

**PLEASE EXTEND A WARM WELCOME TO OUR NEWEST RESIDENTS**

Wally Lee #410 West Murray Colter #202 West  
WELCOME BACK TO BERYL COWAN! ☺ #220 East



**VALENTINES DAY**

**Tuesday Feb. 14<sup>th</sup>**

Sign up for a Valentines MYSTERY DRIVE @ 1:30  
and be sure to Wear RED! Then Wear RED to Dinner,  
enjoy a Sweet Valentine's Dessert Receive \$10

**Painting & Drawing**  
In the Crafts Room  
**TUESDAYS @ 9:30**  
**AM.**

Bring your paints &  
pencils and join  
other self-motivated  
& talented artists!



**Entertainment & Dancing!**

**SATURDAY, February 18<sup>th</sup>**  
**2:00 pm**  
**In the Main Dining Room**

**NINA'S FOOT CARE**

Foot Care is important for everyone  
& crucial for those with diabetes or  
other vascular issues. Regular Foot  
Care will help maintain overall  
health & keep you mobile & active.  
In addition to proper nail care, a  
foot care nurse can address  
problems such as corns, calluses  
bunions, blisters, plantar warts, dry  
skin, cracked heels & offer advice on  
fungal infections. Regular Foot Care  
Clinics will be offered on  
**TUESDAYS** in the new Spa Room  
(2<sup>nd</sup> Floor) for \$35.00 per session. To  
book an appointment, please call the  
Foot Care nurse, Vince Mason  
directly at 1-250-868-9150

**Wesbild Walking Program**

**Congratulations Walkers!**  
We have reached our 1st destination  
of HOPE B.C. Together we walked  
150 KM in just four weeks! Our  
next destination is MERRITT B.C.  
a distance of 121 KM. Let's see how  
long it takes for us to complete this  
distance. INTERESTED in joining  
us? Sign up list is located at the  
Front Desk. Every FRIDAY @  
10:00 the group takes the shuttle  
together to the Wesbild Center.  
1 or 16 laps completed it's up to you,  
we appreciate any distance  
to help toward our destination.

**COLANGELO'S COLLECTION**  
**of JEWELRY**

**SATURDAY, February 4<sup>th</sup> @ 1:00**  
Purchase Raffle Tickets: 3 for \$1  
Have your Jewelry cleaned with  
my new Ultrasonic Jewelry  
Cleaner for only \$1.00

# CANTERBURY TALES

\* EDITION #137 \*



## FEBRUARY 2012

**FEBRUARY BIRTHDAYS**

John Osborne	Feb. 1
Dorothy Dreaper	Feb. 3
Audrey Dew	Feb. 6
Ann Checkley	Feb. 6
Don Kennedy	Feb. 8
Mary Paul	Feb. 10
Gordon Clement	Feb. 11
Vi Baxter	Feb. 12
Monty Reid	Feb. 12
Carolyn Story	Feb. 13
Elisabeth Frahm	Feb. 15
Sophia Kleinsteuber	Feb. 18
Vera Lambert	Feb. 25
Dorothy Sellars	Feb. 28



This Month's Birthday Party  
will Be Held on FRIDAY  
FEBRUARY 24<sup>th</sup> @ 2:00 pm  
2<sup>nd</sup> Floor Recreation Room



**WESTERN DAYS!**

Dress up in your Western Duds &  
enjoy a Western Themed Dinner  
**Monday, February 6<sup>th</sup>,**  
then mosey on up to the  
Recreation Room @ 6:30 pm  
and Enjoy the Old-time Fiddlers!  
The Fiddlers Club is a group of 13  
members, whose instruments  
include Fiddle, Guitar, Mandolin  
and Piano. Come on out, Pardner!  
Receive \$10 Canterbury Bucks

**'THE SPA' GRAND OPENING**

**Wed. Feb. 22 @ 1:30 pm - Rec Room**  
We are pleased to present a viewing  
of 'The Spa' located on our 2<sup>nd</sup> floor.  
Come meet Dione Ryckman, Natural  
Health Practitioner, who will be  
offering residents a selection of  
Grand Opening specials.  
Sign up to receive your FREE Spa  
package (10 minute hand soak,  
scrub, mini-massage and lotion!).  
We believe you will love the  
services of this delightful lady.



## WINTER CARNIVAL ACTIVITIES



Support the Winter Carnival by purchasing a Winter Carnival Button at the FRONT DESK for only \$2.00. Your name will be entered for our Raffle to

Win the Winter Gift Basket, Fluffy Teddy Bear, or Candy Dish.

Raffle Prizes will be drawn at our 'ARREST THE BEST'

WEDNESDAY, February 8<sup>th</sup> @ 1:30 pm in the main Lobby.

\*\*Be sure to Wear your Button when the 'CARNIVAL COP' comes to Canterbury to arrest a 'STAFF MEMBER' for NOT wearing their CARNIVAL BUTTON! DRESS in WHITE & BLUE to participate in the Carnival Colors!

You will also receive \$10 Canterbury Bucks.

This Carnival Event is a lot of fun, so be sure to come on down, enjoy the refreshments and join others as we participate in the Winter Carnival spirit!



## WINTER CARNIVAL DISPLAY

Be sure to check out the Craft Class' entry into the Winter Carnival's "Best Decorated Premises – Window Display" located in the lobby next to Delene's office. Judging will take place the morning of FRIDAY, February 3<sup>rd</sup>. Be sure to come show your support. At the display, you will find "Carnival Quiz Draw Entry Forms" for a chance to win a draw for a pair of Senior's Jopo House Tickets – (Thur. Feb. 9<sup>th</sup> @ Schubert Center) You will find all the answers to the quiz in the display and the draw box located nearby. All entries must be in by TUESDAY, February 7<sup>th</sup>. Draw open to Canterbury Court residents only. 1 Entry per person please. Good Luck!

## TOURNAMENTS

SIGN UP in the COUNTRY KITCHEN for all our TOURNAMENTS! Most of the tournaments will run between 4 – 6 weeks so be sure to watch the calendars and Sign-up sheets for the 'START UP' dates. Choose which activity you would like to join. You may certainly participate in more than one. The Tournaments this year will include: **SHUFFLEBOARD, WHIST, BRIDGE, BOWLING, CRIBBAGE & MEN'S & WOMEN'S PUTTING.** If you are participating in the Tournaments, it is important to attend ALL the dates that are given to ensure the success of the games being played. If needed, you will be responsible for arranging a substitute player for your absence, or let Myrna-Lea know and she can help you. Receive \$1 Canterbury Buck. The winners of each category will be presented at our Annual Awards Banquet in June.

## MONTHLY CHARITY LOTTERY

Join our MONTHLY Charity Lottery for just \$6.00 per month.  $\frac{3}{4}$  of all proceeds go towards the North Okanagan Hospice Society and  $\frac{1}{4}$  is raffled off to one of the participants. Please have your money in by the last Monday of each Month. See the Receptionist at the Front Desk for more information or to submit your donation. This Month's winner was Flo Adams. CONGRATULATIONS Flo!

## 2<sup>nd</sup> Floor Musical Entertainment – Recreation Room

Thursday Feb. 2<sup>nd</sup> @ 3:00 pm – Social Hour with Amigo

Monday Feb. 6<sup>th</sup> @ 6:30 pm - Old Time Fiddlers – DRESS WESTERN! \$10

Thursday Feb. 9<sup>th</sup> @ 3:00 pm – Social Hour with Terry Mooney

Saturday Feb. 11<sup>th</sup> @ 10:15 am – Piano Students by Helen's Studio - \$10 Bucks!

Monday Feb. 13<sup>th</sup> @ 6:30 pm – Group Music Sing-A-Long with Christian

Thursday Feb. 16<sup>th</sup> @ 3:00 pm – Hawaiian Social Hour with Betty Hunter

Monday Feb. 20<sup>th</sup> @ 6:30 pm – Entertainment by Betty Hunter

Thursday Feb. 23<sup>rd</sup> @ 3:00 pm - Social Hour with Don Monty

Monday Feb. 27<sup>th</sup> @ 6:30 pm – Group Music Sing-A-Long with Christian

## Main Floor Entertainment

Saturday Feb. 25<sup>th</sup> @ 2:00 pm – Dancing with Sentimental Journey

### MYSTERY DRIVES

WEDNESDAY

February 1 @ 1:30 pm

TUESDAY

February 14 @ 1:30

TUESDAY – Wear RED

WEDNESDAY

February 29 @ 1:30 pm

Horseracing

CANCELLED

Wednesday, Feb. 8<sup>th</sup> Due to Winter Carnival Cop

&

Wednesday, Feb. 22<sup>nd</sup> Due to Grand Opening

SILVER STAR

Winter

Carnival

SCULPTURES

& LUNCHEON

TUESDAY

February 7<sup>th</sup> @

11:45 am

## FREE Health & Wellness Clinic Each Month

Every month Phil Southward from 'SOUTHWARD MEDICAL SUPPLIES' and a Registered Nurse from 'NURSE NEXT DOOR' will be available to check your Blood Pressure, Glucose, Body Weight, Service & Check your Walkers and give General Health Information. Join Phil in the privacy of the LIBRARY @ 1:00 pm once a month. This is a FREE MONTHLY service so if you miss out this month, you can SIGN-UP for the next one on TUESDAY, MARCH 13<sup>th</sup> @ 1:00 pm. The SIGN-UP SHEET is in the COUNTRY KITCHEN each month. Coming up in March: **SCOOTER SAFETY SEMINAR & WALKER ADJUSTMENTS.**