

Canterbury Court / Canterbury Heights

SUPPORTIVE LIVING

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



BENEFITS

- Breakfast, lunch, dinner plus 3 snacks
- Housekeeping
 - Daily bed making, bathroom tidy & trash removal
 - Weekly cleaning (bathroom, vacuuming & dusting)
 - Clean bed linens provided weekly & fresh towels offered twice per week
- 24/7 on-site Registered Nurse (RN)
- Licensed Practical Nurse (LPN)
- Health Care Aid (HCA)
- Care as assessed by AHS Home Care
 - assistance with medications, dressing, personal hygiene, toileting/incontinence management, wound care, etc.

- Utilities (not including cable & phone)
- Air conditioning & individual suite heating
- Bus trips for shopping trips & excursions
- On-site activities coordinators
 - Enjoy feature movie nights, live music & entertainment, guest speakers
 - Play games of card bingo, shuffleboard, bridge, cribbage, trivia, whist, etc.
 - Group exercise activities such as arthritic yoga ... & much more
- Weekday receptionist
- 24/7 maintenance staff available
- Wanderguard signaling device available

AMENITIES

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

SUITE FEATURES

- Large walk-in shower with slip-resistant floor
- Barrier-free Bathroom
- Solid surface Corian countertops
- Safety features throughout
- Storage options throughout
- And many other high-end suite features and amenities

COURT SUITE TYPE

| COURT SUITE TYPE | AREA | RATE |
|--------------------------------|-----------------|-------------------|
| Studio | 266 - 448 sq.ft | \$3,828 - \$4,782 |
| One Bedroom - Single Occupancy | 461 - 650 sq.ft | \$4,782 - \$5,832 |
| One Bedroom - Double Occupancy | 461 - 650 sq.ft | \$6,717 - \$7,692 |

HEIGHTS SUITE TYPE

| HEIGHTS SUITE TYPE | AREA | RATE |
|--------------------------------|-----------|----------|
| Studio | 355 sq.ft | \$4,933 |
| One Bedroom - Single Occupancy | 719 sq.ft | \$7,733 |
| One Bedroom - Double Occupancy | 719 sq.ft | \$9,294 |
| Two Bedroom - Single Occupancy | 719 sq.ft | \$7,910 |
| Two Bedroom - Double Occupancy | 720 sq.ft | \$10,028 |

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



**IGA GROCERY
DELIVERY PROGRAM**

Residents of Canterbury Foundation can enroll in a convenient service to receive weekly groceries from the neighborhood grocer – Andy’s IGA. *Each week, groceries will be delivered and distributed to your suite! Applicable fees may be required.*



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.*



CHERUB’S COURT CAFÉ

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



BEAUTY SALON

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



EDMONTON PUBLIC LIBRARY

Personalized library service:



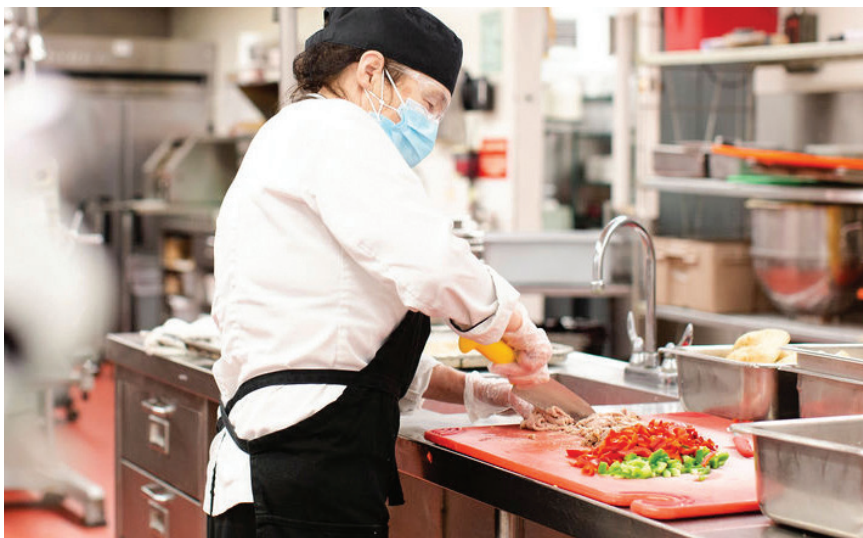
ACTIVITY ROOM RENTALS

book the room for a private function.



AUTOMATIC TELLER MACHINE

located in the Court Games Lounge



DINING SERVICES

Canterbury Foundation provides dining services by our Red Seal Chef which include breakfast, lunch and dinner, seven days per week.

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

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.

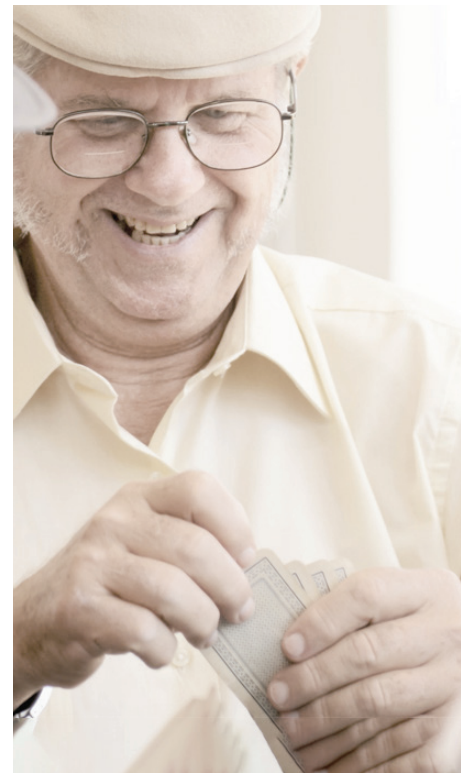
INTELLECTUAL STIMULATION

As the famous saying goes: *"use it or lose it"*. 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 day-time reception team, the security systems in Canterbury Manor include video surveillance, strict access control, 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

To assist residents with maintaining their independence, housekeeping is an available service as part of our *Lifestyle Packages*.



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

Qualified Health Care Aids (HCAs)

Canterbury Foundation provides additional health care services including:

In-house physician clinic

On-site pharmacist

Blood pressure clinics

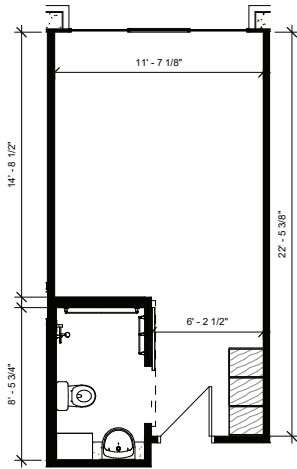
Foot care clinics

Hearing aid clinics

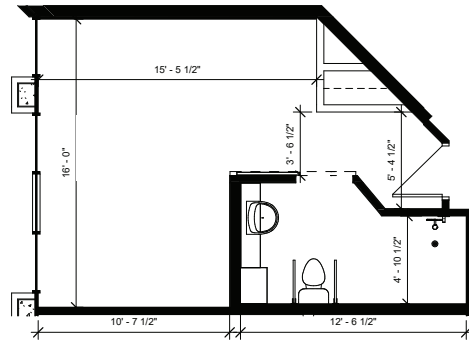
Mobile dentist and denturist

CANTERBURY COURT FLOORPLANS

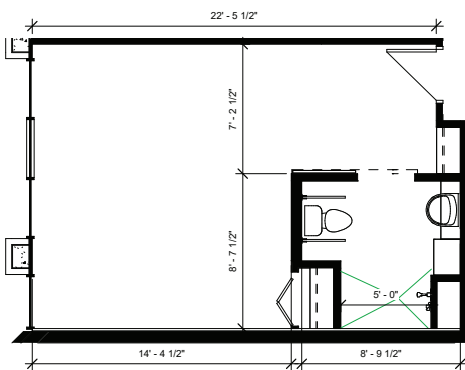
Spacious studio to two-bedrooms floorplans.



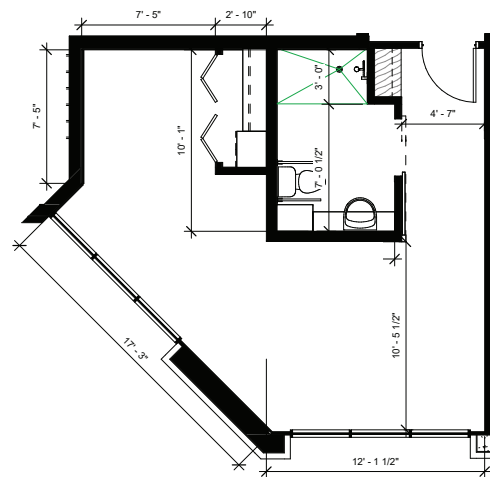
A | Studio 266 sq ft



B | Studio 336 sq ft



C | Studio 363 sq ft

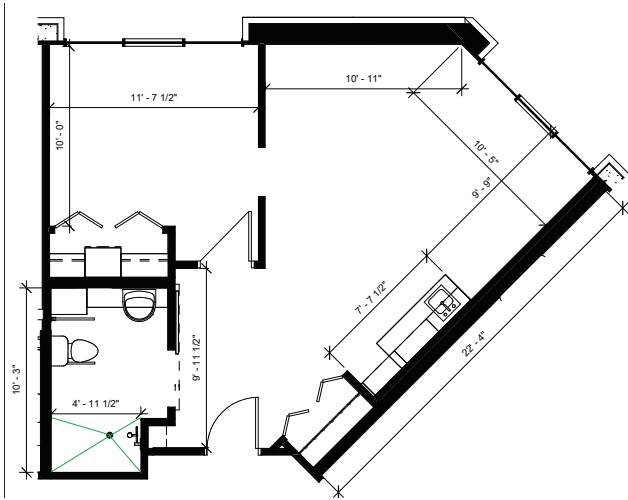


D | Studio 422 sq ft

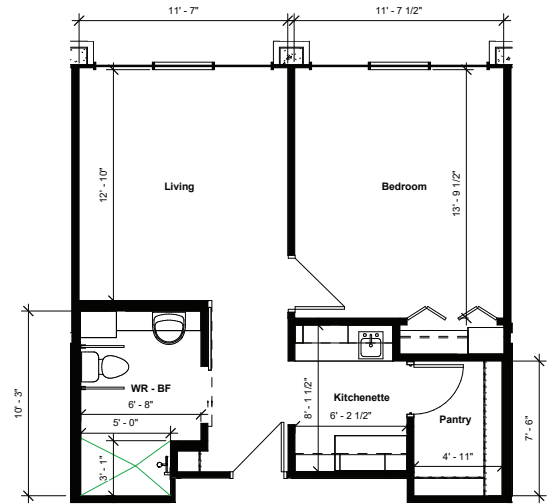
* plans are based on typical layout not all plans exactly as illustrated

CANTERBURY COURT FLOORPLANS

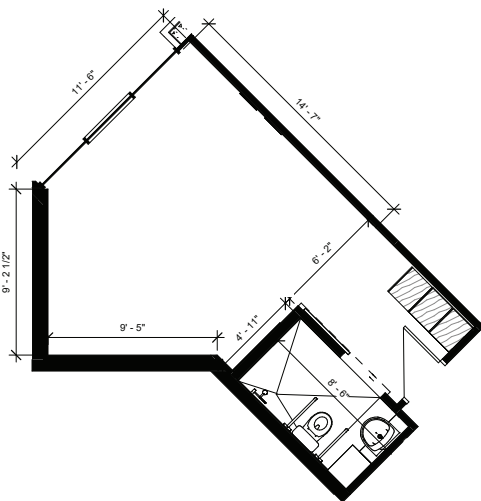
Spacious studio to two-bedrooms floorplans.



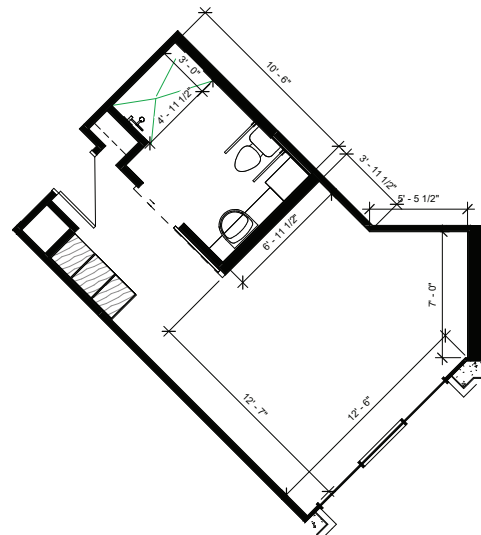
E | One Bedroom 461 sq ft



F | One Bedroom 518 sq ft



G | Studio 304 sq ft

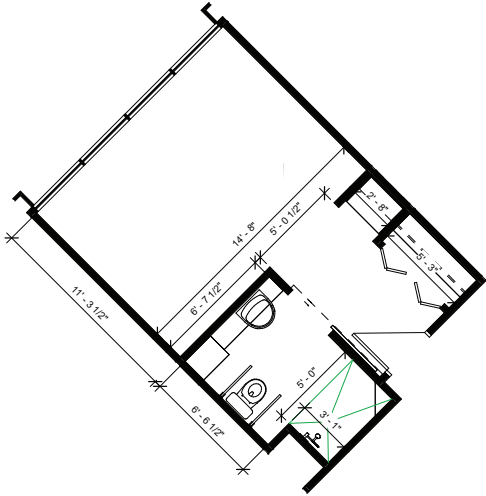


H | Studio 320 sq ft

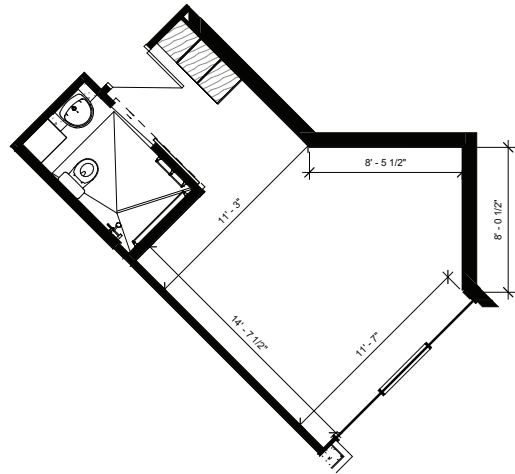
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CANTERBURY COURT FLOORPLANS

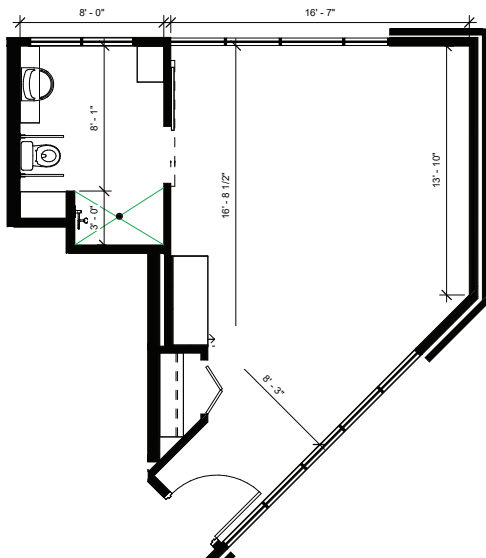
Spacious studio to two-bedrooms floorplans.



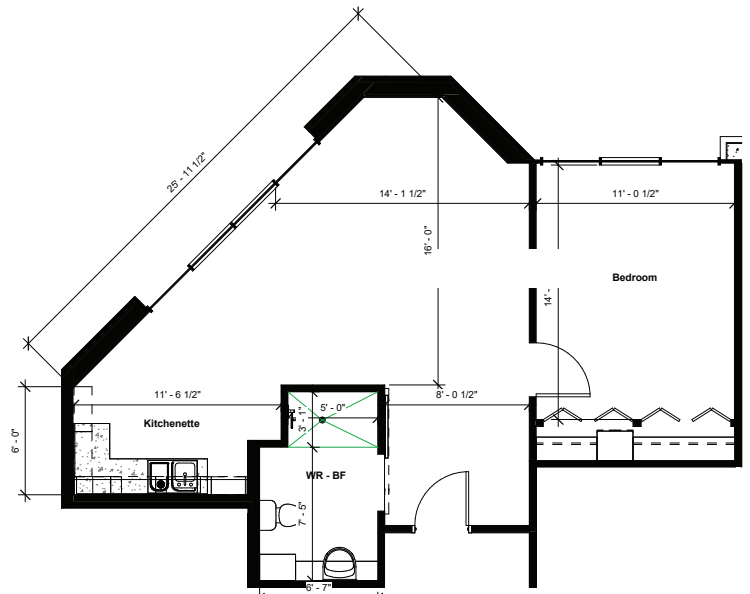
I | Studio 291 sq ft



J | Studio 299 sq ft



K | Studio 448 sq ft

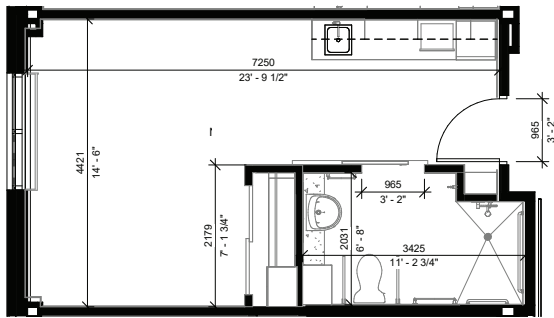


L | One Bedroom 638 sq ft

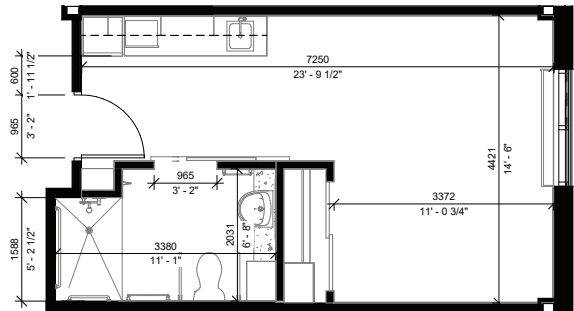
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CANTERBURY HEIGHTS FLOORPLANS

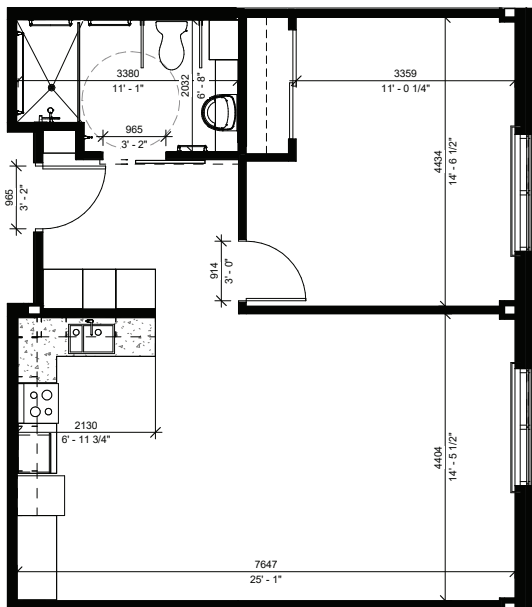
Spacious studio to two-bedrooms floorplans.



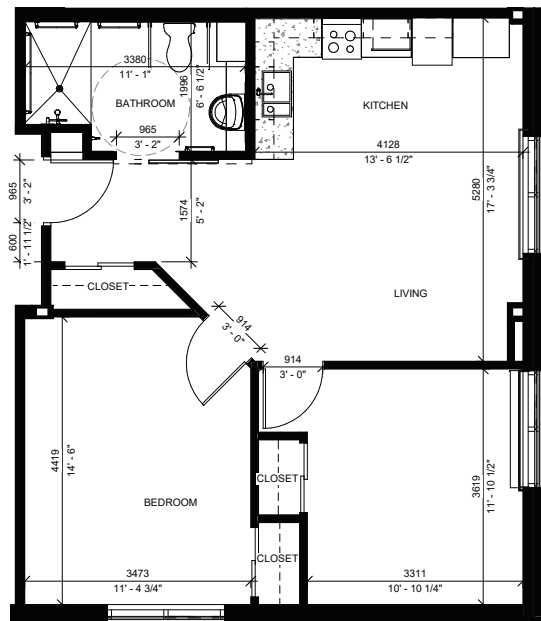
A | Studio Suite (North) 355 sq ft



B | Studio Suite (South) 355 sq ft



C | 1 Bedroom 719 sq ft



D | 2 Bedroom 719 sq ft

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