

CANTERBURY TIMES

Feb. 2026

Issue 34



DISCOVER

- 1. Activity Highlights
- 2. Leave us a Review
- 3. Rus's Recipe
- 4. Heart of Canterbury
- 5. Portraits of Canterbury...
- 6....Ellinor Townsend
- 7. Record your Life Story
- 8. Meetings of Friends of Bill W.
- 9. On This Day in History
- 10. Coloring Page

Created by Camille Snow

- 11. Meet Eleanor Whyte
- 12. Scam Awareness
- 13. Valentine Crossword
- 14. Answer Key
- 15. Sports
- 16. Community Events
- 17. Poem
- 18. Valentine Cutouts

Activity Program Highlights

Monday, Feb. 2 - Morning Walks at 10:30am in the Atrium. Enjoy light movement and friendly conversation to start your day.

Tuesday, Feb. 3 - Afternoon Art with Madi at 1:30pm in the Court Activity Room. Create something special in a calm, guided art session.

Wednesday, Feb. 4 - Telus Wise Presentation: How to Protect Yourself from Scams at 10:00 a.m. in the Manor Activity Room. *All are Welcome."

Friday, Feb. 6 - Friday Entertainment with Lindsay Nagy at 2:00pm. Enjoy live music and familiar favourites.

Wednesday, Feb. 11 -Kelly's Kitchen at 1:30pm in the Court Activity Room. Join us for a fun and interactive cooking experience.

· Sing for Fun at 3:00pm in the Chapel. Sing along or listen—everyone is welcome.

Thursday, Feb. 12- Concerts in Care at 2:00pm in the Atrium. Experience uplifting music designed to support well-being.

Friday, Feb. 13- Valentine's Day Tea with the Central Lions Band at 2:00pm in the Atrium. Share tea, treats, and live music in celebration of the season. ❤️ Wear something Red, Pink, or with Hearts.

Sunday, Feb. 15- Piano Recital with Frank Ho's Students at 1:30pm in the Atrium. Enjoy a lovely afternoon of piano music.

Monday, Feb. 17- Mardi Gras Party with The Britz at 2:00pm in the Atrium. Celebrate with festive music and colourful fun—wear green, purple, or yellow!

Wednesday, Feb. 18- Ash Wednesday Service at 10:30am in the Chapel. Join us for a quiet time of reflection and prayer.

-Men's Club House at 1:00 p.m. in the Court Exercise Room

Friday, Feb. 20- Friday Entertainment with Roy Marleau at 2:00pm in the Atrium. Sit back and enjoy an afternoon of live music.

Wednesday, Feb. 25- Eat Street with Rus at 1:30pm in the Court Activity Room. Enjoy a tasty and engaging afternoon activity.

· Sing for Fun at 3:00pm in the Chapel. Lift your spirits with music and song.

Friday, Feb. 27- Friday Entertainment with The Young at Heart Band at 2:00pm. End the month with upbeat music and great energy.

NEW! Cribbage Drop-In at 3:30pm in the Atrium. Play a casual game of cards with friends –all levels welcome.

NEW! Evening Cribbage Drop-In at 6:00pm in the Atrium. Wind down with a relaxed evening of cards and laughter.

Canterbury Achieves Accreditation with Exemplary Standing

We are proud to share the results of Canterbury's recent accreditation survey. Accreditation is an independent, external review that evaluates nearly 300 nationally recognized best-practice standards, with a strong focus on quality, safety, governance, and resident-centred care.

We are thrilled to report that Canterbury achieved Accreditation with Exemplary Standing, the highest level of recognition possible. Of the nearly 300 standards assessed, only three were identified as partially unmet—an outcome that is both rare and significant.

In the spirit of transparency, these areas included expanding the timing of fire drills, ensuring consistent completion of staff performance appraisals, and formally documenting the Medication Management Committee. Work is already underway in all areas.

Most importantly, the survey strongly affirmed what residents and families experience every day: Canterbury's deep commitment to people-centred care. Surveyors consistently highlighted our culture of compassion, respect, and partnership as a key strength of our community.

As a not-for-profit organization, this external validation reflects the dedication of our residents, families, volunteers, and staff. While we celebrate this achievement, we remain committed to continuous improvement and to providing exceptional care every day.

Thank you for being an essential part of the Canterbury community.



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.



Traditional ENGLISH Trifle

Ingredients:

CUSTARD LAYER

- 4 cups whole milk
- 8 large egg yolks
- 1/2 cup granulated sugar
- 4 tablespoons cornstarch
- 1 1/2 teaspoons vanilla extract
- 1/2 cup butter (cut into small pieces)

CAKE LAYER

- 9x13 white or yellow cake (baked and cooled)

FRUIT LAYER

- 1/2 cup cream sherry
- 3 heaping tablespoons red raspberry jam

CAKE LAYER

- 2 cups sliced fresh strawberries

FRUIT LAYER

- 1 cup fresh raspberries

CAKE LAYER

- 1 tablespoon cream sherry

WHIPPED CREAM

- 1 1/2 cups heavy whipping cream
- 1 teaspoon powdered sugar

Directions:

Heat milk until just simmering. Whisk egg yolks, sugar, and cornstarch until smooth, then slowly whisk in the hot milk to temper the eggs. Return mixture to the saucepan and cook, whisking, until thickened. Stir in vanilla and butter, cover custard, and chill.

Prepare cake by brushing with sherry, spreading with raspberry jam, and cutting into cubes.

Macerate berries with sugar and sherry. Whip cream with powdered sugar to stiff peaks.

Assemble the trifle in layers of cake, fruit, custard, and whipped cream, repeating three times. Garnish with fresh fruit and chill before serving.





Heart of Canterbury

December Recipients

EMPLOYEE RECOGNITION PROGRAM



Nosheika Chikwinya
Health Services

Buena Gonzales
Housekeeping

Natasha Jehn
Reception

Thank you for making a difference every day.



Portraits of Canterbury: *Ellinor Townsend*

Written by Margaret Iveson



Chairperson of the Manor Residents' Association, Ellinor Townsend, had a busy childhood in Edmonton. Her Dad, Roy Cook, who was English, made sure that she, as the eldest, and her siblings could all swim. Just in case it was needed sometime in the future. Through participating at the YWCA and playing basketball, sports offered her opportunities to engage in a rich and busy childhood and teen years. It was a very organized home where she was the eldest of five.

In that context, she also had opportunities for leadership not open to many young women at the time. Through her love of water, she became a leader of the pool



program at the YWCA on 103 Street downtown, which led to work as Health Ed Director.

Summers at Lake Wabamun in childhood right on the lake developed from a one-year rental to purchasing an old cabin also on the lake. Today there a multigenerational lake property with lots of room for family, older and younger.

Ellinor attended Oliver School until grade 9. She could walk. For high school, there was to be a big change. Her class was sent to Garneau School across the river via streetcar. There was a gymnasium there, so basketball became an important part of her life. Women's basketball in Edmonton centered around the Edmonton Grads, the internationally known team originally composed of players from McDougal Business School, coached by J. Percy Page.

Her husband's aunt was a Grad. When Ellinor went to the University of Alberta, she played for the women's team there, called the Pandas. The men's team then and still--the Golden Bears.

Ellinor enrolled in the Faculty of Physical Education and Recreation becoming the secretary of Women's Phys Ed with a little office in Pembina Hall. Pembina also had a gym.

The family was active in their local church, Westley United. The church offered a Young Peoples' Program and Canadian Girls in Training. CGIT was a nationwide program for grades 7 through 12 that combined a Christian perspective, leadership possibilities, and camps: local and provincial. Not only could one participate in one's own CGIT group but also meet and learn from other girls beyond the local. Since Baptist, Presbyterian, United, and other churches offered the program, CGIT girls could meet folks from across the city and the province. When there were singalongs, the hymns and songs came from many different hymn books and diverse radio stations.

While she was very active in her community, her home put family first and she followed that tradition. Her husband, Ernie, worked for Alberta Government Telephones. He was sent to Grande Prairie for 12 years. They were looking for a music program for their children and couldn't find one, so they called a meeting. All at once, Ellinor was a volunteer administrator for music for children. That led to a campaign and election as a School Trustee, eventually becoming chair, all while being a stay-at-home Mom. Obviously, Ellinor was an early multitasker! And, she says, "I still am."

The legacy of family first continues today through Sunday after-supper ZOOM calls. The invitation goes out in email. Available family members join to share their activities, check in with each other, and continue conversations no matter where they live now.

How did she choose Canterbury. Ernie and she decided to take a tour. There were connections to their church, now amalgamated as Robertson-Wesley. She served in most of the executive and service capacities there. After the Canterbury tour they decided, "This will do." Eventually, she took on volunteer jobs here and then became active on the Manor Association, as Secretary and now President.

Ellinor is a critical thinker with a warm smile. She is a problem solver too. And a positive force. When asked if she had some advice for others, she provided two ways to reroute negativity and complaining.

- *"Have you served on a school board or urban council?"*
- *"So, what's good about today?"*

Sounds like Ellinor.

Ellinor assists people and she is an asset. As Seamus Heaney observed, *"There is risk and truth to yourselves and the world before you."* Ellinor lives her truth and speaks it, even as she encourages others. She also has amazing vitality. Michelle Obama said, *"Each of us carries a bit of inner brightness, something entirely unique and individual, a flame that's worth protecting."* In Ellinor, her inner brightness is much more than a bit. It shines brightly.



**NOW IS THE TIME
TO RECORD YOUR
LIFE STORY FOR
YOUR CHILDREN...
THEY WANT TO
HAVE IT!**



Your Story Told
BY JIM JEROME



**YOUR KIDS & GRANDKIDS WANT
TO KNOW YOUR LIFE STORY**

IT'S THE BEST GIFT YOU CAN EVER GIVE THEM.

PLEASE CONTACT JIM JEROME FOR DETAILS

(780)995-5276

jim@yourstorytold.ca

YourStoryTold.ca

Meeting of Friends of Bill W.

EVERY MONDAY
6 PM

The Chapel

For more information please speak
with Chaplain Colleen at 780-930-5807

On This Day in History

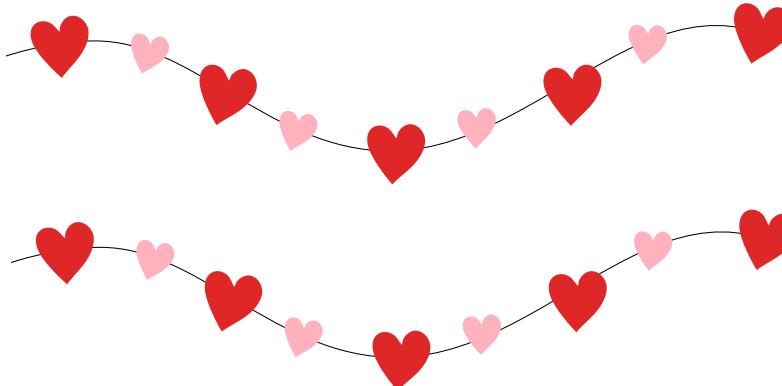
- Feb 1: President Lincoln signed the 13th Amendment (1865).
- Feb 3: First woman doctor in America, Elizabeth Blackwell, received her M.D. (1821).
- Feb 4: Facebook launched (2004).
- Feb 6: Queen Elizabeth II ascended the throne (1952).
- Feb 7: Beatlemania arrived in America (1964).
- Feb 11: Vatican City became a sovereign nation (1929) and Nelson Mandela was released (1990).
- Feb 14: Valentine's Day (1929 Saint Valentine's Day Massacre).
- Feb 19: The Women's Institute founded in Canada (1897).
- Feb 20: Anthony Eden resigned as British foreign secretary (1938).
- Feb 21: First steam engine on rails demonstrated by Richard Trevithick (1804).
- Feb 22: Last attempted invasion of Britain (1797).
- Feb 24: Andrew Johnson impeached (1868).
- Feb 25: Queen Elizabeth I excommunicated by Pope Pius V (1570).
- Feb 26: First Bank of England £1 note issued (1797).
- Feb 28: First Pokémon games launched (1996).

On February 13th, wear RED with us!

What is Wear Red Canada?

Wear Red Canada is celebrated annually across Canada on February 13th to raise awareness about women's heart health. Events are held across the country to serve as a reminder for all people in Canada, but especially women, to be mindful, curious, and proactive in the management of our heart health and wellness.

<https://cwhha.ca/wearredcanada/>





Pink Shirt Day

Wednesday, February 25th, 2026

Bullying is a major problem in our schools, workplaces, homes, and online. Over the month of February, and throughout the year, CKNW Kids' Fund's Pink Shirt Day aims to raise awareness of these issues, as well as raise funds to support programs that foster children's healthy self-esteem.

NATIONAL MENTAL HEALTH NURSES DAY



UNA



Wednesday, February 21

"The intention of the occasion is to celebrate the accomplishments of mental health nurses nationally and globally and examine the challenges and explore solutions."

MEET ELEANOR WHYTE CANTERBURY'S SOCIAL WORKER

Eleanor began her social work career in Bonnyville, Alberta, after completing her degree at the University of Regina in Saskatchewan. Since 2008, she has lived and worked in many rural and northern Alberta communities, gaining experience across a wide range of social work roles in both the community and health sectors.

True to her Saskatchewan roots, Eleanor remains a devoted Roughriders fan and takes game days seriously, green attire included.

Outside of work, her favourite vacations are spent on horseback. She has completed pack trips in Iceland, the Grand Canyon, British Columbia, the Yukon, and Alberta.

Eleanor is looking forward to meeting and supporting the residents at Canterbury and working alongside her new team.

If you would like to get in touch with our Social Worker, please contact our Nursing Station at 780-930-5815.

Scam Awareness & Staying Safe

Scams targeting older adults are becoming more common and often involve callers pretending to be bank managers or investigators. These calls are designed to create fear and urgency.

Important Reminder:

If you ever feel unsafe or fear someone may come to your home, call 911 immediately. This is the correct response in an emergency.

What Residents Should Know:

- Do not answer unknown numbers. Let them go to voicemail.
- Hang up if a call feels strange. Hanging up is not rude — it is safe.
- Never share banking or personal information (card numbers, PINs, or security codes).
- Secrecy is a red flag. If someone tells you to “keep it a secret,” contact a family member or the Canterbury team right away.

Your bank will never:

- Ask for your PIN or card details
- Ask you to help investigate fraud
- Send a courier or Uber to collect your card.



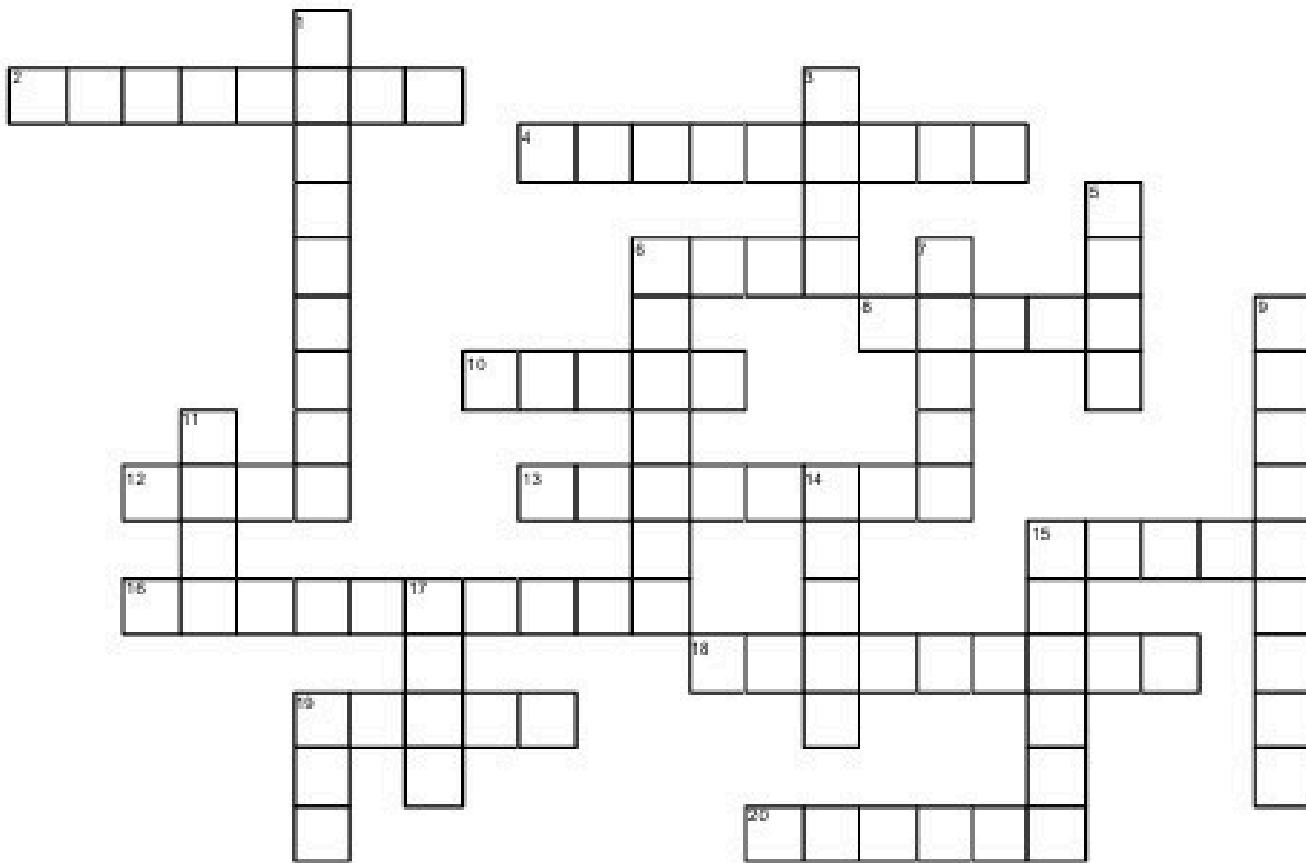
For Families

Open conversations, avoiding unknown calls, and reporting suspicious activity to family, banks, or police are the best ways to protect loved ones. Voicemail greetings should remain neutral and avoid sharing personal details. Tip: Have someone younger record the no answer greeting or use a pre-recorded message.

Stay alert. Stay safe. Stay private.



Valentine's Day Crossword Fun



ACROSS

- 2 A piece of jewelry worn around one's neck.
- 4 _____ and girlfriend.
- 6 "Be _____."
- 8 School children often exchange these on Valentine's Day.
- 10 He shoots invisible arrows to make people fall in love.
- 12 The most popular flower for Valentine's Day.
- 13 Valentine's Day falls on _____. 14.
- 15 "_____ Valentine's Day!"
- 16 A safe place to store jewelry. (Two words.)
- 18 My friend gave me heart-shaped box full of _____.
- 19 Bees make this substance, which is also a nickname for someone who is loved.
- 20 St. Valentine is known as the patron saint of _____.

DOWN

- 1 "Will you be my _____?"
- 3 Husband and _____.
- 5 In "XOXOXOX," an X represents this action.
- 6 Did the mail carrier leave any Valentines in your _____?
- 7 School children sometimes celebrate with a Valentine's Day _____.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 11 "I _____ you."
- 14 Bow and _____.
- 15 Children may read and eat candy _____.
- 17 A man usually gives a woman a _____ when he asks her to marry him.
- 19 In "XOXOXOX," an O represents this action.

Happy to report the positive response to posters “Knitters Needed” in the fall. We had several new volunteers join the group and had a gathering in December packing many blankets which Bonnie from Telus, picked up. These were then delivered by Telus volunteers to several places – including Glenrose Hospital, to children who were spending Christmas in hospital.

Welcome and many thanks to Canterbury Knitters! ~

Doreen Losie



The Year of the Horse, including the upcoming 2026 Fire Horse year, symbolizes a period of high energy, rapid progress, independence, and freedom.



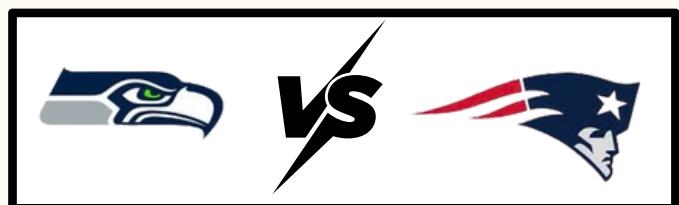
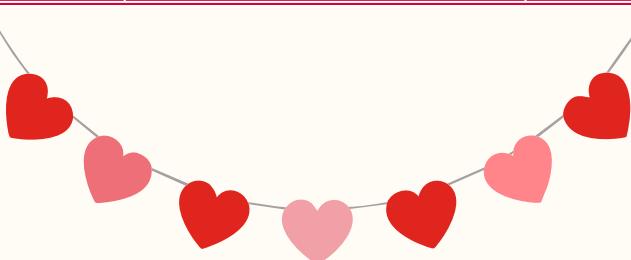
Answer Key



SPORTS

Oilers Hockey Schedule February 2026

Feb. 3, 2026	Leafs vs. Oilers	6:30 p.m.
Feb.4, 2026	Oilers vs. Flames	8:00 p.m.
Feb.25, 2026	Oilers vs. Ducks	8:30 p.m.
Feb. 26, 2026	Oilers vs. Kings	8:30 p.m.
Feb. 28, 2026	Oilers vs. Sharks	2:00 p.m.



Check out the official competition schedule for the Milano Cortina 2026 Olympic Winter Games. Competition will be held from February 4 to February 22, 2026 with the Opening Ceremony on February 6, 2026.

<https://olympic.ca/schedule-2026-winter-olympics/>

COMMUNITY EVENTS

OUR TOP PICKS FOR FEBRUARY



One Night Only - Evie and Alfie: A Very British Love Story

Where: Westbury Theatre

10330 84 AVE NW

Date: February 14, 2026

More Information:

<https://tickets.fringetheatre.ca/event/601:6839/601:44194/>



ESO Classics: Benjamin Grosvenor Plays Britten

Where: Winspear Centre - 4 Sir Winston Churchill Sq, Edmonton, Alberta

Date: February 27 – February 28, 2026

More Information:

<https://www.winspearcentre.com/tickets/events/eso/2026/benjamin-grosvenor-plays-britten/>



Winefest

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

Date: February 20 – February 21, 2026

More Information:

<https://celebratewinefest.com/winefest-edmonton/>

Skating

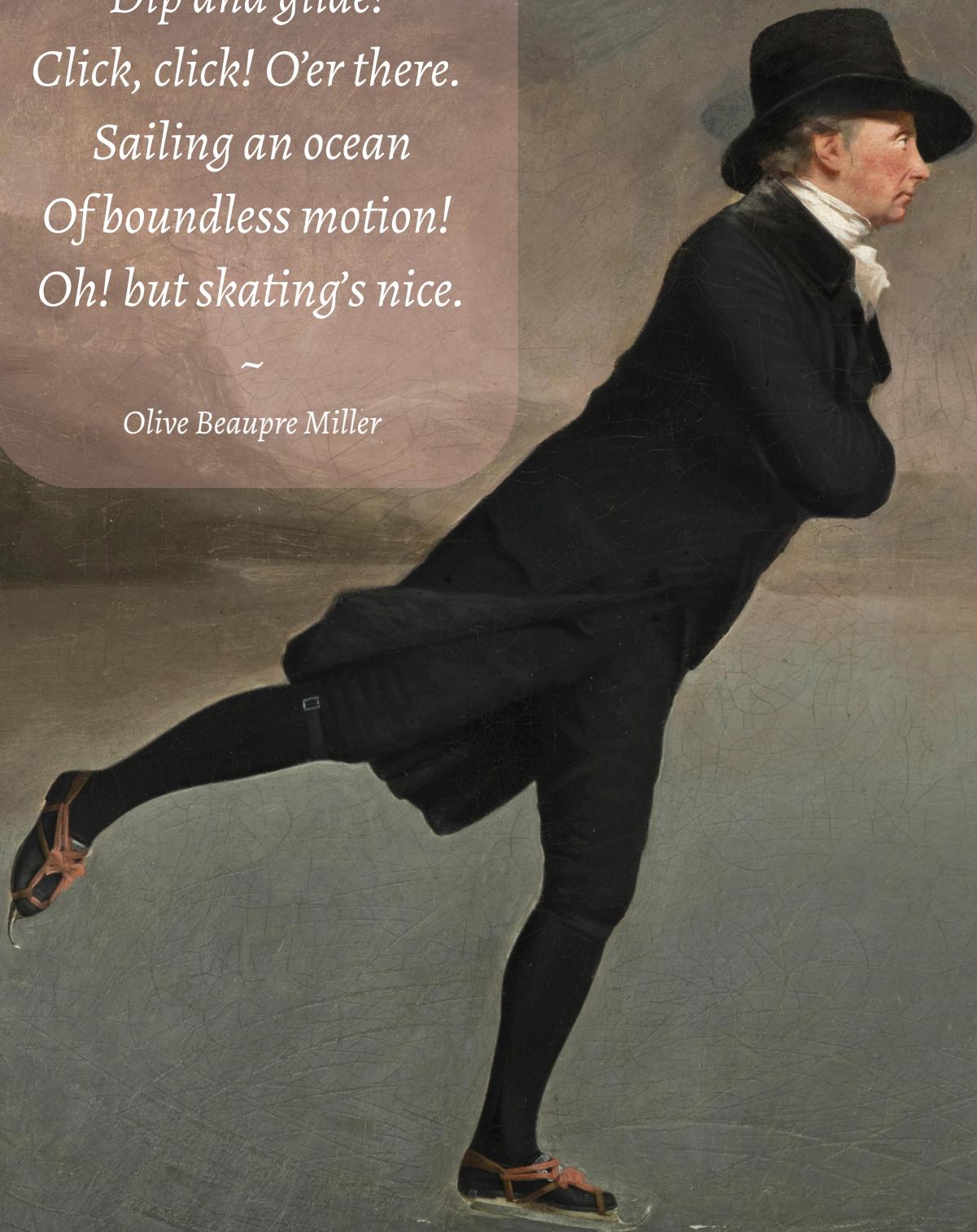
Sweep along! Slide!

Dip and glide!

Click, click! O'er there.

*Sailing an ocean
Of boundless motion!
Oh! but skating's nice.*

~
Olive Beaupre Miller



VALENTINE CUTOUTS

