

CANTERBURY

TIMES

CLEAN HANDS, SAFE HANDS

"Proper hand hygiene can prevent up to 50% of avoidable infections in healthcare settings," leading to significant health and economic benefits. ~ World Health Organization

[\[READ FULL ARTICLE PG. 8\]](#)



STAY WELL THIS FALL: IMPORTANT IMMUNIZATION INFO FOR SENIORS

- Why Seniors Should Get Vaccinated
- what to know before your vaccine appointment

[\[READ FULL ARTICLE PG. 11\]](#)



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Activity Program Highlights

- Thursday, October 1st:** National Day of Truth and Reconciliation
Indigenous Teaching & Smudge with Evert Poor at 1:30pm in the Chapel
- Friday, October 2nd:** Friday Entertainment with "Wildrose Old Time Fiddlers" at 2:00pm in the Atrium
- Monday, October 5th:** ProCare Covid & Influenza Immunization Clinic from 10:00am – 3:00pm in the Manor Activity Room.
Afternoon Fun with Rio Terrace Students at 1:00pm in the Atrium
- Tuesday, October 6th:** Once Upon a Conversation: An Intergenerational Project.
Meet with a NorQuest student and help inspire an original short story that will become part of a printed collection celebrating connection across generations.
10:00am in the Atrium.
Brownie Day at 1:30pm "see you at your door!"
- Wednesday, October 7th:** Referendum Q&A with MLA Lori Sigurdson at 1:30pm in the Atrium
- Friday, October 8th:** Mom & Tots "Do, Re, Mi, ABC" returns! 10:15am in the Atrium.
Thanksgiving Tea with "The Sunbeams" at 2:00pm in the Atrium.
- Monday, October 12th:** Thanksgiving!
Card Bingo at 1:30pm in the Atrium
Men's Club House at 2:30pm in the Court Activity Room. *New Members Always Welcome!*
- Wednesday, October 14th:** Referendum Voting. 9:00am – 4:00pm in the Court Activity Room.
- Friday, October 16th:** Friday Entertainment with "Kay Desilva" at 2:00pm in the Atrium.
- Monday, October 19th:** CareRx Covid & Influenza Immunization Clinic from 10:00am – 3:00pm in the Court Activity Room.
Super Bingo "you play, we pay!" at 1:30pm in the Atrium.
- Friday, October 23rd:** Friday Entertainment with "Douglas Mitchell" at 2:00pm in the Atrium.
- Monday, October 26th:** Mini Pumpkin Painting with NorQuest Students at 10:30am in the Atrium.
Court Birthday Tea with "Terry Jordan" at 2:00pm in the Atrium.
- Wednesday, October 28th:** Kelly's Kitchen at 1:30pm in the Court Activity Room.
- Thursday, October 29th:** Staff Pumpkin Carving Contest Voting. Come to the Atrium between 10:00am – 1:30pm to view the carved creations made by your amazing Canterbury Foundation staff members. Winner will be announced at the Halloween Party on Friday.
- Friday, October 30th:** Halloween Parade with Laurier Heights Students at 1:15pm in the Atrium.
Halloween Party with "Randy Glen" at 2:00pm in the Atrium.



Halloween Cookies



Double Chocolate Halloween Cookies

Prep Time : 15 mins **Cook Time :** 12 mins **Servings :** 12-14 Cookies

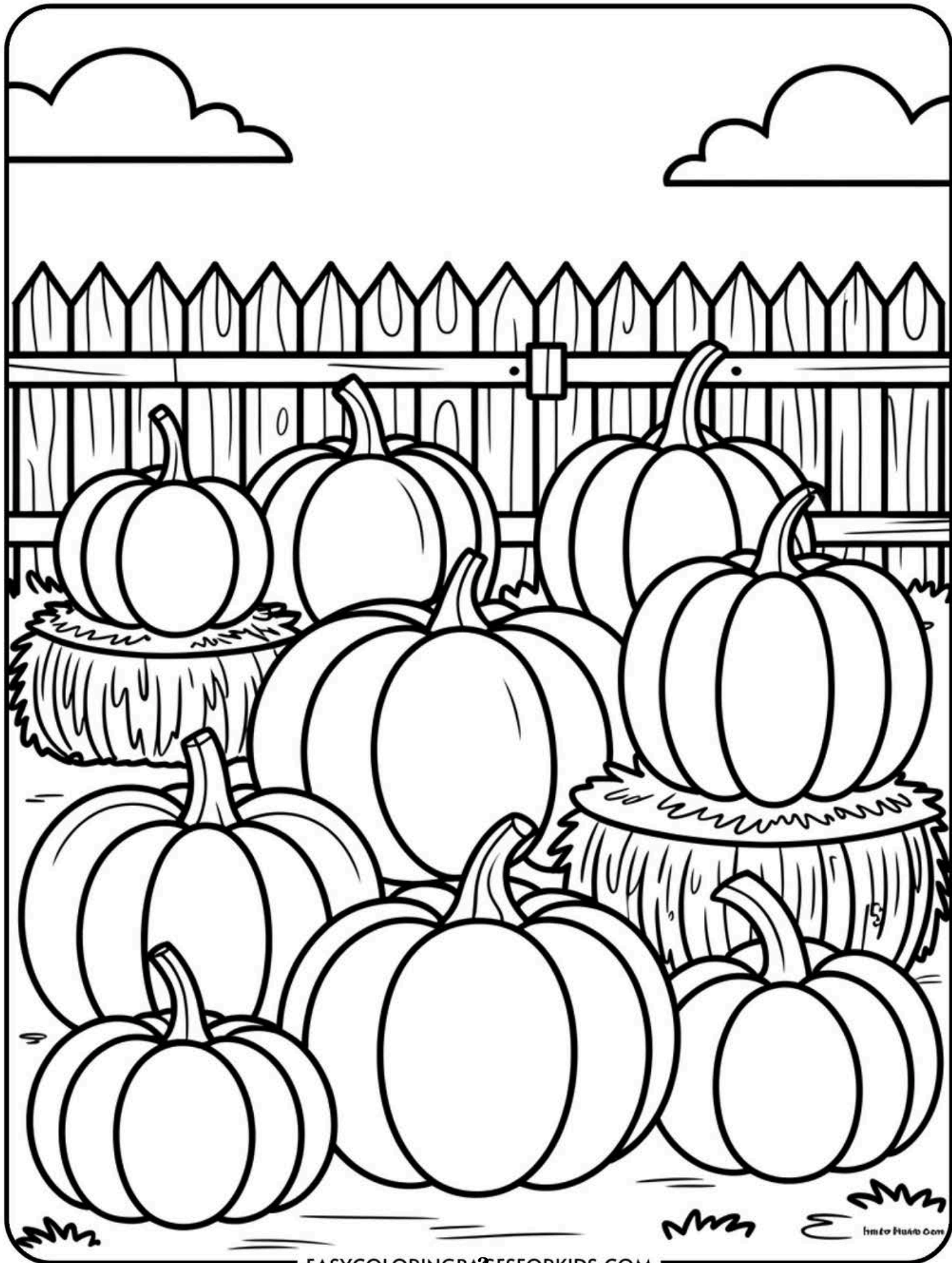
Ingredients :

- Ingredients
- 1/2 cup (113 grams) unsalted butter, at cool room temperature
- 1/2 cup (100 grams) granulated sugar
- 1/4 cup (50 grams) brown sugar
- 1 teaspoon vanilla extract
- 1 egg, at room temperature
- 1 cup (127 grams) all-purpose flour
- 1/2 cup (43 grams) black cocoa powder (or Dutch-process), sifted
- 1 tablespoon cornstarch
- 3/4 teaspoon fine sea salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 cup (85 grams) white chocolate chips, plus more for garnish
- 1 cup (218 grams) Halloween M&Ms, plus more for garnish*
- Edible candy eyeballs, for garnish

Procedure :

- Preheat oven to 350 degrees F. Line baking sheets with parchment paper.
- In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and sugars together on medium speed until light and fluffy, about 3 minutes. Scrape the bowl down before adding in the vanilla extract and egg, beating well to combine.
- In a separate bowl, whisk together the flour, cocoa, cornstarch, salt, baking soda, and baking powder. Gradually add in the dry ingredients to the wet ingredients and beat until a slightly sticky dough forms. Fold in the white chocolate chips and M&Ms with a rubber spatula.
- Using a large spring-loaded cookie scoop, drop 3-tablespoon sized balls of dough onto the prepared baking sheets, spacing them at least 2 inches apart. Dot the balls of cookie dough with extra chips, M&Ms.
- Bake for about 12 minutes, until puffy but still soft, being careful not to overbake. Carefully press the candy eyeballs into the cookies while still hot from the oven. Allow to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

BOO!



THANKSGIVING DINNER LOGIC PUZZLE

Instructions: Eight friends are gathered around the dining room table at Daniel and Emma Wilson's house for Thanksgiving dinner. Use the clues below to determine who sits at each place and what dish they enjoy most.



Guest list:

Alex, Bella, Charlie, Daniel, Emma, Grace, Noah, and Olivia

Food list:

Potatoes, Cranberry, Salad, Pumpkin Pie, Ham, Turkey, Rolls, and Beans

Clues

- 1. Daniel is at the head of the table, and he doesn't like salad.
- 2. No male sits beside another male.
- 3. Alex and Grace are siblings; Noah and Olivia are also siblings
- 4. Each sibling pair sits side-by-side on the same side of the table.
- 5. The person who likes pumpkin pie sits to Daniel's right at the table.
- 6. Charlie's wife, Bella, sits to his left. Daniel's wife loves sweet potatoes.
- 7. Olivia sits to Charlie's right and across from the person who loves rolls.
- 8. Olivia loves cranberry sauce.
- 9. Noah is a meat lover and can't wait for the turkey to be carved.
- 10. Two males love mashed potatoes and salad, and they sit directly across from each other

	Name: Food:	Name: Food:	Name: Food:	
Head of The Table				
	Name: Food:	Name: Food:4.....	Name: Food:	Name: Food:

LYNN THAIN

CLINICAL COORDINATOR



Lynn Thain graduated as a Licensed Practical Nurse in 2012 and has since built a diverse and rewarding career in healthcare, with a particular passion for supporting individuals living with dementia. Throughout her career, she has worked across a variety of care settings and roles, continually striving to enhance the quality of life and well-being of those in her care. Driven by a commitment to lifelong learning, Lynn continued her education at Athabasca University, earning a degree with a strong foundation in Psychology. Over the past 14 years, she has applied her clinical knowledge, leadership skills, and understanding of human behaviour in roles ranging from frontline nursing to management. Lynn is passionate about compassionate, person-centred care and is dedicated to creating meaningful, positive experiences for those she serves. Outside of work, Lynn enjoys getting lost in a good book and spending quality time with her family.

Lynn works with families and residents who reside in the Heights, Manor and Safe Haven.

To reach her call 780-930-3735 or email her at lynnt@canterburyfoundation.com

April 1, 2021 - No Fools Day

My awakening thoughts today
Anne Frank, Nelson Mandela!
Compassion and comparison
I shook the thoughts away.

Be this day not for fools -
Positive thoughts will follow the sun
Until the moon brightens the night
And the world counts its loss of life

Unaware of rules of isolation
Unaware all is not well
Thru my sun filled window
The birds and the squirrels
Are so cheeky and confident.

This one-color-winter-world lingers
Trees, the tops still holding snow
Early plants in no hurry to bloom
No receding to spring with fashion
- and we wonder and hope the curve has flattened.

The changing shapes in the melting snow
Remove all evidence of trespassing feet.
Dear God - wash away this virus!
Let us never forget the footprint left.

The world is a less noisy place today.
We've had time to connect to our senses
Previously lost in a too busy life.
Thanks to solitude we are more alive.

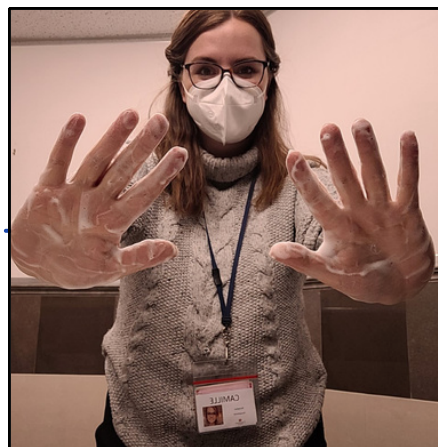
This, my day of following the sun
Ends with quiet evening shadows
The beautiful star filled sky of night
Leaves a positive thought for tomorrow.

Until tomorrow.....

Rambling Thoughts

Written by: Cathie Clausen

CLEAN HANDS, SAFE HANDS



“Proper hand hygiene can prevent up to 50% of avoidable infections in healthcare settings,” leading to significant health and economic benefits. ~ World Health Organization

Section 1: When to Clean Your Hands

- Before eating/preparing food
 - After using the bathroom or sneezing/coughing
 - Before entering or touching anyone in a healthcare setting
-

Section 2: How to Wash Your Hands Properly

1. Wet hands with warm running water, then apply soap.
2. Lather all surfaces: palms, backs, between fingers, thumbs.
3. Scrub for at least 20 seconds (e.g., sing the "Happy Birthday" song twice).
4. Rinse thoroughly under running water.
5. Dry with a paper towel, and use it to turn off the tap.

Section 3: Hand Sanitizer—When & How to Use

- Use alcohol-based sanitizer ($\geq 60\%$ alcohol) when hands aren't visibly dirty.
- Apply palm-sized amount, cover all surfaces, rub until dry (about 20–30 seconds).

Section 4: Quick Reminder Tips

- “If I didn’t see you clean your hands—could you do it again?” — Encourages respectful communication in healthcare settings.
- “Catch it. Bin it. Kill it.” — Encourages covering coughs/sneezes and cleaning hands afterward.

Wet, Lather, Rinse, Smile"

Hand washing tips

healthdirect



Wet hands with running water.



Apply soap or liquid soap.



Rub your hands together for at least 20 seconds.



Wash all areas, including the back of your hands and between fingers.



Rinse hands, making sure you remove all soap.



Dry your hands thoroughly with a paper towel.

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Patients/caregivers:

"It's okay to say: 'May I ask you to clean your hands?'"

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)



STAY WELL THIS FALL: IMPORTANT IMMUNIZATION INFO FOR SENIORS

WHY SENIORS SHOULD GET VACCINATED

- **Influenza (the flu):** Everyone aged 6 months and older in Alberta is recommended to get the flu vaccine every year — especially important for older adults.
- **Simultaneous Vaccines:** You can safely get the flu vaccine at the same time as the COVID 19 vaccine. They are separate doses, but often possible in the same appointment.
- **Other Vaccines to Consider:**
 1. **COVID 19:** Also recommended for those 6 months and older.
 2. **RSV (*Respiratory Syncytial Virus*):** Available for adults aged 75+ living in the community, and for those 60+ in continuing care or supportive living facilities.
 3. **Pneumococcal vaccine:** Depending on age or specific health conditions, you may be eligible. This protects against some serious lung infections and may be given along with flu or COVID 19 vaccines.

WHAT TO KNOW BEFORE YOUR VACCINE APPOINTMENT

Preparing

- Bring your health card and any list of medications or medical conditions.
- Write down any questions you have ahead of time.
- Ask whether you'll be able to get more than one vaccine at the same appointment (for example, flu and COVID-19).

Consent

- If someone else is making health decisions for you (guardian, agent, power of attorney), bring the signed consent form and any supporting documents with you to the appointment.

- If you're unsure whether a consent form is needed, call the nursing station ahead of time.

After

- Stay for a short period after the vaccine so staff can monitor for any rare reactions.
- Keep track of any side effects — they're usually mild (e.g., soreness at the injection site, mild fatigue).
- If you experience anything worrying after you leave (severe allergic reaction, high fever, trouble breathing), seek medical help right away.

KEY TAKE HOME MESSAGES

- Stay up to date with your vaccines — the flu vaccine every year, plus others as appropriate.
- You can get flu and COVID-19 vaccines at the same appointment.
- If you're 75 or older, or 60+ in care facilities, RSV immunization is an option.
- Bring the right documents, consent forms if needed, and ask questions if uncertain.



October Fun Facts

1. Birthstones: October babies share two birthstones: the colorful opal and tourmaline.
2. Birth Flower: The bright orange and yellow calendula (or marigold) represents the month.
3. Oktoberfest Confusion: The world's largest beer festival, held in Munich, Germany, actually starts in September and wraps up during the first weekend of October.
4. Halloween's Origin: Modern Halloween on October 31 traces back to the ancient Celtic festival of Samhain, when people lit bonfires and wore costumes to ward off ghosts.
5. The Hunter's Moon: The full moon in October is called the Hunter's Moon because its bright light historically helped people hunt game before winter.
6. Orionids Meteor Shower: Mid-October brings the peak of the Orionids, a meteor shower created by leftover debris from Halley's Comet.

Answer Key

**Clockwise, starting from
the head of the table
Daniel-Ham, Emma-Salad,
Charlie-Pumpkin Pie,
Bella-Rolls, Olivia-
Cranberry, Noah-Turkey,
Grace -Beans, and Alex
Potatoes.**

Hello October

One of the best things you
Can do for yourself is
Taking time to learn and grow.
Once you give yourself patience, you
Become your best friend. And the
Empathy, self-kindness and
Resilience are what you need to grow

Welcome to the *Canterbury Café*



**Conveniently located right
in our atrium!**

We are a small café and light
convenience shop with hours of
operation M-F 10 am to 2:45 pm.

Closed weekends.



**Grab your morning
vanilla latte and fresh pastry—**
and grab tonight's milk, bread,
and eggs while you're here.

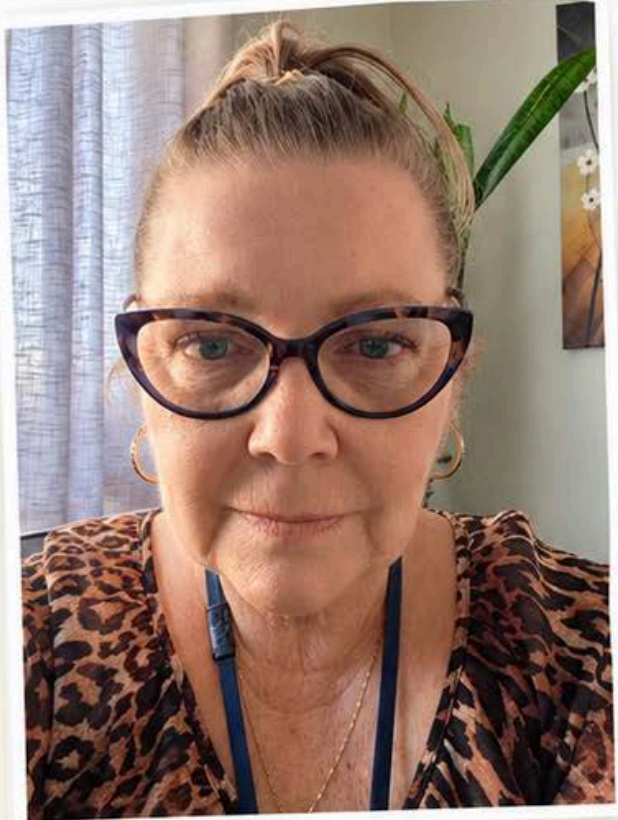


Warm up your lunch
with today's fresh soup of the day.
We also offer hot lunches or fresh
sandwiches and wraps.



**Forget to restock the bathroom
or pantry?**

We've also got you covered with
personal hygiene items, household
sundries, grocery staples and so much more.



Grab a delicious lunch and grab what you forgot.

**Pop in today to see Laura for assistance.
You're always welcome to browse around the shop!**



☎ 780-481-8120



Onsite Services Available!

Please note: Families are responsible for scheduling and arranging payment for these services.



Beauty Salon

Call us at 780-444-0483 to schedule an appointment.
Open Tuesday - Saturday
8 a.m. - 4:15 p.m.

Devon Foot Care

To schedule an appointment, call Loria Ralph directly at 780-987-2273 to arrange payment.

Schaefer Denture Clinic

For denture appointments, call the clinic at 780-488-7777. Payment arrangements should also be made directly with the clinic. **Please note Canterbury does not provide basic dental or oral care, such as dentist visits; families are responsible for scheduling these appointments.**

Tofield Eyecare (Optometrist)

To book an eye appointment with Dr. Kallal, call 780-662-0104 directly.

Ferguson Hearing Clinic

For hearing appointments, call 780-456-0606 to book directly.

UNVEILING THE HEARTBEAT OF OUR COMMUNITY: RESIDENTS' LIFE CHRONICLES

My Decades in Review

Written by Cathie Clausen

I am proud to have been a part of the generation that has crossed two centuries. I have lived and witnessed eight decades of transformation. I have walked from the age of handwritten letters to an era of artificial intelligence "AI". I am part of a generation that will always remain "one of a kind" and is becoming legendary.

I was born in 1938, near the ending of the depression era. I am a 4th generation Canadian to a pioneer family who in the 1880s settled in the East Kootenay area of BC - Invermere. My roots are deep in this area.



Invermere was my hometown for 20 years. I had a happy and safe upbringing; in hindsight I realize how fortunate I was.

I attended UBC to earn my teaching certificate. While teaching in my hometown of Invermere, I met the love of my life Arthur Clausen. Arthur was a prairie boy from Alberta and I was a mountain girl from BC who married and shared a life of unforeseen adventures for 55 years.

Our three children were born during the 1960s decade. I was a 'stay at home mom.' During these years I set out to find my sense of self with personal growth and development involvements. I joined toastmasters to help me gain self-confidence for public speaking. I studied procedural law, the rules for business meetings; then, being confident on the subject and in my ability to public speak I was engaged by various organizations to present seminars during their conventions.

We left the teaching profession and launched a 40-year span in the antique and fine art business. Our purchase of a warehouse building on 118 Avenue gave us a permanent location to adapt to the changing times.

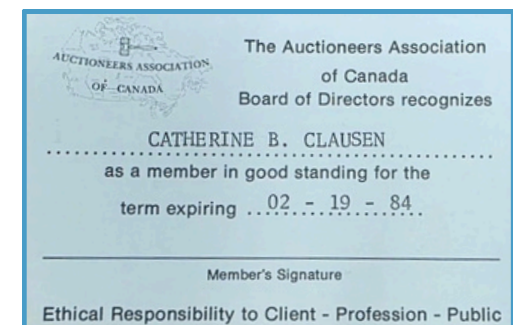


**Arthur & Catherine in the early
years**



With a British partner, we were importers of fine furnishings and related items for retail sales. The National Energy Program in the 1980s forced us, for survival, to liquidate by auction. The rest is history. We remained in the auction business until retirement in 2010.

Once our business lives evolved to become full time in the auction industry, we became members of the Auctioneers Association of Alberta, I served on the Board as a Director for three years and as President of the AA of A in 1986.



During my 3rd decade, in my 30s, I began my travel logs of life. By train, Arthur and I travelled to Montreal for Expo 67. Until that train trip, I was not fully aware of the vast size and diverse geography of my country.

Over the years I have experienced enough world travel to know I am content to stay at home in Canada. I have memories of Stonehenge, the Grand Canyon, the Tower of London, the Statue of David, the canals of Venice.....,but the emotions I felt while in Quebec City (for my 65th birthday), and on the Plains of Abraham are vivid in my memory. Canada has history!

Hobbies and pastime activities including collecting, were a fun part of my past busy life. I recall a few time and 'money wasting' projects that must have seemed important at the time. But, truth be known, writing has always been my preferred hobby; an escape hatch from reality perhaps? I have written educational manuals in my past, but most often I wrote prose or poetry, an emotional outlet to privately express sadness, happiness, anger, love or fear. On occasion I still enjoy this pastime hobby. I have the freedom to 'play with words' and to include words for imagination. (e.g. - to prepare this review I had to delve into the cobwebs of my mind).

***Read a poem written by
Cathie Clausen on pg. 6***

In 1978 we purchased our home in St. Albert. We as a family were part of the growth of a small bedroom community to a now, in 2026, a developing bustling city. My heart and memories of residing there for 47 years are dominant in my decades of recall. The St. Albert Seniors Association (SASA) was "my go to place" for friendships, exercise or art classes, and hospitality. In 2018 I was elected to the SASA Board of Directors and served for five years.

Then while talking to myself, a decision was made. I had been widowed for ten years. My children and grandchildren were flying on their own. The time was right to make choices and changes, my way.

Canterbury Foundation, in the Manor, offers all I need or want. I had wondered what happens when strangers are put together in a shared living space? My experience is, there seems to be an instinctive code of conduct. Friendship is offered and privacy is respected. I have noticed that both residents and staff show understanding and compassion to those of us with ailments and handicaps. There is a form of sharing and caring shown by action more than words. I am happy in my new community.

I keep my energy focused and with intention in this chaotic world and do not pass up the enjoyments of the present.

Preparing my decades review has been cathartic.

"Old age has its pleasures, which, though different, are not less than the pleasures of youth" - W. Somerset Maughaan



**Now, relaxing after years of
hardwork & enjoyment**



Celebrating Commitment & Service

2025 LONG SERVICE AWARDS

At Canterbury, our people are at the heart of our community. Every day, our team members contribute to the experience of home for our residents, families and one another.

This year, we are proud to recognize team members who have reached significant milestones in their Canterbury journey. From 5 years to an incredible 30 years of service, these milestones represent dedication, care and a lasting commitment to our community.

Please join us in celebrating our 2025 Long Service Award recipients!

5 YEARS

Sacha Cooper

Director, Community & BD

Jody Depagie

Concierge

Glyn Eales

Executive Assistant

Heidi Hadubiak

CEO

10 YEARS

Caryl Brun-Manuel

Server, Dining Room

Phoebe Burton

Server, Dining Room

Imelda Carino

Server, Dining Room

Ruel Gooch

Housekeeper

Joshua Patenaude

Server, Dining Room

Rodica Stebli

Hair Stylist

Nicanor Villa

Dishwasher

Pauline Wasin

Healthcare Aide

15 YEARS

Violeta Catungal

Housekeeper

Teresita Flores

RN

Anthony Hocnalon

Dishwasher

20 YEARS

Charito Balneg

Healthcare Aide

Nugent Nimaya

Healthcare Aide

Josephine Tejo

Housekeeper

25 YEARS

Jannette Garcia

Healthcare Aide

Sally Sotto-Laparan

Supervisor, Dietary

30 YEARS

Randy Burant

Supervisor, Maintenance

Buena Gonzales

Housekeeper



HEART OF CANTERBURY AUGUST RECIPIENTS

Employee Recognition Program



Thank you for making a difference every day.



**Jennifer
Magno**

Recruiter



**Alma
Isaac**

Housekeeping



**Rosita
Apostol**

Health Services

COMMUNITY EVENTS

OUR TOP PICKS FOR OCTOBER



Back to the '80s: The Magic Mix Tape

Where: Jubilations Dinner Theatre - 8882 170 St, Edmonton, Alberta

Date: August 28 – November 1, 2026

More Information:

<https://jubilations.ca/edmonton-shows/back-to-the-80s-the-magic-mix-tape/>

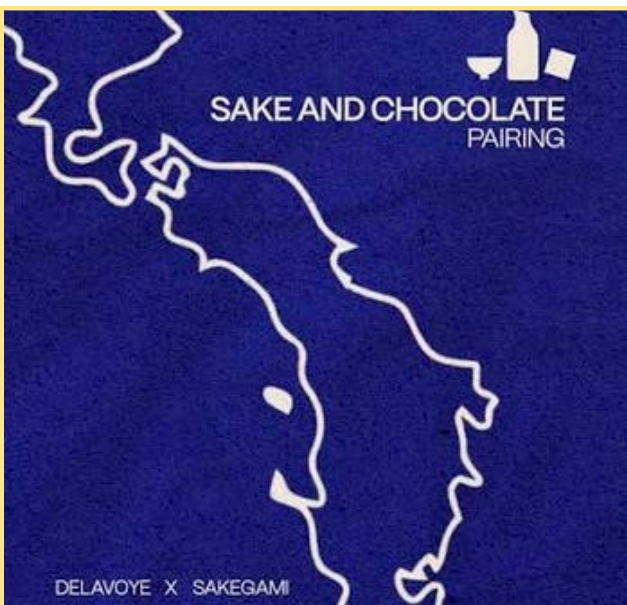


Canadian Finals Rodeo & CFR Week

Where: Rogers Place - 10220 104 Ave, Edmonton, Alberta

Date: October 7 – October 10, 2026

More Information: <https://www.cfr.ca/>



Sake & Chocolate Pairing | An evening with Sakegami

Where: Delavoye Chocolate Maker - 10639 124 St #101, Edmonton, Alberta

Date: October 16 – October 17, 2026

More Information:

https://edmontonsbesthotels.com/?utm_source=explore-edmonton&utm_medium=website&utm_term&utm_content&utm_campaign=ee



🕒 Baseball (MLB)

2026 World Series: The pinnacle of Major League Baseball begins on October 23, 2026, with Game 7 slated for October 31 if necessary.

🏀 Basketball (NBA)

NBA Regular Season Start: The 2026-2027 NBA Season officially tips off on October 20, 2026.

🏈 American & Canadian Football (NFL & CFL)

- NFL London International Games: Three major matchups take place across London stadiums:
 - Oct 4: Indianapolis Colts vs. Washington Commanders
 - Oct 11: Philadelphia Eagles vs. Jacksonville Jaguars
 - Oct 18: Houston Texans vs. Jacksonville Jaguars
- CFL Regular Season: Teams enter the critical final stretch ahead of the playoffs, featuring marquee games like the Edmonton Elks vs. Winnipeg Blue Bombers on October 16.

SPORTS

⚽ Soccer

FIFA U-17 Women's World Cup: Running from October 17 to November 7, 2026, hosted in Morocco.

UEFA Champions League: Group stage Matchday 2 (Oct 13-14) and Matchday 3 (Oct 20-21) continue across Europe.



October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 PM MDT SNP, SN1 >	2	3 5:00 PM MDT SNW >
4	5	6	7 8:00 PM MDT SNW >	8	9	10 2:00 PM MDT SNW, SN1 >
11	12	13 8:30 PM MDT SN1 & 1 more >	14	15 7:00 PM MDT SNW >	16	17 8:00 PM MDT SN >
18	19	20 7:00 PM MDT TVAS & 1 more >	21	22 7:00 PM MDT TVAS & 1 more >	23	24 5:00 PM MDT SN >
25	26 7:30 PM MDT SN+ & 1 more >	27	28 6:30 PM MDT Prime >	29	30	31 12:00 PM MDT SN >





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

- **October 1, 1908** - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- **October 3, 1863** - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.
- **October 5, 1964** - The largest mass escape since the construction of the Berlin Wall occurred as 57 East German refugees escaped to West Berlin after tunneling beneath the wall.
- **October 6, 1927** - The first "talkie" opened in New York. The Jazz Singer starring Al Jolson was the first full-length feature film using spoken dialogue.
- **October 11, 1939** - Albert Einstein warned President Franklin D. Roosevelt that his theories could lead to Nazi Germany's development of an atomic bomb. Einstein suggested the U.S. develop its own bomb. This resulted in the top secret "Manhattan Project."
- **October 13, 1812** - The Battle of Queenston Heights - A pivotal early battle in the War of 1812 where British, Canadian regulars, militia, and First Nations warriors successfully repelled an American invasion, though General Isaac Brock was killed in action.
- **October 16, 1916** - The first birth control clinic in America was opened in Brooklyn, New York, by Margaret Sanger, a nurse who worked among the poor on the Lower East Side of New York City.
- **October 24, 1945** - The United Nations was founded.
- **October 31st** - Halloween or All Hallow's Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.
- **October 1992** - Women's History Month coincides with Persons Day, the commemoration of the 1929 "Persons Case," when the Famous Five fought to have women legally recognized as persons under the British North America Act, securing the right to sit in the Senate.



📞 780-483-5361

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