and embrace the new, we extend my warmest wishes to each and every one of you for a Happy and Healthy New Year! May the coming year bring joy, good health, and countless moments of happiness to your lives.

Your resilience, wisdom, and vibrant spirits have always been a source of inspiration for all of us at Canterbury. As we embark on this new chapter, let's cherish the memories we've created together and look forward to the exciting adventures that lie ahead.

May the upcoming year bring you moments of laughter, new friendships, and the continued warmth. Here's to a year filled with good health, cherished moments, and the love and camaraderie that make our community so special.

If there's one thing we've learned, it's that together, we can overcome any challenge. Let's face the new year with hope, determination, and a positive outlook. Remember, each day is a new beginning, and we are here to support and uplift one another.

Thank you for being an integral part of our Canterbury family. Your presence enriches our community, and we are grateful for the wisdom and experiences you share with us every day.

Wishing you and your loved ones a joyful New Year filled with good health, happiness, and the fulfillment of your deepest aspirations.

Cheers to a wonderful 2024 ahead!



## Senior Prom

This year, we dazzled at the Senior Prom – an afternoon of elegance, laughter, and unforgettable memories. From glamorous gowns to dapper suits, we embraced the magic, dancing to timeless tunes and capturing the joy in every photo. Here's to a year of cherished moments and the everlasting spirit of our Canterbury community!



DANCE IS THE JOY OF MOVEMENT AND THE HEART OF LIFE!

Cruise Week 2023

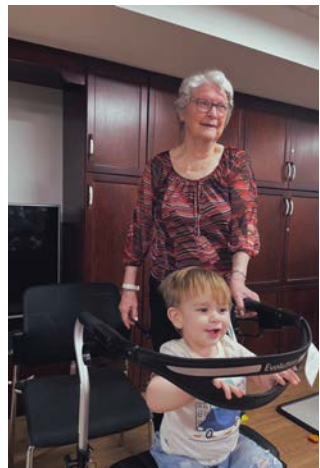


Edmonton Street Performers



Klondike Days





Mom & Tots at Canterbury



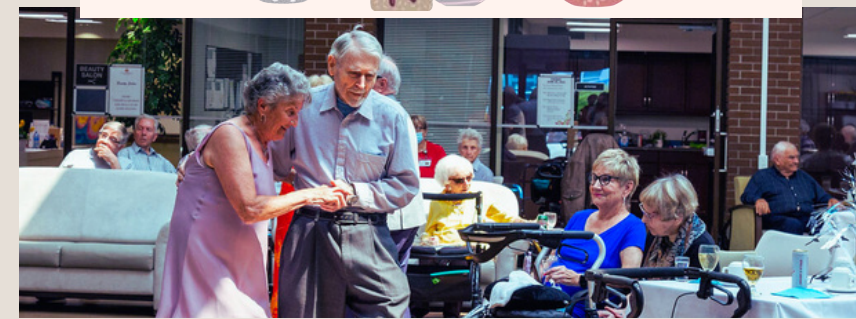
Art Gallery of Alberta





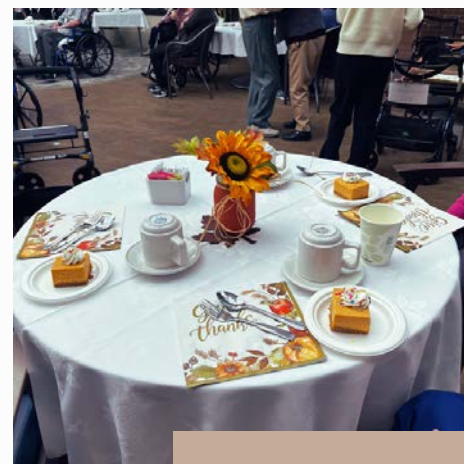
### Activities in the year

Reflecting on the past year, we have journeyed through many extraordinary events that added color and joy to our lives. From cultured escapades at the art gallery to the laughter-filled evenings at Jubilations Dinner Theater, we've shared smiles, applause, and countless memories. Each event added a unique brushstroke to the canvas of our memories, fostering laughter, camaraderie, and lasting connections. Here's to a year well-spent, and to the adventures yet to unfold!





Fall 2023





## LOADED POTATO SOUP



### INGREDIENTS

- 6 strips bacon
- 1/2 medium onion chopped
- 4 large Russet potatoes diced
- 1/4 cup flour
- 4 cups whole milk
- 1 cup chicken broth
- 1 clove garlic minced
- 3/4 cup grated cheddar cheese or more to taste
- Chopped scallions to taste
- Sour Cream to taste
- Salt & pepper to taste

### INSTRUCTIONS

- Cut up the bacon and add it to a soup pot (I use kitchen shears to make this job easy). Fry the bacon over medium-high heat until it's nice and crispy (about 10 minutes).
- Meanwhile, prep your onion and potatoes. You can peel the potatoes like I did, or scrub them and leave them unpeeled if you prefer.
- Once the bacon is done, take it out of the pot and transfer to a paper towel lined plate. Leave about two tablespoons of the bacon fat in the pot (it's fine to eyeball it). Discard the rest of the bacon fat or reserve it to use in another recipe.
- Add the onion to the pot and sauté it for 5 minutes.
- Stir in the flour and cook it for about a minute.
- Whisk the milk in slowly until the flour has dissolved.
- Add the chicken broth, garlic, and potatoes. Increase the heat to high. Scrape up any browned bits from the bottom of the pot. When the soup is almost boiling, reduce the heat and cover the pot with the lid slightly open. Let the soup simmer gently for 20 minutes.
- While the soup's cooking, get the cheddar, scallions, and sour cream ready.
- The potatoes should be quite fall-apart tender by now. I like to take my potato masher and mash the potatoes a little bit right in the pot, but if you want to leave the potatoes as-is, that's fine too.
- Stir in the sour cream and most of the cheddar and bacon (I reserve some to top the soup with). Season the soup with salt & pepper as needed. Top each bowl with the scallions and remaining cheddar and bacon.

## ACTIVITY PROGRAM HIGHLIGHTS

**January 1-** Join us for Super Bingo in the Atrium at 1:30pm!

**January 5-** At 2:00pm we will be celebrating Ukrainian Christmas in the Atrium!

**January 19th-** There will be a Coach Ribbon cutting in the Atrium at 3:00

**January 17th-** At 2:00pm there will be a New Resident Welcome Tea in the Dining Room! Come meet our newest additions to Canterbury!

**January 22nd-** Join us at 2:00pm for a Centenarian Celebration with the Central Lions Band for all our residents 100+ years young!

**January 24th** Join us at 1:30pm in the Court Activity Room for International Foods, everyone gets to sample the food we make!

**January 25th-** There will be a Robbie Burns Dinner at 5:30pm, buy your tickets at Reception!

**January 29th-** Join us at 2:00pm to celebrate the Court/Heights Birthdays for January, Entertainment by Terry Jordan!

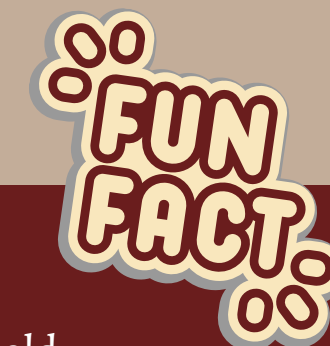
## BUY TICKETS FOR OUR RAFFLE!

Help support decals on the coach. Buy tickets from reception starting Jan. 8th! Winner announced at entertainment on Jan. 19th.



Yolande Woods, Memory Lane, Clinical Coordinator

Welcome  
Yolande to  
the  
Canterbury  
Family



### What is your hometown?

Born in Fort Nelson BC. Came to Edmonton when I was 1 years old.

### Your First Job?

My first job was working as leader for a UNITED CHURCH summer camp for families in Naramata Centre near Penticton, BC. Our family went there every summer, and then when I was old enough, I began working there. My dad is retired now but he was a United Church Minister for like 50 years.

### Your most recent job before Canterbury?

Ashbourne Assisted Living Place. Very much like the Manor here at Canterbury.

### What is your favorite restaurant in Edmonton?

Earls and Laronde at Chateau Lacombe...

**Do you have any pets?** I have 2 twin 2 year old Tan colored, smooth short hair Dacshunds! They are brother and sister...and yes identical twins! I call them the WOW twins! Willow and Oakley Wood = WOW

**If you could go anywhere in the world where would you go?** ITALY ( WITH Rita ! ) ❤️