

Canterbury
Court & Heights
SUPPORTIVE LIVING

Canterbury Court and Heights offers newly constructed and renovated studio, one and two-bedroom suites in comfortable, supportive living spaces.



BENEFITS

- Full service breakfast, lunch, dinner plus 3 snacks
- Housekeeping
 - ◆ Visits include, bed changing, bathroom tidy & trash removal.
 - ◆ Weekly deep cleaning (bathroom, vacuuming & dusting)
 - ◆ Clean bed linens provided weekly or more as needed & fresh towels offered twice per week
- 24/7 on-site Registered Nurse (RN)
- Licensed Practical Nurse (LPN)
- Health Care Aid (HCA)

Care included as assessed by AHS Home Care

- Utilities, Cable, Wi-Fi (*not including phone*)
- Air conditioning & individual suite heating
- On-site activities coordinators
 - ◆ Enjoy feature movie nights, live music & entertainment, guest speakers
 - ◆ Play games of card bingo, shuff board, bridge, cribbage, trivia, whist, etc.
 - ◆ Group exercise activities such as arthritic yoga ... & much more
- 24/7 maintenance staff available
- Wanderguard signaling device available
- Personal Assistance Pendant

SUITE FEATURES

- Large walk-in shower with slip-resistant floor with several grab bars
- Barrier-free Bathroom
- Solid surface Corian counter tops
- Large bright windows, window coverings included
- Safety features and call bells throughout
- Storage options
- And many other high-end suite features and amenities

CANTERBURY AMENITIES

- Health clinic that includes access to : *physician, foot care, hearing aids, dentist, blood pressure, optometrist etc.*
- Pharmacist on-site
- Hair Salon
- Guest suite
- Tuck shop
- Landscaped gardens
- Activities room
- Library
- Chapel
- Private dining rooms

COURT SUITE TYPE	AREA	RATE
Studio	282 - 442 sq.ft	Starting at \$4,782
One Bedroom - Single Occupancy	461 - 638 sq.ft	Starting at \$6,477
One Bedroom - Double Occupancy	461 - 638 sq.ft	Call for pricing

HEIGHTS SUITE TYPE	AREA	RATE
Studio	355 sq.f	Starting at \$5,180
One Bedroom	719 sq.f	Starting at \$8,283
Two Bedroom	720 sq.f	Starting at \$8,473

Heights one and two bedrooms double occupancy - Please call for pricing.



INDEPENDENT LIVING, SUPPORTIVE LIVING, MEMORY CARE, ENHANCED SUPPORTIVE LIVING

Further information & tours are available, please call or email to book:

780.483.5361 | ColleenG@canterburyfoundation.com | canterburyfoundation.com

The following services are provided for the convenience and enjoyment of residents:



BUS RIDES

Residents participate in scheduled excursions through our campus facilitated bus rides. Visits to shopping centers, theaters, restaurants and many more sites around the city are planned and advertised on the monthly calendar for enrichment activities. *Applicable fees may be required.*

DINING SERVICES

Canterbury Foundation provides full dining services by our **Red Seal Chef** which include breakfast, lunch and dinner, seven days per week located in the Court Dining room.

A long history of pride in providing first-class meals and a continued desire to strive for excellence characterizes Canterbury's dietary service. Menus are reviewed and approved by a Registered Dietitian.

- Meal tray service is available upon request for a fee .
- Private dining rooms can be booked for special occasions for family and friends.



CHERUB'S COURT CAFÉ

Toiletries, milk, eggs, specialty coffees, snacks, gifts & cards.



BEAUTY SALON

Providing ladies & gentlemen haircuts, hair set, perm, color, nails, etc.



PUBLIC LIBRARY

Personalized library service and movies.



ACTIVITY ROOM RENTALS

Book the room for a private function.



AUTOMATIC TELLER MACHINE

Located in the Court Games Lounge.



Quality of life is enhanced at Canterbury by offering a wide variety of activities on a daily basis. Activities are varied to allow residents a diverse selection, whether the need is intellectual, physical, spiritual or just to have fun. Small or large groups, games or exercises, shopping or garden visits. If residents enjoy an activity that is not planned and would like to see it added, staff will attempt to meet their needs.

PHYSICAL PROGRAMS

Being active should be fun and we have many options for you!

Games such as Ring Toss, Bocce, Bowling, Carpet Darts, Bolongo Ball, Washer Toss and Horse Races to name a few.

Group exercises that focus on cardiovascular health and strengthening of bones and muscles are also offered.

INTELLECTUAL STIMULATION

At Canterbury, we encourage our residents to keep learning new things and to have fun doing so. We offer brain-teaser activities such as Trivia! Crosswords, Penny-ante, Big Brain, Wheel of Fortune, Bingo, Scrabble, and much more.

SOCIAL PROGRAMS

Laughter is truly the best medicine and we encourage you to engage with fellow residents through our social activities, where you can build connections and friendships within a supportive community.

If you don't quite know where to begin, you can start with any of the programs in our **monthly calendar**. Or try joining your neighbors for the daily tea and coffee times in the lounge. We also have **weekly entertainment with live music** on Fridays, and regular themed events to **celebrate special holidays** that incorporate **music, dancing, and plenty of fun!**



CHAPEL SERVICES

supported by local area faith communities, including Anglican, United, Baptist, Lutheran, Roman Catholic and Jewish faiths.

SHUTTLE SERVICES

available via the Canterbury Foundation coach to various locations including local malls, shopping centres and activities excursions.

HAPPY HOUR

weekly event for socializing

ENTERTAINMENT

entertainers and bands perform several times a week for the enjoyment of the residents.

CULTURAL & RELIGIOUS HOLIDAYS

Valentine's Day, St. Patrick's Day, Rosh Hashanah, Oktoberfest, Halloween, Remembrance Day, Christmas and Ukrainian Christmas

We are situated in a great neighborhood where outdoor walks are encouraged.

There are many resting benches around the perimeter of our campus, so grab a friend, and enjoy some fresh air.

We look forward to seeing you out and about in the neighborhood!





SECURITY

In addition to the presence of our 7 day a week reception team, the security systems in Canterbury include video surveillance, strict access control, sign in and out policy, heated underground parking, emergency response, and efficient fire alarm system.



MAINTENANCE

The appearance and condition of our buildings and grounds are a high priority for *Canterbury Foundation*. The maintenance of the property and grounds is achieved through a regular and preventative maintenance program. The carpentry, electrical, plumbing and structural requirements of the property are maintained to the highest standards.



Canterbury Foundation is dedicated to providing its residents with the services necessary to ensure their suite offers all the comforts of home. Services are provided by trained personnel who focus on ensuring the safety, security and comfort of all residents.



HOUSEKEEPING

Visits include, bathroom tidy & trash removal.
Weekly deep cleaning (bathroom, vacuuming & dusting)
Cleaning of your bed linens provided weekly or more as needed & fresh towels offered twice per week.



LAUNDRY

Washers and dryers for personal use are available to residents free of charge. Laundry services can be made available for an additional fee.



HEALTH CARE SERVICES

Canterbury Foundation health care services include private care and delegated care as assessed by an Alberta Health Services Home Care Case Manager.

Our health care staff includes:

24-hour Registered Nurse (RN) coverage

Licensed Practical Nurses (LPN's)

Qualified Health Care Aids (HCAs)

Canterbury Foundation provides available additional health care services including:

In-house physicians

On-site pharmacist

Blood pressure and Vaccination clinics

Foot care clinics

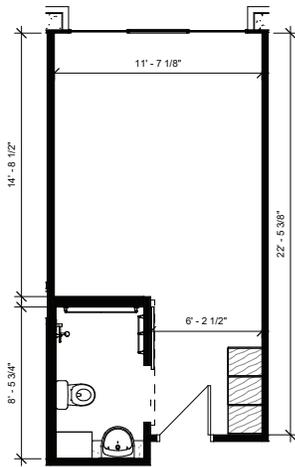
Hearing aid clinics

Mobile dentist and dentist

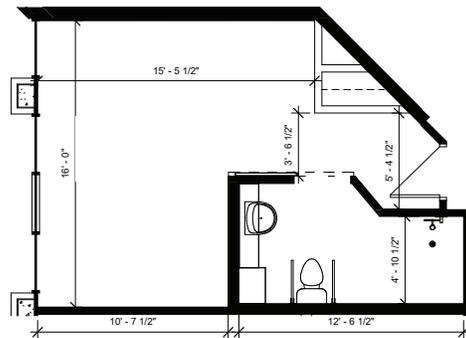


CANTERBURY COURT FLOORPLANS

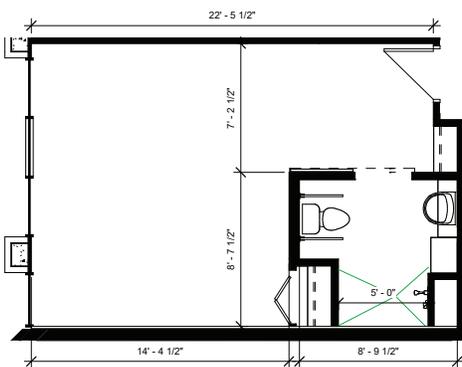
Spacious studio to two-bedrooms floorplans.



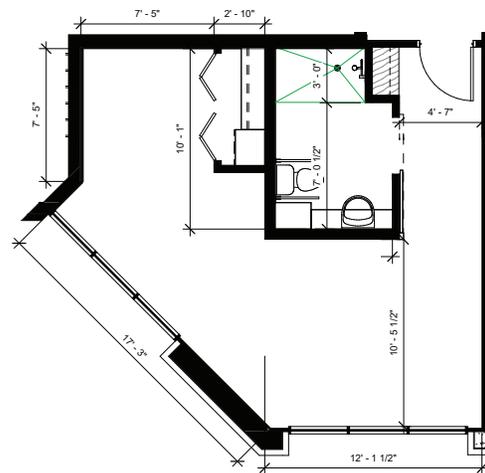
A | Studio 282sq ft



B | Studio 336 sq ft



C | Studio 363 sq ft

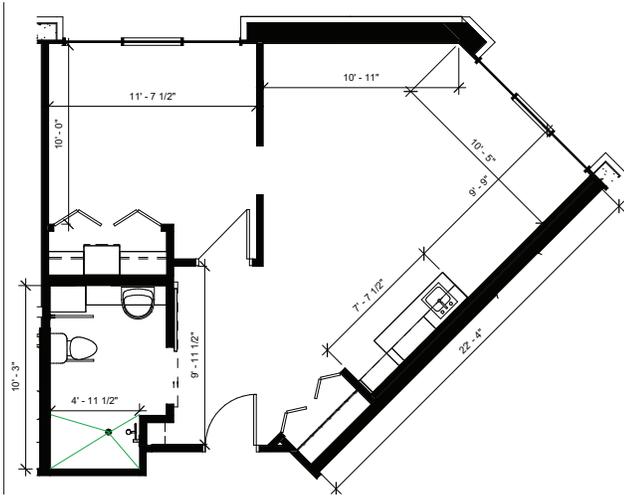


D | Studio 422 sq ft

* plans are based on typical layout not all plans exactly as illustrated

CANTERBURY COURT FLOORPLANS

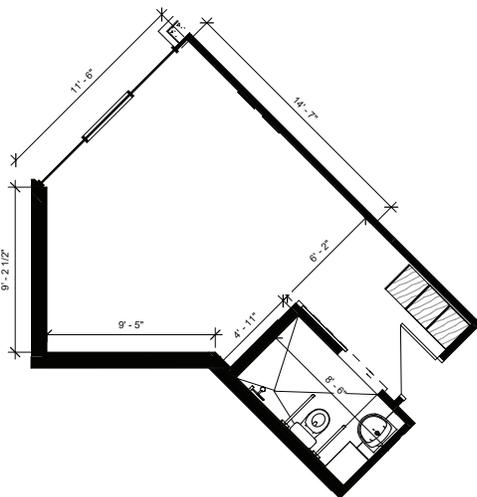
Spacious studio to two-bedrooms floorplans.



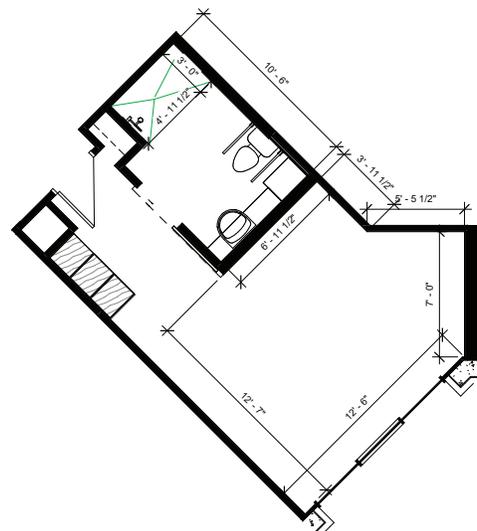
E | One Bedroom 461 sq ft



F | One Bedroom 518 sq ft



G | Studio 304 sq ft

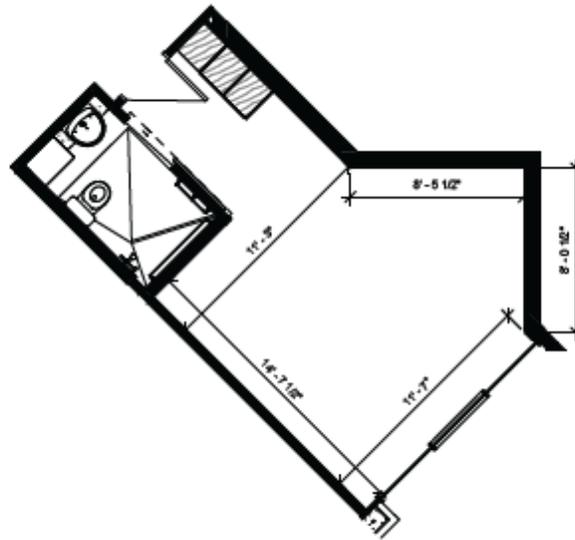


H | Studio 320 sq ft

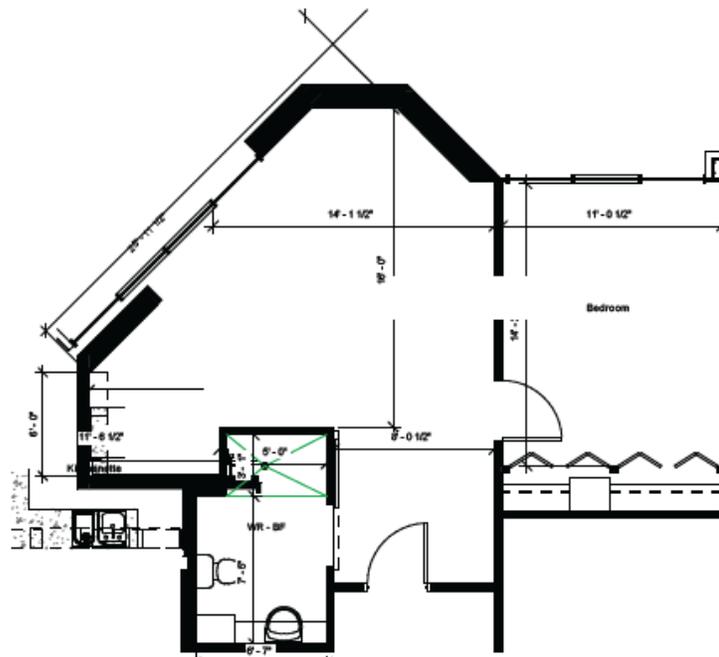
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CANTERBURY COURT FLOORPLANS

Spacious studio to two-bedrooms floorplans.



J | Studio 299 sq ft

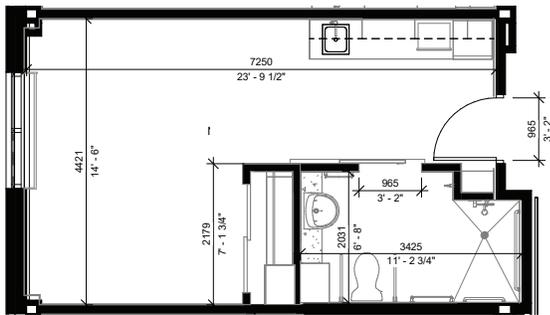


L | One Bedroom 638 sq ft

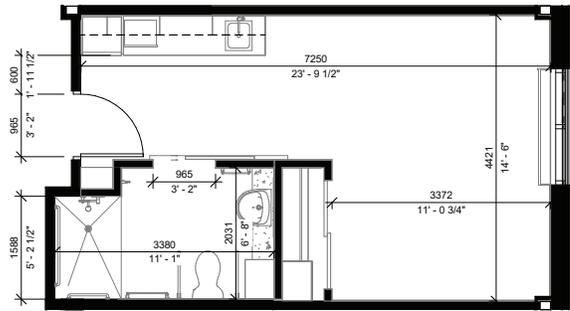
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CANTERBURY HEIGHTS FLOORPLANS

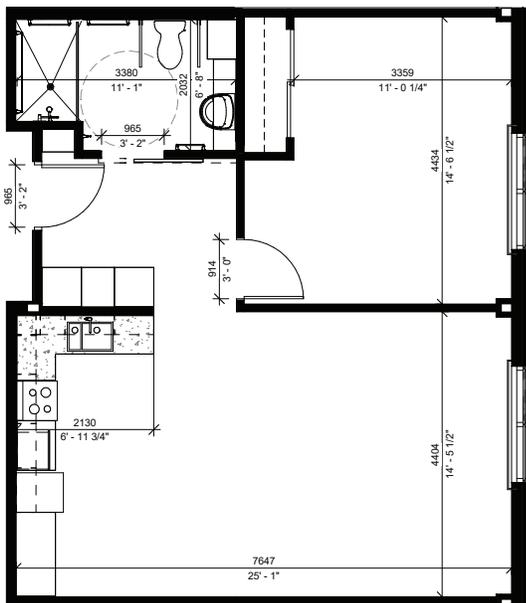
Spacious studio to two-bedrooms floorplans.



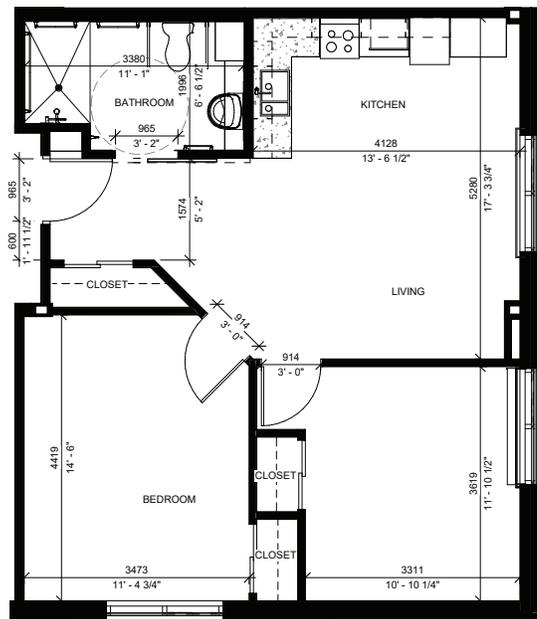
A | Studio Suite (North) 355 sq ft



B | Studio Suite (South) 355 sq ft



C | 1 Bedroom 719 sq ft



D | 2 Bedroom 719 sq ft

* plans are based on typical layout not all plans exactly as illustrated